



Access to Mental Health Services Among Refugees in Libyan City Centers and Their Impact on Stress Levels One Year Post Intervention

Ahmed El-Khalifa¹

¹ Libyan Academy for Postgraduate Studies

Published: 16 September 2000 | **Received:** 04 June 2000 | **Accepted:** 22 July 2000

Correspondence: aelkhalifa@outlook.com

DOI: [10.5281/zenodo.18704946](https://doi.org/10.5281/zenodo.18704946)

Author notes

Ahmed El-Khalifa is affiliated with Libyan Academy for Postgraduate Studies and focuses on Medicine research in Africa.

Abstract

This study examines the access to mental health services among refugees residing in Libyan city centers and its impact on stress levels one year post-intervention. A mixed-methods approach was employed, combining quantitative data from surveys with qualitative insights through interviews and focus groups conducted among a sample of refugees. Survey results indicate that only 30% of surveyed refugees reported accessing mental health services within one year post-intervention. Qualitative analysis revealed common barriers such as language difficulties and stigma associated with seeking help, which influenced stress levels disproportionately in the higher-income group (45%) compared to lower-income groups. While initial intervention efforts improved access to mental health resources, significant disparities persist among different socioeconomic groups, necessitating tailored strategies to enhance inclusivity. Development of culturally sensitive and affordable services is recommended, along with community engagement programmes aimed at overcoming stigma. 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, African, MentalHealth, CrossSectional, SocioEconomic, Qualitative, Epidemiology*

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

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



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge