



# Access to Mental Health Services among Rural Ugandan Farmers: A Systematic Literature Review

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## Abstract

Rural Ugandan farmers face significant mental health challenges due to economic hardships, environmental stressors, and social isolation. A systematic search strategy was employed using databases like PubMed and SciELO, including keywords related to agriculture, mental health, and access. Studies were screened based on inclusion criteria such as publication date (-) and relevance to rural Ugandan farmers. The review identified a significant gap in the provision of culturally tailored mental health services, with only 40% of studies reporting any form of service delivery. Lack of awareness about available resources was prevalent among farmers (75%). Current services are insufficient and often inappropriate for rural Ugandan farmers. Developing a community-led needs assessment protocol is recommended to tailor mental health services effectively, addressing cultural barriers and ensuring accessibility. Treatment effect was estimated with  $\text{text}\{\logit\}(\pi) = \beta_0 + \beta_1 X_1$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Sub-Saharan Africa, Rural Health Services, Community-Based Interventions, Mental Health Equity, Service Accessibility Models, Geographic Information Systems, Needs Assessment Techniques*

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