Mobile Phone-Based Mental Health Support Services for Vulnerable Women Farmers in Zimbabwe: A Feasibility Study

Nyawira Dube[1]**, Chido Mushunjugwa**[2,3]

[1] Department of Clinical Research, Midlands State University

[2] University of Zimbabwe, Harare

[3] Midlands State University

Author notes

Nyawira Dube is affiliated with Department of Clinical Research, Midlands State University and focuses on Medicine research in Africa.

Chido Mushunjugwa is affiliated with University of Zimbabwe, Harare and focuses on Medicine research in Africa.

Abstract

Mobile phone-based interventions have shown promise in addressing mental health issues among vulnerable populations globally. However, their applicability and effectiveness for women farmers in Zimbabwe remain underexplored. A comprehensive search strategy was employed to identify relevant studies published from inception until March . Eligibility criteria included original research articles focusing on mobile interventions targeting female agricultural workers' mental well-being in Zimbabwe. The review identified a total of 15 relevant studies, predominantly focused on qualitative methods and case reports. Key themes emerged including low uptake rates due to privacy concerns and limited service availability. Despite the initial feasibility challenges, mobile phone-based support services show potential for enhancing mental health care among vulnerable women farmers in Zimbabwe, warranting further investigation with quantitative designs. Future research should prioritise developing culturally adapted mobile apps and addressing infrastructure gaps to improve service reach and effectiveness. Mobile phones, Mental health, Women farmers, Vulnerable populations, Zimbabwe Treatment effect was estimated with $text\{logit\}(\pi) = beta\,0 + \beta^{\rightarrow}\,p\,X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Vulnerable Populations, Mobile Technology, Feasibility Study, Mental Health, Women Farmers, Zimbabwe*

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