



Understanding and Addressing Depression in Urban Ghana Through Clinical Psychology Practices

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Abstract

Urbanization in Ghana has led to significant social changes, including increased stressors such as job competition and financial instability. These factors contribute to higher rates of depression among urban populations. The research employed qualitative interviews with urban Ghanaians who have received psychological interventions and analysed existing literature from clinical psychology journals. Focus group discussions were also conducted among community leaders and healthcare providers to gather insights into service delivery challenges. Findings indicate that while some individuals found significant relief through psychotherapy, stigma surrounding mental health remains a substantial obstacle, particularly in rural areas where access to services is limited. Clinical psychology practices have shown promise in treating depression among urban Ghanaians, but there is a critical need for increased public awareness and improved infrastructure to ensure equitable service delivery across all regions of Ghana. Policy recommendations include increasing funding for mental health initiatives, enhancing community engagement programmes to reduce stigma, and integrating clinical psychology services into existing healthcare systems.

Keywords: *Sub-Saharan, urbanization, qualitative research, psychotherapy, resilience factors, cultural adaptation, mental health disparities*

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