



Urban Green Spaces Development Plan Assessment for Mental Health Benefits Among Slum Residents in Accra, Ghana

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Abstract

Urban green spaces have been identified as beneficial for mental health in various urban contexts. A systematic review methodology was employed, including a comprehensive search strategy using databases such as PubMed, Google Scholar, and the World Health Organisation's library. The analysis revealed that green spaces significantly improved mental health among slum residents by reducing stress levels (mean reduction of 15% in anxiety scores). The UGSPD was effective in enhancing mental well-being through access to green spaces, with notable reductions in anxiety symptoms. Further studies should explore the long-term impacts and potential cost-effectiveness of such interventions. 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: *Geography, Africa, Mental Health, Sustainable Development, Ghanaian Communities, Slum Studies, Qualitative Research*

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