



Mental Health Support Groups in Kenyan Slums: Psychological Outcomes Among Domestic Violence Survivors

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Abstract

Community-based mental health support groups have gained attention as a promising intervention for addressing psychological distress in vulnerable populations. A qualitative approach was employed to collect data from focus group discussions (FGDs) with participants and semi-structured interviews with facilitators. Data analysis involved thematic coding of FGD transcripts and thematic mapping based on established psychological outcomes indicators. Participants reported significant improvements in emotional regulation, self-esteem, and social support networks over the course of participation, indicating enhanced resilience skills among survivors. Community-based mental health support groups appear to be effective in improving psychological well-being for domestic violence survivors in Kenyan slums. Further research should explore the sustainability and scalability of these interventions across different socio-economic contexts. Domestic Violence, Mental Health Support Groups, Psychological Outcomes, Kenyan Slums

Keywords: *Kenyan, Slums, Domestic Violence, Group Therapy, Psychosocial Support, Qualitative Research, Community Interventions*

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