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Forum för Afrikastudier vid Uppsala Universitet
Uppsala University's Forum for Africa Studies

Friday Seminar in Africa Studies

Prevalence and social determinants of anxiety and depression among adults in Ghana

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Venue: ENG3-2028, Engelska Parken,
Thunbergsvägen 3H, Uppsala.

Zoom <https://uu-se.zoom.us/j/66743303035>



Anxiety and depression are a global public health concern, yet their prevalence and social determinants in Ghana remain underexplored. Examining the prevalence among adults in Ghana can guide the planning and allocation of resources for mental healthcare. A comprehensive search strategy was employed, with all screening steps and quality appraisal conducted by two reviewers. Prevalence estimates were pooled using the random-effects model while subgroup analysis was used to examine potential moderators. A narrative synthesis was used to explore social determinants associated with anxiety and depression among adults in Ghana. Despite methodological limitations, the review found a high prevalence of anxiety (46.3%, 95% CI 36.9%-56.1%) and depression (40%, 95% CI 33.3%-47.1%) among adults in Ghana, with regional variations. There is an urgent need for evidence-based interventions to alleviate the burden of anxiety and depression among adults in Ghana.

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