Accessibility and Acceptability of Digital Mental Health Platforms Among Refugees in DRC Refugee Camps: A Meta-Analysis

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Abstract

Digital mental health platforms have shown promise in addressing the mental health needs of refugees globally. However, their accessibility and acceptability vary across different contexts, particularly among those living in refugee camps in DRC. A systematic review and meta-analysis approach were employed to synthesize data from existing studies. Studies were selected based on predefined criteria related to the use of digital mental health platforms by refugees in DRC camps. The analysis revealed that while approximately 60% of refugee participants reported being able to access these platforms, only about 45% expressed willingness to use them for mental health support. Despite some challenges, the findings suggest a moderate level of accessibility and acceptability for digital mental health platforms in DRC refugee camps. Future research should focus on enhancing platform features to improve user engagement. Healthcare providers and policymakers should consider expanding access to these platforms and conducting further studies to understand specific barriers and facilitators. Treatment effect was estimated with $text\{logit\}(\pi)=beta\,0+\beta^{\rightarrow}\,p\,X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Geographic, Sub-Saharan, Refugee, Mental Health, Accessibility, Acceptability, Analysis*

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