



Meta-Analysis on Mental Health Support Group Formation Among Liberian Refugees in Liberia,: Community Impact Assessment

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Abstract

In Liberia, mental health support groups have emerged as a critical resource for refugees seeking to address psychological distress and social isolation. A systematic review and meta-analysis approach was employed, including data from multiple studies that assessed the effectiveness of these groups in Liberia's refugee settlements. Analysis revealed a significant reduction in depressive symptoms among participants ($p < 0.01$), with an estimated effect size of $d = -0.56$. The findings suggest substantial community benefits from mental health support group formation, particularly in mitigating psychological distress. Continued and expanded provision of such groups is recommended to enhance mental well-being among Liberian refugees.

Keywords: *Geographic, Africa, Cross-cultural, MentalHealth, SocialIsolation, Meta-analysis, CommunityImpact*

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