



# Community Health Workers and Tuberculosis Treatment Adherence in Rural Kenya: A Longitudinal Study

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## Abstract

Tuberculosis (TB) remains a significant public health challenge in rural Kenya, where adherence to treatment is often suboptimal. A mixed-methods approach involving baseline surveys and follow-up interviews was employed. Data were collected from 200 participants, stratified by CHW intervention and control groups. CHWs significantly improved adherence rates compared to controls ( $p < 0.05$ ), with a mean increase of 16% in treatment completion over the two-year period. The study underscores the efficacy of CHW programmes in enhancing TB treatment adherence, providing evidence for their continued implementation and expansion. Health authorities should prioritise CHW training and support to sustain these positive outcomes. Further research is needed on long-term effects and cost-benefit analyses. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African geography, community health workers, longitudinal studies, tuberculosis treatment adherence, qualitative methods, quantitative analysis, rural populations*

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