



Theoretical Foundations for Understanding and Treating Depression in Urban Ghanaic Contexts

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Abstract

Urbanization in Ghana has brought about significant changes in lifestyle, work patterns, and social interactions, which have implications for mental health. In particular, urban dwellers are more susceptible to depression due to increased stressors such as economic pressures, cultural conflicts, and environmental factors. None This theoretical framework highlights the multifaceted nature of depression in urban Ghana and underscores the need for culturally sensitive interventions that address both individual and community-level factors. Policy recommendations include promoting public awareness campaigns, integrating mental health services into primary healthcare, and fostering social support networks to reduce stigma and improve access to care.

Keywords: *African urbanism, cultural psychiatry, diaspora psychology, psychosocial stress, resilience models, qualitative methodology, urban anthropology*

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