



Conceptualization of Depressive Disorders in Tanzania

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“Is Depression a thing
in Tanzania or is it laughed off as a
foreign thing?”

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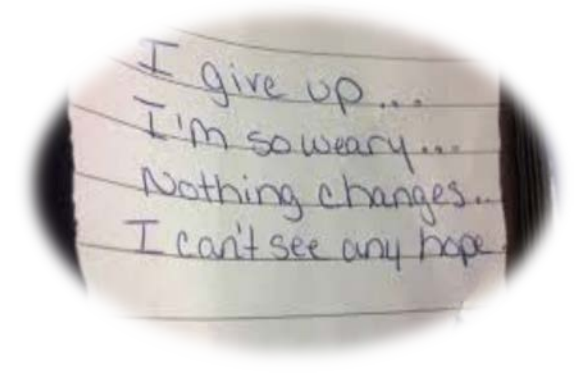


Prevalence...

- The most commonly occurring mental health challenge
- Prevalence of Depression in specific/ controlled groups ranges between 2.7 – 41
- Lack of Data in general population

(Marwick & Kaaya 2014, Gaynes et al., 2012; Madundo *et al.* (2023))

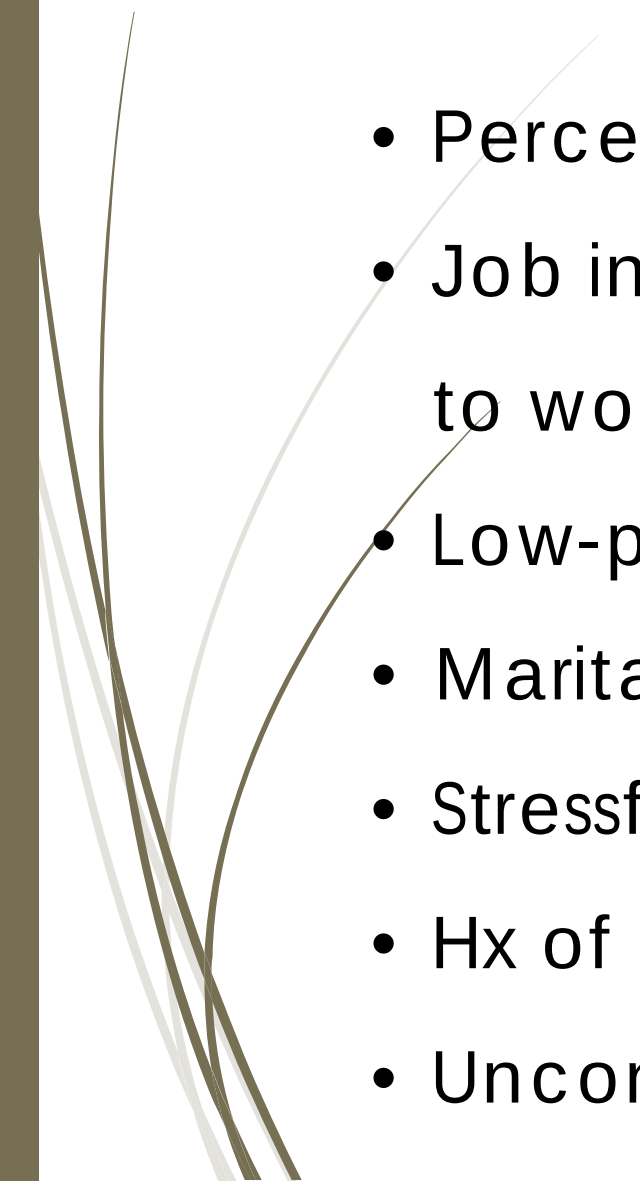
Depression as “Stress...”







Risk Factors

- Perceived low social support and family difficulties
 - Job insecurities, Employment uncertainties & Inability to work
 - Low-paid hustles; self or waged
 - Marital and Relationship Status
 - Stressful life events,
 - Hx of M.I, Serious or chronic illness eg. HIV
 - Unconscious Parenting and unavailable Parents`
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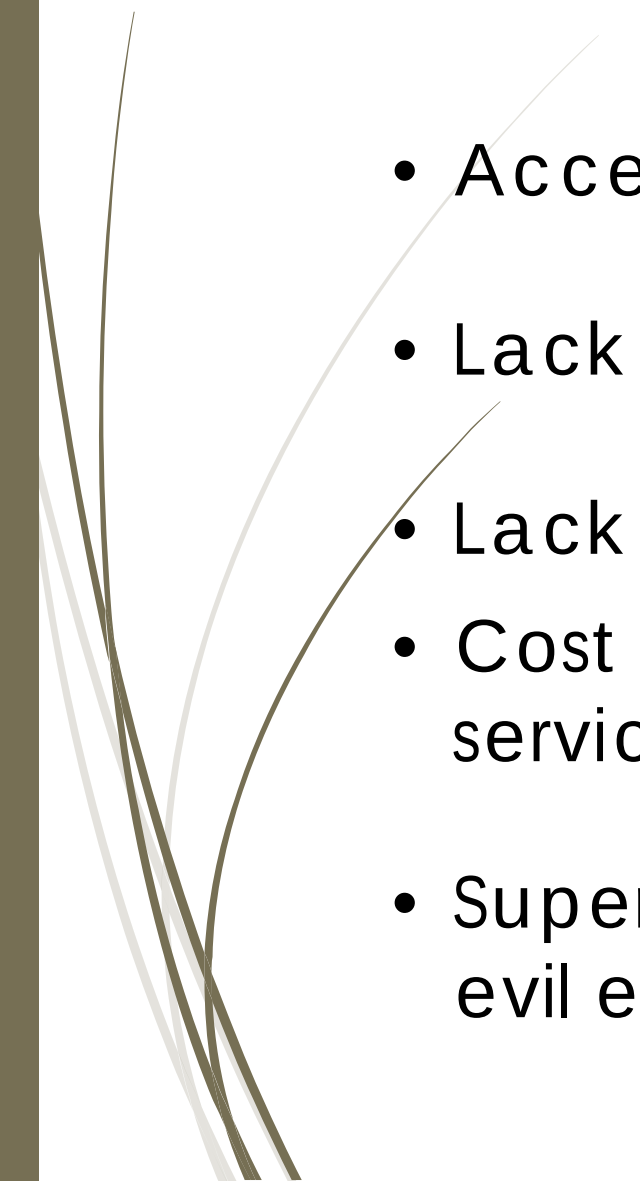
Treatment...

- Mostly psychotropic
- CBT
- Problem Solving Skills
- Stress management Skills

Mostly Task-shifting



Treatment: Barriers & Challenges...

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- Accessibility is still the biggest challenge
 - Lack of qualified Mental health specialists
 - Lack mental health knowledge especially in PHC
 - Cost is another barrier to the access of mental health services
 - Superstitions and traditional healers (Caused by an evil eye)

Golden Chances

- Political will of the President, the Minister of Health and other stakeholders including MPs towards mental health,
- Amendments of the educational curriculum
- Presence of GPs with background in psychopathology as well as psychopharmacology,
- Government's desire to register Wellness and Counseling Centres, and
- this year MUHAS will start a new Bachelor's degree in Clinical Psychology and related fields (Occupational, Speech & Physio)

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THANK YOU