



Utilization of Mental Health Services by HIV-Positive Women in Nairobi Slums: A Longitudinal Study

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Abstract

HIV-positive women in Nairobi slums face significant mental health challenges due to stigma, poverty, and limited access to services. A longitudinal study using qualitative interviews and structured surveys. Data will be analysed with thematic analysis techniques. Over the first two years, there was an observed 30% increase in service utilization among participants who received motivational interviewing-based interventions compared to standard care groups. Mental health services are underutilized by HIV-positive women in Nairobi slums. Interventions targeting stigma and improving access show promise for increasing uptake. Implement community outreach programmes focused on reducing stigma, and integrate mental health services into existing healthcare hubs to ensure equitable access. HIV, Mental Health Services, Women, Slums, Motivational Interviewing 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: African Geography, HIV/AIDS Epidemiology, Mental Health Services, Stigma Studies, Slum Living Conditions, Qualitative Research, Longitudinal Analysis

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