



Gender-Based Violence Support Groups and Psychological Well-being Among Female Refugees in Kampala: A Theoretical Framework

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Abstract

Female refugees in Kampala often face significant psychological challenges due to gender-based violence (GBV). These include depression, anxiety, and post-traumatic stress disorder (PTSD), which can impede their integration into society. The study will employ a qualitative research approach, focusing on semi-structured interviews with participants who have joined GBVSGs. Data collection will be guided by thematic analysis to explore themes related to support group dynamics and psychological benefits. Gender-Based Violence Support Groups play an essential role in enhancing psychological well-being among female refugees in Kampala by providing a safe space for mutual support and therapeutic intervention. Policy makers should prioritise funding for GBVSGs, ensuring their sustainability and scalability to reach more female refugees. Community outreach programmes can also be enhanced to increase participation rates.

Keywords: *African geography, refugee studies, gender studies, trauma theory, support groups, psychological resilience, feminist methodologies*

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