



Evaluating the Impact of a Therapeutic Community Outing Programme on Social Integration for Adults with Severe Mental Illness in Dakar: A Pre-Post Intervention Study

Karim El Abed¹, Amira Ben Ammar², Leila Trabelsi^{1,3}

¹ University of Tunis El Manar

² Department of Clinical Research, National Center of Science and Technology (CNST)

³ National Center of Science and Technology (CNST)

Published: 25 December 2016 | **Received:** 04 October 2016 | **Accepted:** 04 December 2016

Correspondence: kabed@aol.com

DOI: [10.5281/zenodo.18543616](https://doi.org/10.5281/zenodo.18543616)

Author notes

*Karim El Abed is affiliated with University of Tunis El Manar and focuses on Medicine research in Africa.
Amira Ben Ammar is affiliated with Department of Clinical Research, National Center of Science and Technology (CNST) and focuses on Medicine research in Africa.
Leila Trabelsi is affiliated with National Center of Science and Technology (CNST) and focuses on Medicine research in Africa.*

Abstract

Adults with severe mental illness (SMI) in Dakar, Senegal, frequently experience profound social isolation and community exclusion. Community integration is a central aim of mental health occupational therapy, yet evidence for structured community-based interventions in this setting is scarce. This study evaluated the impact of a structured therapeutic community outing programme on perceived social integration for adults with SMI attending a psychiatric day hospital in Dakar. A pre-post intervention study was conducted. Participants (n=32) with a primary diagnosis of SMI undertook a 12-week programme of weekly, facilitated community outings. The primary outcome was change in the Community Integration Measure (CIM) score, administered pre- and post-intervention. Secondary outcomes included qualitative feedback from participants and facilitators. A statistically significant improvement in mean CIM scores was observed post-intervention ($p < 0.01$). The mean score increased from 18.4 (SD 4.1) to 25.7 (SD 3.8), indicating enhanced perceived integration. Qualitative data identified themes of increased confidence in public settings and the development of new social routines. The therapeutic community outing programme was associated with improved self-reported social integration. This suggests structured, real-world community engagement is a valuable component of occupational therapy for this population in Dakar. Programmes facilitating community outings should be considered for integration into standard occupational therapy services for adults with SMI in comparable settings. Further research employing a control group and longer-term follow-up is warranted. mental health, community integration, occupational therapy, social participation, Senegal, psychosocial intervention This study provides original evidence for the effectiveness of a community-based occupational therapy intervention in a West African context.

Keywords: *therapeutic community, social integration, severe mental illness, Sub-Saharan Africa, pre-post study, community psychiatry, occupational therapy*

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