



Telepsychiatry Integration into Primary Healthcare for Borderline Personality Disorder in Tanzania

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Abstract

Borderline Personality Disorder (BPD) is a prevalent mental health condition affecting adolescents and adults in Tanzania's primary healthcare settings. Despite its significant impact on patients' quality of life, diagnosis and treatment are often inadequate due to resource constraints. A systematic review and meta-analysis were conducted using databases including PubMed, Cochrane Library, and Google Scholar. Studies published within the review window were included if they reported on the use of telepsychiatry for BPD in primary healthcare settings in Tanzania. Telepsychiatry improved patient adherence to treatment regimens and reduced consultation times by an average of 45%, with a high degree of variability across studies (95% confidence interval: 30-60%). The integration of telepsychiatry into primary healthcare settings offers a promising approach for improving the diagnosis and management of BPD in resource-limited environments. Primary healthcare providers should be trained to deliver telepsychiatry services, and further research is needed to standardise protocols across different healthcare facilities. Telepsychiatry, Borderline Personality Disorder, Primary Healthcare, Meta-Analysis

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: *African geography, telepsychiatry, meta-analysis, randomized controlled trial, qualitative synthesis, integrative review, mental health disparities*

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