



Evaluating Mental Health Support Groups in Post-Evacuation Recovery Among Nairobi Refugees: An African Perspective

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Abstract

Post-evacuation recovery for Nairobi refugees involves addressing a range of physical and mental health needs. The influx often leads to stress and trauma, necessitating specialized support. Participants were recruited from existing support group sessions and completed a validated depression scale. Group session frequency, participant attendance rates, and qualitative feedback were also collected. A median improvement of 20% was observed in participants' depressive symptoms over the study period, with consistent engagement being key to effectiveness. Mental health support groups significantly contribute to post-evacuation recovery among Nairobi refugees. Further research is recommended to refine group facilitation and expand reach. Expanding the number of supported groups and offering continuous training for facilitators are suggested improvements based on findings. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Kenyan, PTSD, MHPSS, Randomized Controlled Trial, Community-Based Approach, Cultural Competence, Refugee Psychology

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