



# Telemedicine in Mental Health Treatment: A Six-Month Impact Assessment Among South African Rural Populations

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## Abstract

Telemedicine has shown promise in improving access to mental health care, particularly for rural populations where service provision can be limited by geographical and financial barriers. Participants will be recruited from randomly selected rural clinics within designated catchment areas. A pre- and post-intervention survey design will be employed to measure changes in mental health outcomes. Data on service utilization, patient demographics, and clinical performance metrics will also be collected. Initial data suggest a positive trend towards increased patient engagement with telemedicine services, with a 25% higher participation rate observed compared to baseline levels. The preliminary findings indicate potential benefits of expanding telemedicine access for mental health care in rural settings. However, further longitudinal studies are warranted to confirm these initial observations and explore the broader implications. Given the promising results, recommendations include continued implementation of telemedicine services alongside traditional models, with ongoing evaluation to ensure sustainability and effectiveness. Telemedicine, Mental Health, Rural Populations, Impact Assessment Treatment effect was estimated with  $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Sub-Saharan, telehealth, e-mental health, qualitative assessment, participatory action research, community-based intervention, longitudinal study*

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