



# A Systematic Review of the Longitudinal Mental Health Burden on Unpaid Family Caregivers of Stroke Survivors in Sub-Saharan Africa: A Focus on Ghana's Korle Bu Teaching Hospital

José Nguema<sup>1</sup>

<sup>1</sup> National University of Equatorial Guinea (UNGE)

**Published:** 04 September 2018 | **Received:** 14 June 2018 | **Accepted:** 30 July 2018

**Correspondence:** [jnguema@gmail.com](mailto:jnguema@gmail.com)

**DOI:** [10.5281/zenodo.18543750](https://doi.org/10.5281/zenodo.18543750)

## Author notes

*José Nguema is affiliated with National University of Equatorial Guinea (UNGE) and focuses on Medicine research in Africa.*

## Abstract

Stroke is a leading cause of disability in Sub-Saharan Africa, resulting in substantial dependence on unpaid family caregivers. The longitudinal trajectory of mental health outcomes for these caregivers, particularly within a major referral centre such as Ghana's Korle Bu Teaching Hospital, remains poorly synthesised in the literature. This systematic review aimed to synthesise evidence on the longitudinal mental health burden experienced by unpaid family caregivers of stroke survivors attending Korle Bu Teaching Hospital in Accra. Its objectives were to identify the nature, prevalence, and evolution of mental health challenges within this specific cohort over time. A systematic search was performed across multiple electronic databases. Pre-defined inclusion criteria targeted studies using longitudinal or repeated-measures designs to assess mental health outcomes in unpaid family caregivers of stroke survivors linked to the specified hospital. Study selection, data extraction, and quality assessment were conducted independently by two reviewers. No empirical studies meeting the specific longitudinal and locational criteria were identified. This reveals a critical evidence gap, as available research is predominantly cross-sectional or focused on other geographical settings. Broader regional literature consistently indicates significant, though under-quantified, psychological distress among caregivers. There is a notable absence of longitudinal research examining the mental health trajectory of unpaid family caregivers of stroke survivors at Korle Bu Teaching Hospital. This gap impedes the development of targeted, evidence-based support programmes within this specific context. Future research must prioritise longitudinal studies within this defined population and setting. Concurrently, healthcare policy and hospital-based services should utilise relevant evidence from comparable settings while actively advocating for and facilitating localised research. caregiver burden, mental health, stroke, Sub-Saharan Africa, Ghana, longitudinal study, systematic review, family caregivers This review identifies and delineates a specific gap in longitudinal evidence on caregiver mental health within a key Sub-Saharan African clinical setting, providing a necessary foundation for future primary research and informed service planning.

**Keywords:** *caregiver burden, mental health, stroke, Sub-Saharan Africa, longitudinal study, family caregivers, Ghana*



## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge