



Accessible Service Models for Adolescent Mental Health in Rural Ethiopia: A Longitudinal Study

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Abstract

Rural areas in Ethiopia often face challenges in accessing mental health services for adolescents, particularly girls who are at higher risk of developing mental health issues due to socio-cultural factors. A mixed-methods approach was employed, combining pre-post intervention assessments with qualitative interviews to understand service users' experiences and perceptions. During the study period, a significant proportion (65%) of participants reported improved mental well-being following engagement with accessible service models. Themes emerged around increased accessibility and affordability as key drivers of positive outcomes. Accessible service models have shown promise in enhancing mental health services for rural Ethiopian adolescent girls, though further research is needed to refine and validate these interventions. Future studies should focus on replicating successful models in different settings and explore long-term sustainability strategies. Policy makers should consider integrating accessible mental health services into routine healthcare delivery systems. Adolescent Girls, Rural Ethiopia, Mental Health Services, Accessible Models, Longitudinal Study 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: *Geographic, Rural, Adolescent, Mental Health, Delivery, Models, Ethiopia*

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