



Mental Health Support Services for Migrant Laborers in Moroccan Coastal Fishing Towns: A Systematic Review of One-Year Psychological Wellbeing Assessments

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Abstract

Mental health issues among migrant laborers in coastal fishing towns are a significant concern, particularly in Morocco where these communities face unique challenges. A comprehensive search strategy was employed using electronic databases, including PubMed, PsycINFO, and Web of Science. Studies published between and were included if they evaluated the psychological wellbeing of migrant laborers in Morocco's coastal fishing towns over a one-year period. The review identified several themes related to mental health support services, including counseling interventions and community-based programmes. One notable theme was the significant reduction ($p < 0.05$) in anxiety levels among participants who received psychological therapy compared to those who did not receive such treatment. This systematic review underscores the importance of implementing comprehensive mental health support services for migrant laborers in Moroccan coastal fishing towns, particularly counseling interventions and community-based programmes. Healthcare providers should prioritise training for healthcare workers in recognising and addressing mental health issues among migrant populations. Policymakers should consider funding initiatives that promote access to psychological support services tailored to the needs of these communities. 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: *Mediterranean, Coastal Areas, Fishing Communities, Migration Studies, Qualitative Research, Quantitative Analysis, Community Health Programmes*

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