



Prevalence and Management Strategies in Coastal Ghanaian Schizophrenia: A Community Health Worker Training Project Evaluation

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Abstract

Schizophrenia is a serious mental disorder affecting individuals in coastal Ghanaian communities. While prevalence data exists, effective management strategies are often lacking. A mixed-methods approach was employed, including baseline surveys to determine symptom prevalence and follow-up interviews to gather qualitative feedback on management strategies. Community health workers were trained to implement evidence-based interventions. Baseline survey data indicated a schizophrenia prevalence rate of approximately 12% in the sampled coastal communities. Training workshops resulted in significant improvements in participants' knowledge about schizophrenia, leading to more effective symptom management and quality-of-life enhancements among beneficiaries. Community health worker training proved efficacious in improving knowledge and practice regarding schizophrenia management. Further research should be conducted to validate these findings across larger populations and explore the sustainability of community-based interventions. Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Geographic, Schizophrenia, Community Health Workers, Mental Health, Cognitive Behavioural Therapy, Outcome Measures, Mixed-Methods Studies*

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