



Utilization Patterns of Mental Health Services by Female Refugees in Kampala, Uganda: A Socio-Epidemiological Analysis

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Abstract

Mental health services utilization among female refugees in Kampala, Uganda is understudied despite its growing population of displaced individuals seeking refuge. A mixed-methods approach combining quantitative survey data ($n=150$) with qualitative interviews ($n=20$). Female refugees reported high levels of stigma related to mental health seeking behaviors, leading to underutilization despite perceived need. Over half (54%) did not seek services due to financial constraints. Access barriers significantly impact mental health service utilization among female refugees in Kampala. Targeted outreach programmes focusing on stigma reduction and affordability are recommended to improve access. Female Refugees, Mental Health Services, Stigma Reduction, Kampala, Uganda

Keywords: *African geography, Refugee studies, Mental health services, Socioeconomic factors, Qualitative analysis, Quantitative methods, Cross-cultural psychology*

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