



# Analysing Urban Rwandan Students' Depression: Prevalence and Treatment Outcomes in African Contexts

Ingabira Muhire<sup>1</sup>, Busimwe Ngendimbwiro<sup>2,3</sup>, Kigirima Mukundu<sup>4,5</sup>

<sup>1</sup> Department of Advanced Studies, University of Rwanda

<sup>2</sup> University of Rwanda

<sup>3</sup> African Leadership University (ALU), Kigali

<sup>4</sup> Department of Advanced Studies, African Leadership University (ALU), Kigali

<sup>5</sup> Rwanda Environment Management Authority (REMA)

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**Correspondence:** [imuhire@aol.com](mailto:imuhire@aol.com)

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## Author notes

*Ingabira Muhire is affiliated with Department of Advanced Studies, University of Rwanda and focuses on Psychology research in Africa.*

*Busimwe Ngendimbwiro is affiliated with University of Rwanda and focuses on Psychology research in Africa.*

*Kigirima Mukundu is affiliated with Department of Advanced Studies, African Leadership University (ALU), Kigali and focuses on Psychology research in Africa.*

## Abstract

Urbanization in Rwanda has led to significant changes in social structures and lifestyles, particularly among students. This context presents new challenges for mental health, including an increased prevalence of depression. A comprehensive literature review was conducted using databases such as PubMed and Google Scholar, focusing on peer-reviewed articles published between and in English and French. The analysis reveals a significant prevalence of depression among urban Rwandan students, with rates varying across different educational levels and socio-economic backgrounds. Treatment outcomes showed mixed results, influenced by cultural factors and access to mental health services. This review underscores the need for culturally sensitive interventions and improved access to mental health care in Rwanda's urban areas. Policy makers should prioritise expanding mental health resources in schools, integrating traditional healing practices, and promoting awareness campaigns among students and their families.

**Keywords:** *Geographic, African, Urbanization, Depression, Epidemiology, Community, Intervention*

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