



BNBR “SPEAK UP” STIGMA SURVEY IN KENYA 2023

REVISED REPORT



Prepared By:
Infotrak Research & Consulting
P.O Box 23081; 00100 Nairobi
www.infotrakresearch.com

CONTENTS

Study Background

Methodology

Key Findings

Conclusion



SURVEY BACKGROUND



BACKGROUND INFORMATION

In Kenya, as in many other countries, addressing mental health and stigma associated with it is faced with many challenges mainly:

High Prevalence of Mental Health Problems:

- There is high prevalence of Mental health disorders in Kenya, with estimates suggesting that approximately 10-20% of the population may be affected. Common conditions include depression, anxiety disorders, substance abuse, and schizophrenia. The high prevalence poses as a challenge that needs a lot of resources to handle

Limited Access to Mental Health Services:

- Kenya faces numerous barriers in providing adequate mental health services, including a shortage of mental health professionals, limited funding for mental health programs, and inadequate infrastructure. This contributes to a lack of access to proper diagnosis, treatment, and support for individuals with mental health problems.

Stigma and Discrimination:

- Stigma surrounding mental health is pervasive in Kenyan society. People with mental health problems often face discrimination, social exclusion, and stereotypes. The stigma arises from misconceptions, cultural beliefs, fear, and lack of awareness and understanding about mental health.

Cultural Factors:

- In some Kenyan communities, mental health problems are attributed to supernatural causes or seen as a result of personal weakness or moral failings. This can lead to blame, isolation, and rejection of individuals with mental health challenges, further exacerbating the stigma.

Barriers to Seeking Help:

- Stigma and misconceptions about mental health problems act as significant barriers to help-seeking behavior. Many individuals fear judgment, ridicule, or being labeled as "crazy" if they seek mental health support. This reluctance to seek help delays or prevents individuals from receiving necessary treatment

Barriers Advocacy and Awareness Efforts: to Seeking Help

- In recent years, there has been an increased focus on mental health advocacy and awareness in Kenya. Various organizations, NGOs, and governmental initiatives are working towards destigmatizing mental health, raising awareness, and promoting access to mental health services

BACKGROUND INFORMATION CONTINUED

- Basic Needs Basic Rights (BNBR) is implementing a project in Kenya dubbed "Empowering Youth with Mental Health Problems to Tackle Stigma through Evidence-Based Approaches."
- BNBR is responsible for executing the project activities, signing the Grant Agreement (referred to as the Conditions of Funding), and receiving and reporting on funds disbursed by Comic Relief for project implementation.
- BNBR is currently in the final phase of implementing the "Speak Up" project, which aims to challenge stigma and discrimination against individuals with mental health problems in Nairobi County and its surrounding areas.
- The project's objective is to enhance the knowledge, attitudes, and behavior of the public and media stakeholders regarding mental health.
- The project involves collaborating with mental health champions, caregivers, and community health workers from across Nairobi.
- These stakeholders champion the project's campaign messages primarily through online and traditional media platforms, particularly social media and offline activities that involve direct social contact.
- The latter approach entails engaging in one-on-one conversations with individuals who do not have personal experience with mental health problems, with the goal of challenging existing prejudices they may hold towards people with mental health issues.

SURVEY OBJECTIVES

The purpose of conducting the stigma survey was to assess the impact and effectiveness of the "Speak Up" project in influencing community mental health stigma levels among the general public.

The survey was designed to compare the current stigma levels with those of the baseline study conducted earlier, thus allowing for an evaluation of the project's progress and outcomes.



SURVEY APPROACH & METHODOLOGY



SURVEY APPROACH

A Quantitative Approach

The survey entailed 500 household interviews with respondents aged 18 – 35 years using Computer Assisted Personal Interviewing (CAPI)/Mobile Data Collection (MDC) technology.

The survey adopted multistage random sampling approach. Respondent selection was random using the Kish grid.

OVERALL SURVEY APPROACH

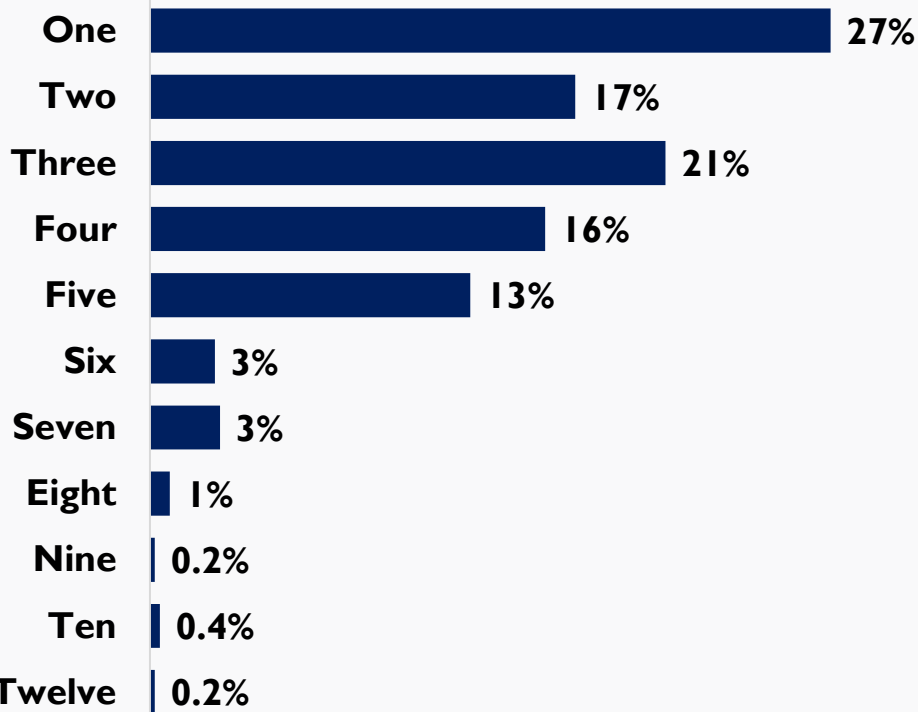
How was the survey conducted?	Quantitative household interviews were conducted using Computer Assisted Personal Interviews (CAPI).
Universe and Survey sample	The relevant section of the public that was targeted in the survey (i.e. the universe) was persons who were aged 18 - 35 years at the time of the survey. The survey had a target survey sample size of 500 respondents,.
What was the margin of error?	±4.38% at 95% degree of confidence.
What was the response rate?	94% response rate.
Weighting	Where the achieved interviews differed slightly from the intended sampled proportions per demographic group, the dataset was weighted to correct for over or under sampling thus ensuring the sample was proportionately representative of the target population.
Survey Geographical Coverage	Nairobi County was stratified into four regions, namely, Nairobi South, Nairobi East, Nairobi North, and Westlands, then further into sub-counties therein. In each region, two sub counties were randomly sampled. In each sub-county, select enumeration areas (i.e. sub locations/estates) were randomly selected.
Data Analysis	Quantitative Data was processed and analysed using SPSS version 26 statistical software due to it high accuracy and reliability.

SAMPLING FRAME

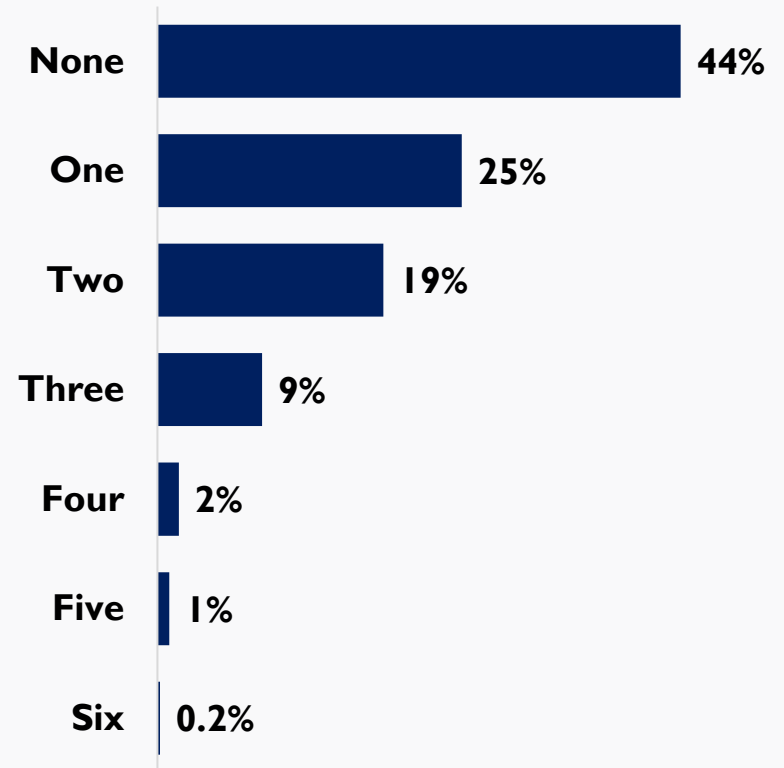
REGION	HH POP	REGIONAL SAMPLE	SUBCOUNTY	MALE	FEMALE	ENDLINE SAMPLE	BASELINE SAMPLE
NAIROBI EAST	647,037	215	Embakasi	58	58	115	115
			Kamukunji	14	14	28	28
			Makadara	12	12	23	23
			Mathare	12	12	25	25
			Starehe	12	12	23	23
NAIROBI NORTH	475,853	158	Kasarani	45	45	90	90
			Njiru	34	34	68	68
NAIROBI SOUTH	123,929	41	Kibra	10	10	20	20
			Lang'ata	10	10	21	21
WESTLANDS	260,069	86	Dagoretti	26	26	51	51
			Westlands	17	17	35	35
TOTAL	1,506,888	500	TOTAL	250	250	500	500

HOUSEHOLD CHARACTERISTICS

Number of Household Members



Number of children below 16 years

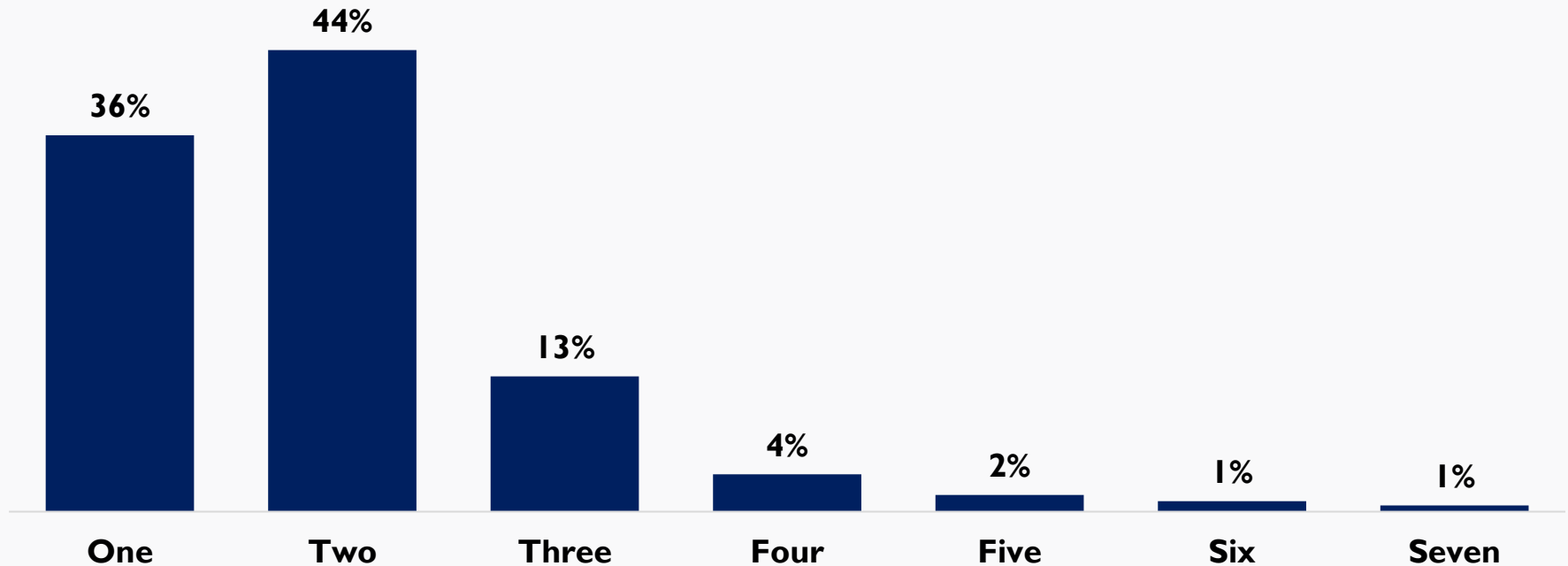


How many family members (including children) currently live in this household?

How many children (less than 16 years old) live in this household? (include all children who stay, eat, and sleep in the household)

HOUSEHOLD CHARACTERISTICS CONT..

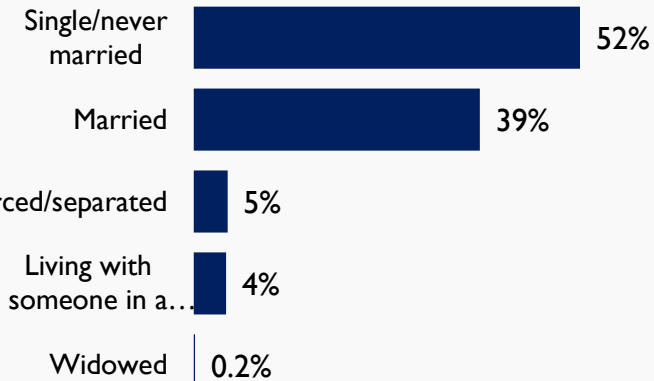
Number of persons above 16 years



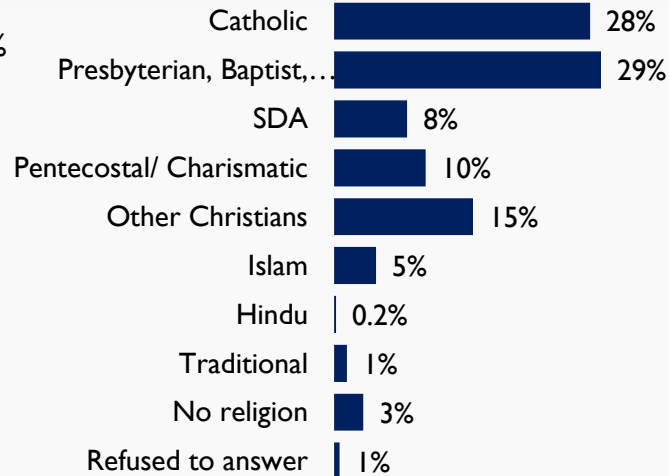
How many persons (16 years old or more) live in this household? (include yourself and all adults who stay, eat, and sleep in the household etc)

RESPONDENT DEMOGRAPHICS

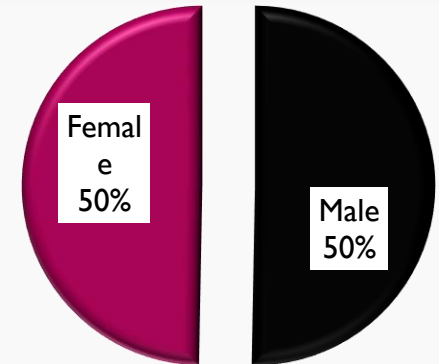
Marital Status



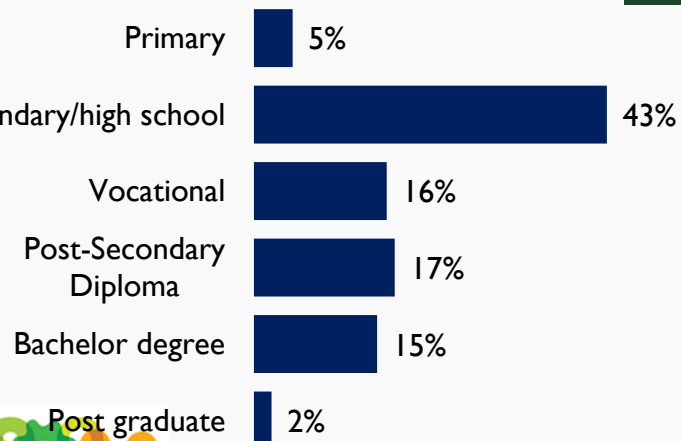
Religion



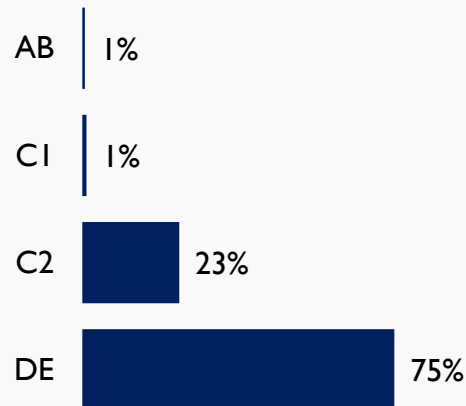
Gender



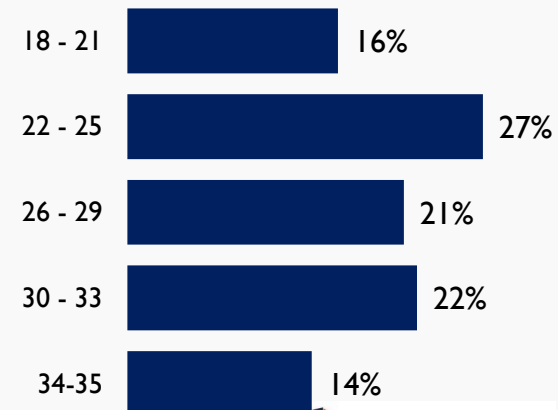
Level of Education



LSM

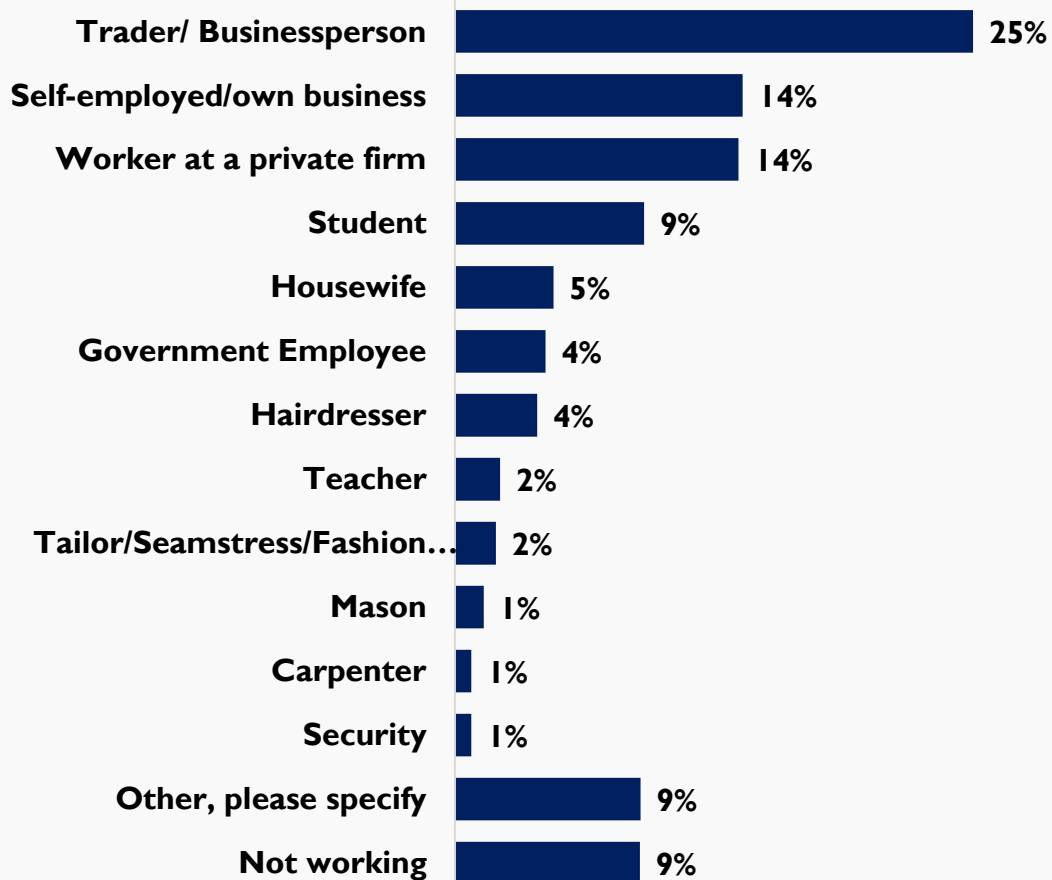


Age

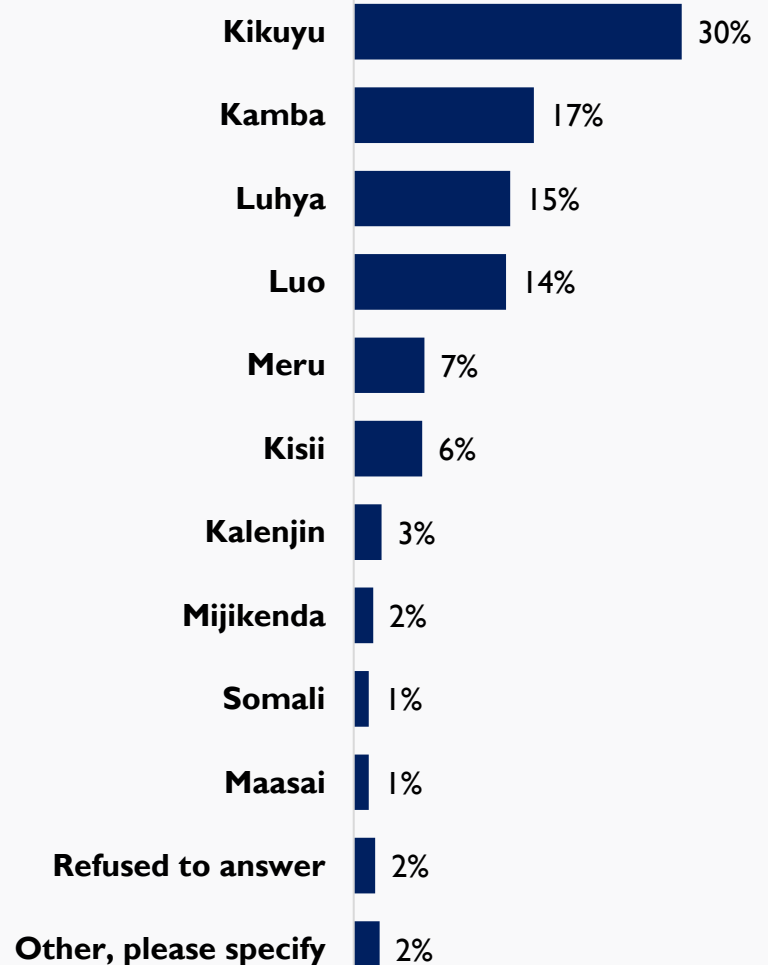


RESPONDENT DEMOGRAPHICS

What is your occupation?



Ethnicity



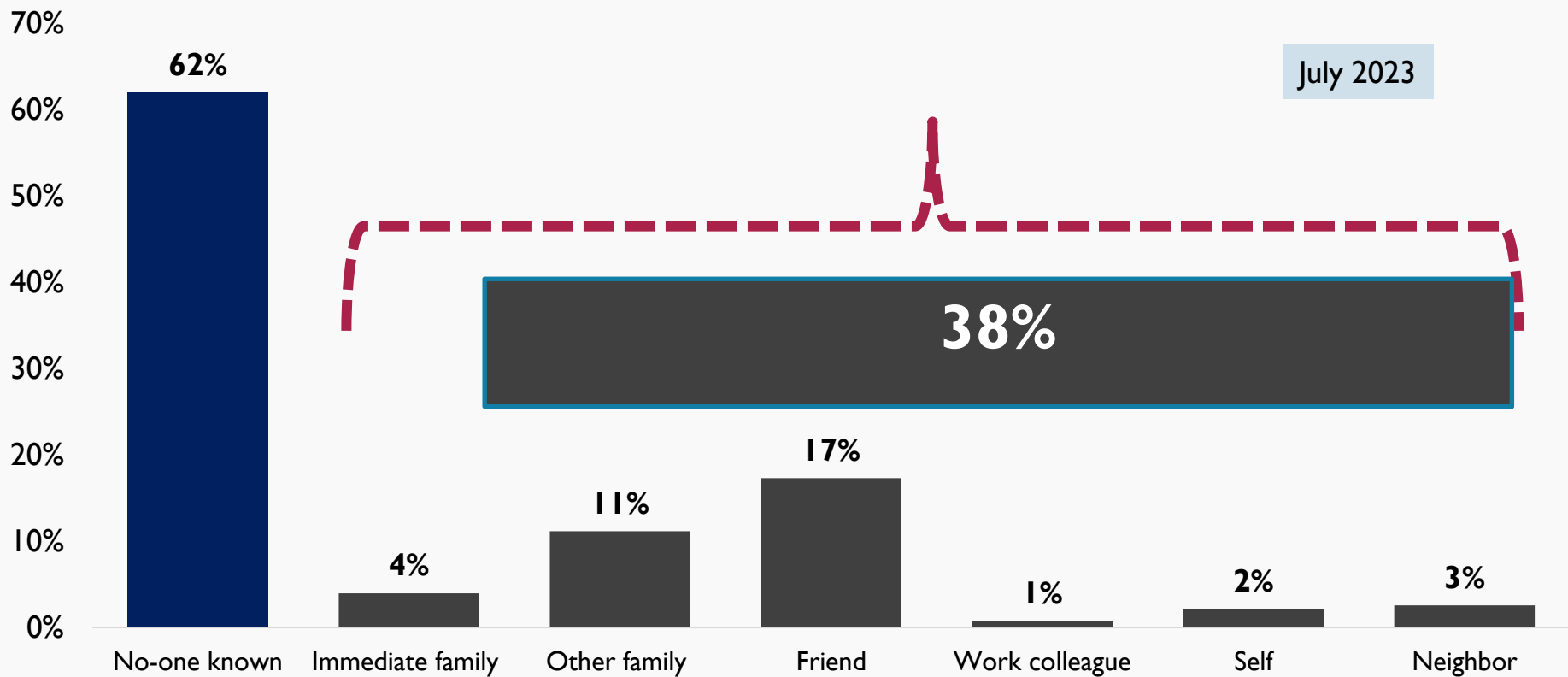


SURVEY FINDINGS



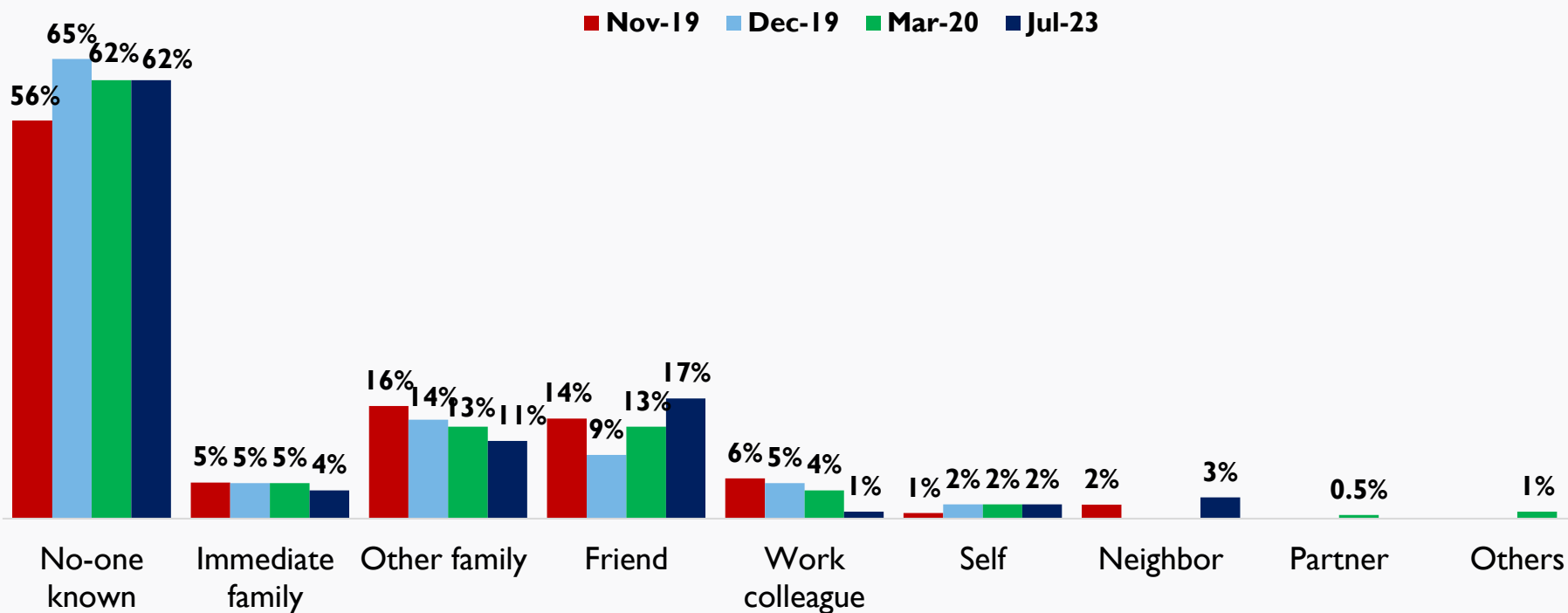
MENTAL HEALTH PROBLEMS; AN ENCROACHING SILENT KILLER IN KENYA

A majority (62%) of the respondents reported that no one known to them had or has ever had a mental health problem. Another 17% mentioned that their friend had experienced mental health issues, while 2% mentioned having personally experienced a mental health issue.



MENTAL HEALTH PROBLEMS; AN ENCROACHING SILENT KILLER IN KENYA

Feedback on close relations who have had some kind of mental health problem has changed over time. Key to note is that the proportions of surveyed respondents who reported to not knowing anyone who had some kind of mental health issue has fluctuated over time peaking from November 2019 to December 2019, slightly fluctuating from December 2019 to March 2020 and stagnating at 62% between March 2020 and July 2023.



Qn: Does anyone close to you have or have had some kind of mental health problem?



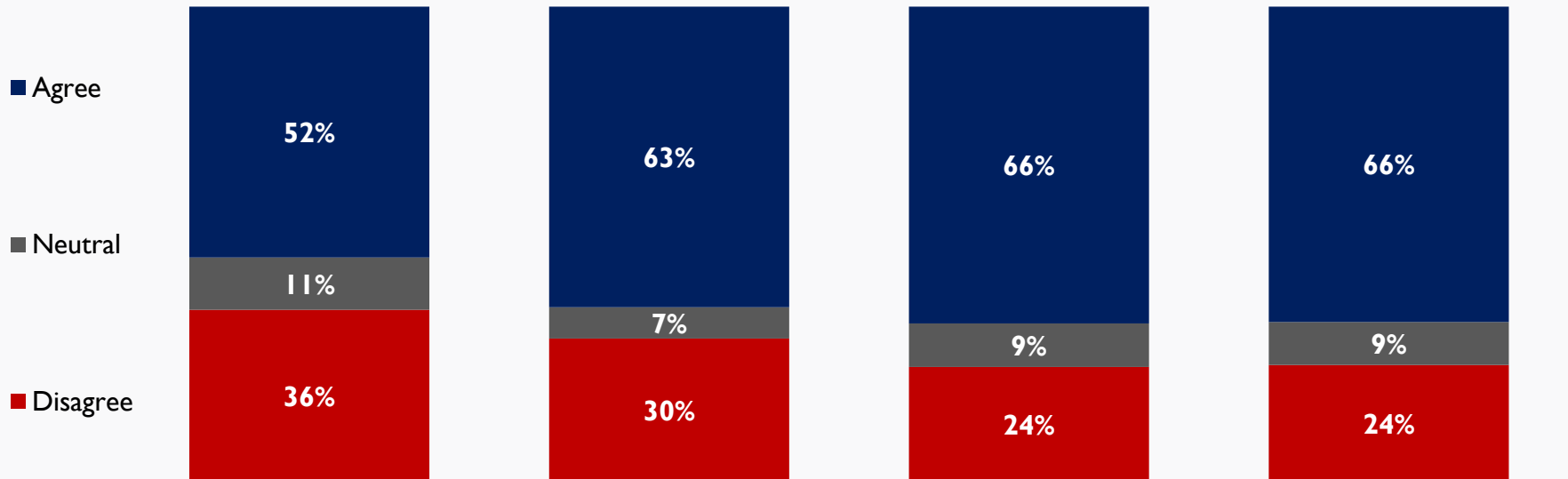
RELATING WITH PERSONS WITH MENTAL HEALTH CONDITIONS



VICTIMS OF MENTAL HEALTH PROBLEMS WANTED CLOSE, BUT NOT TOO CLOSE...

A majority of the surveyed respondents indicated they were willing to engage with individuals facing mental health challenges in various scenarios. Specifically, a significant proportion agreed that they would be open to living with (52%), working with (63%), living nearby (66%), and sustaining a relationship (66%) with individuals with mental health problems.

July 2023



In the future, I would be willing to live with someone with a mental health problem

In the future, I would be willing to work with someone with a mental health problem

In the future, I would be willing to live nearby to someone with a mental health problem

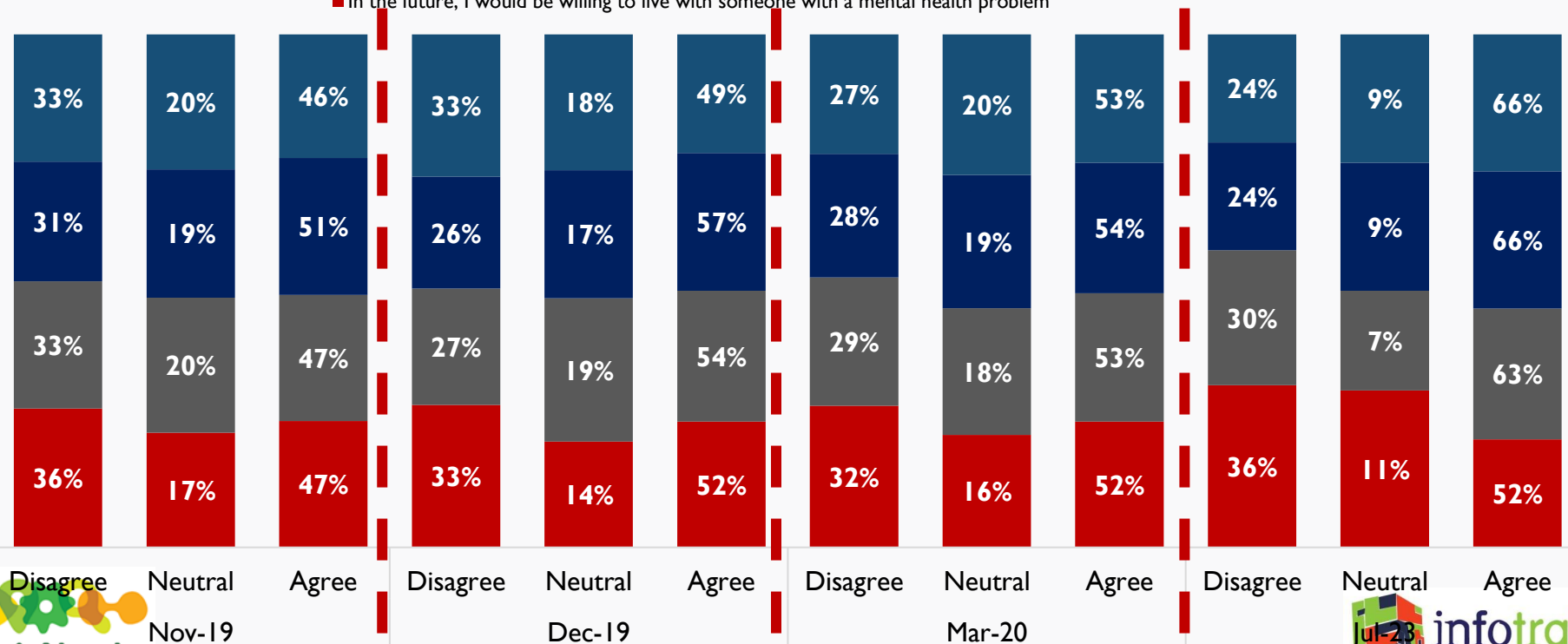
In the future, I would be willing to continue a relationship with a friend who developed a mental health problem

Qn: Please can you tell me how strongly you agree or disagree with the following statements?

VICTIMS OF MENTAL HEALTH PROBLEMS WANTED CLOSE, BUT NOT TOO CLOSE

The survey established that there has been an increase in the proportion of surveyed respondents who would be willing to positively interact with someone with a mental health problem. Notably, the survey established that 66% of the respondents in 2023 compared to 51% in November 2019, would be willing to positively correlate with a person with a mental health problem.

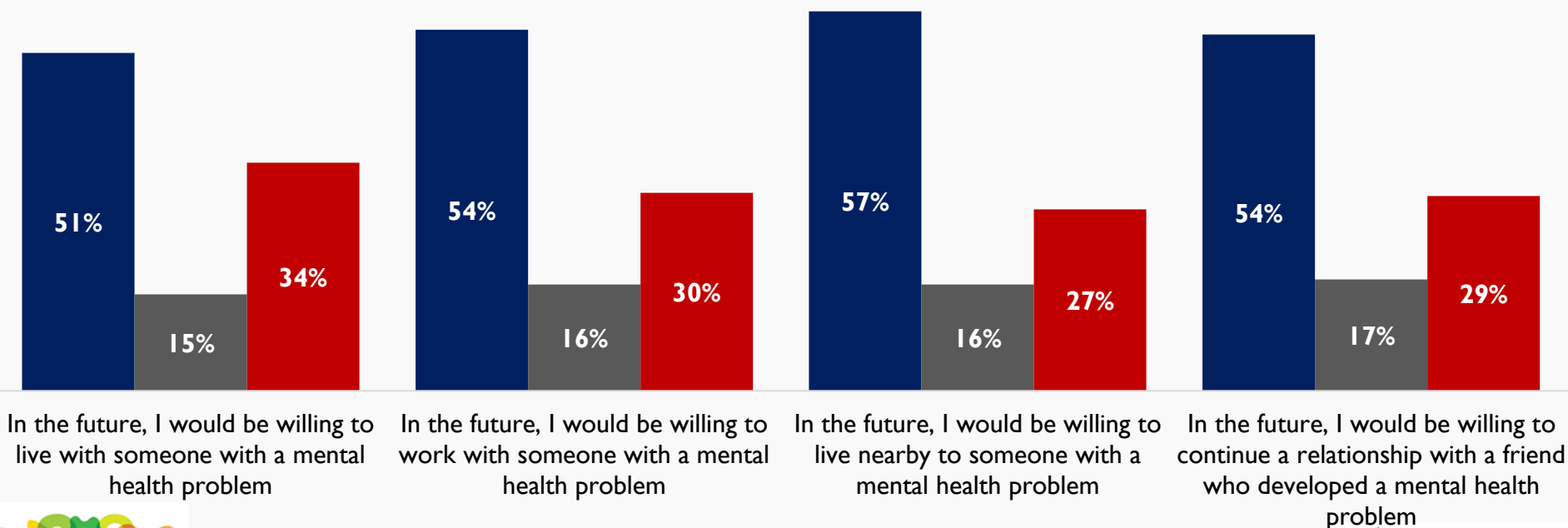
- In the future, I would be willing to continue a relationship with a friend who developed a mental health problem
- In the future, I would be willing to live nearby to someone with a mental health problem
- In the future, I would be willing to work with someone with a mental health problem
- In the future, I would be willing to live with someone with a mental health problem



VICTIMS OF MENTAL HEALTH PROBLEMS WANTED CLOSE, BUT NOT TOO CLOSE

The survey established that there has been an increase in the proportion of surveyed respondents who would be willing to positively interact with someone with a mental health problem. Notably, the survey established that 66% of the respondents in 2023 compared to 51% in November 2019, would be willing to positively correlate with a person with a mental health problem.

■ Agree ■ Neutral ■ Disagree

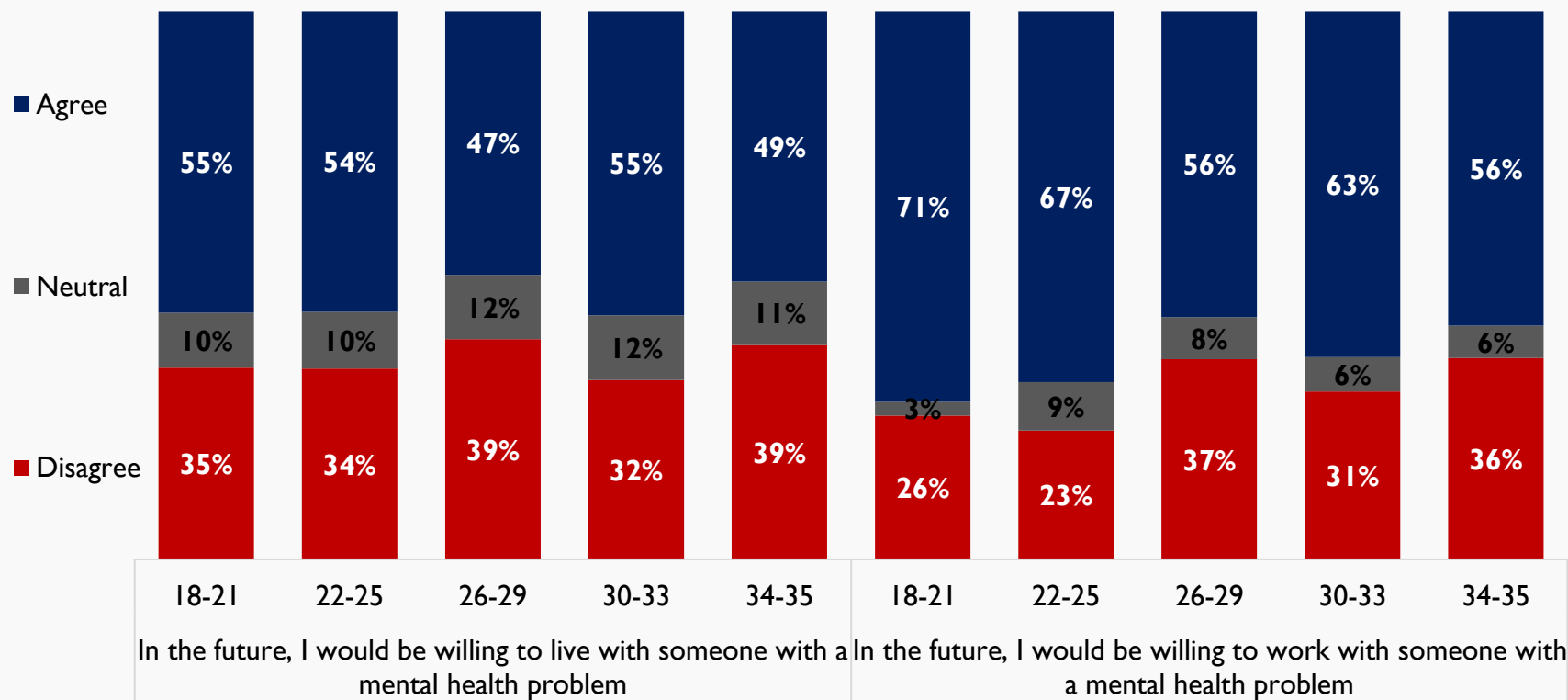


Qn: Please can you tell me how strongly you agree or disagree with the following statements?

VICTIMS OF MENTAL HEALTH PROBLEMS WANTED CLOSE, BUT NOT TOO CLOSE...

1/2

Across all age brackets, the surveyed respondents were willing to live or work with someone with a mental health problem.

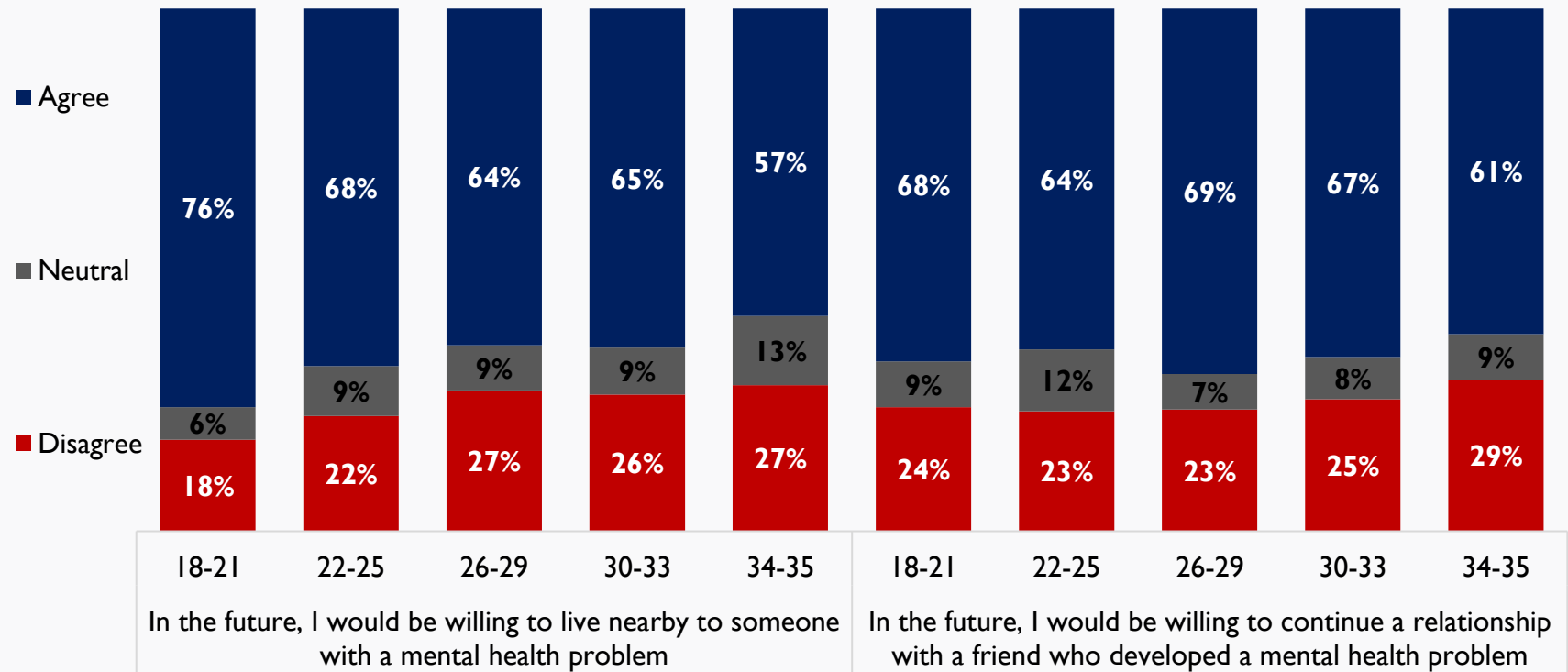


Qn: Please can you tell me how strongly you agree or disagree with the following statements?

VICTIMS OF MENTAL HEALTH PROBLEMS WANTED CLOSE, BUT NOT TOO CLOSE...

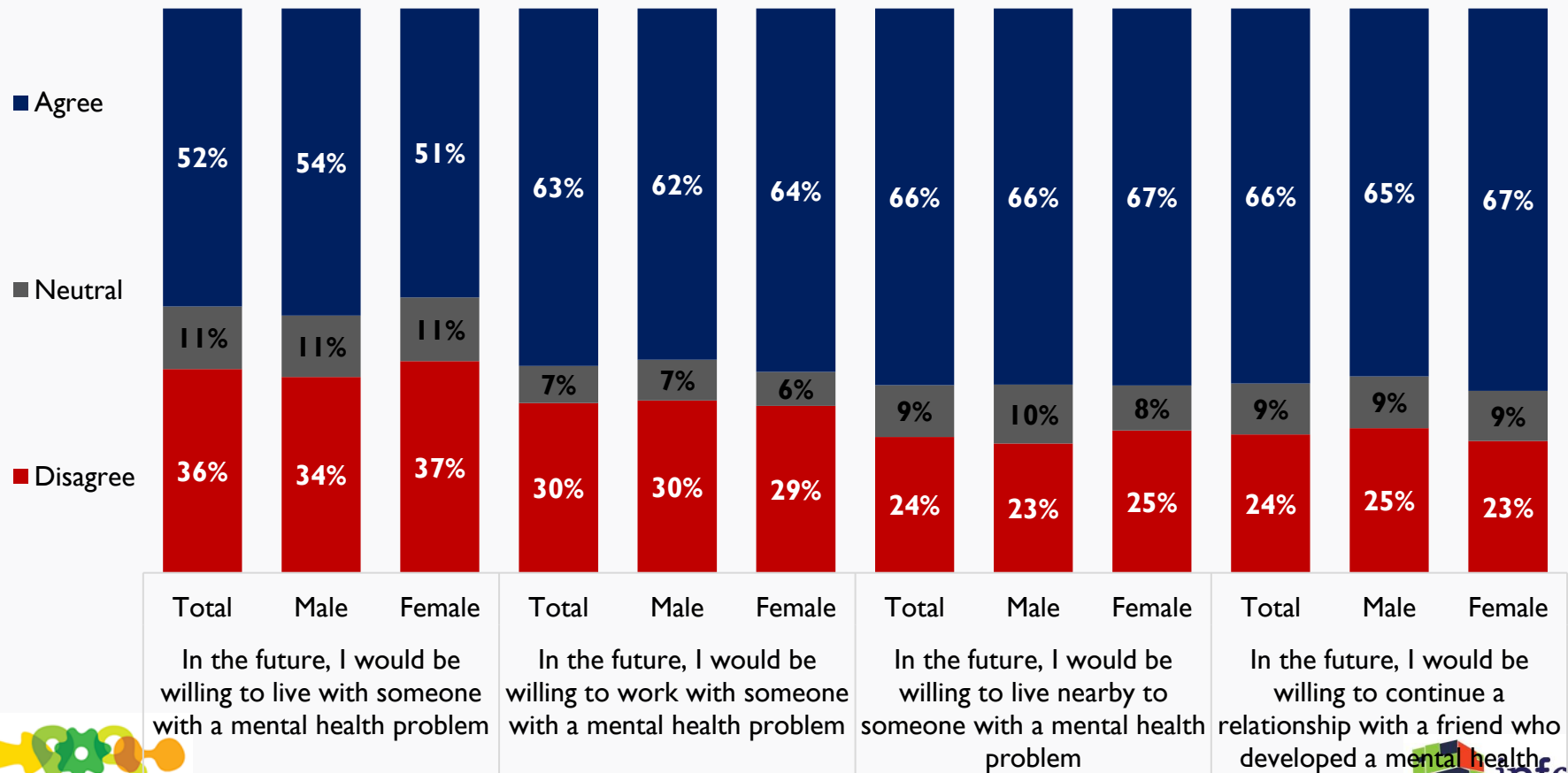
Across all age brackets, the surveyed respondents were willing to live nearby and continue a relationship with a person with a mental health problem.

2/2



...ESPECIALLY BY THE YOUNGER FEMALE POPULATION

More females compared to males expressed their willingness to engage with individuals facing mental health challenges in various scenarios. Specifically, a significant proportion of females affirmed that they would be open to working with (64%), living nearby (67%), and continuing a relationship with someone who develops mental health problems (67%).



Qn: Please can you tell me how strongly you agree or disagree with the following statements?



MENTAL HEALTH THROUGH A KENYAN LENS

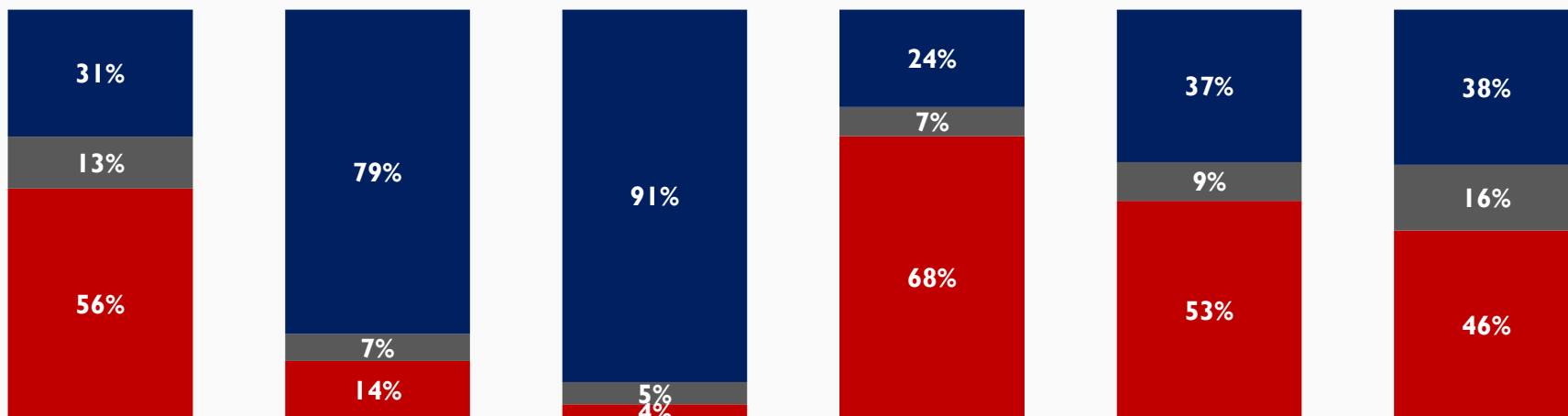


A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

A majority (56%) of the surveyed respondents disagreed that the main causes of mental illness is lack of self-discipline and will power. Further, a majority of the surveyed respondents agreed that there was something about people with mental illness that makes it easy to tell them from other people, and that there was need to adopt a far more tolerant attitude towards people with mental illness in our society.

■ Disagree ■ Neutral ■ Agree

July 2023



One of the main causes of mental illness is a lack of self-discipline and will-power

There is something about people with mental illness that makes it easy to tell them from other people

We need to adopt a far more tolerant attitude toward people with mental illness in our society

People with mental illness don't deserve our sympathy

I would not want to live next door to someone who has been mentally ill

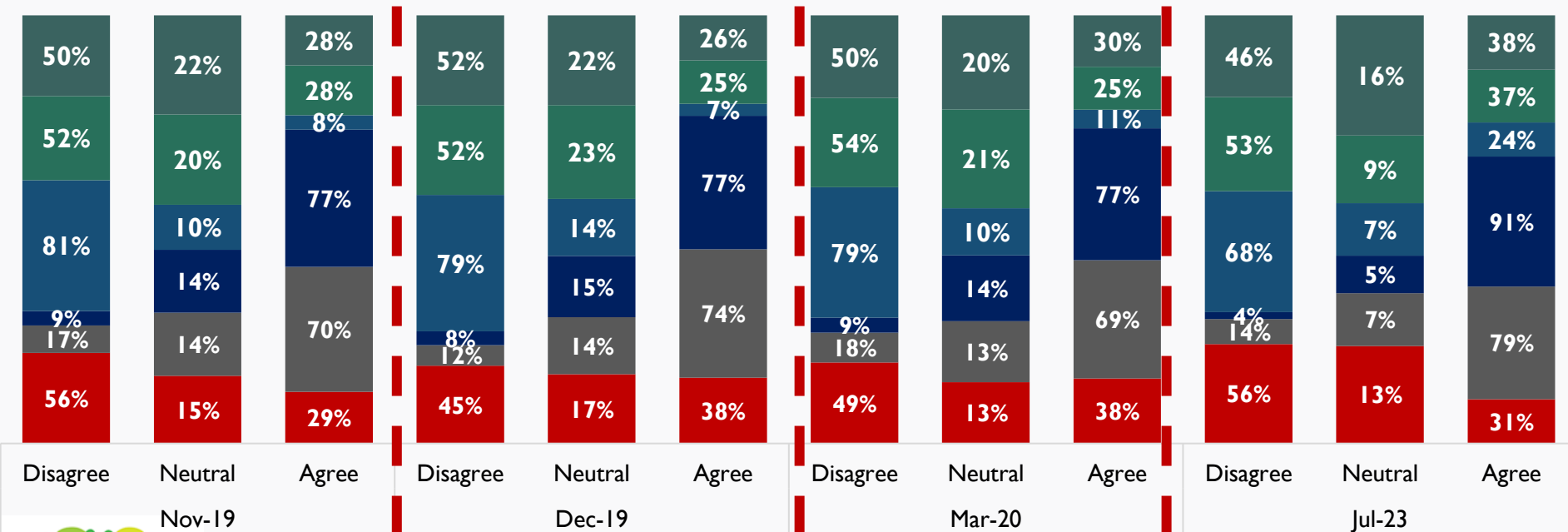
It is frightening to think of people with mental problems living in residential neighbourhoods

Qn: And to what extent do you agree or disagree with the following statements?

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

From 2019 to 2023, there is a significant increase in the proportion of respondents who admitted that they had adopted a far more tolerant attitude towards people with mental health illness in their society, and that there was something about people with mental illness that makes it easy to tell them from other people. Detailed findings are as presented below:

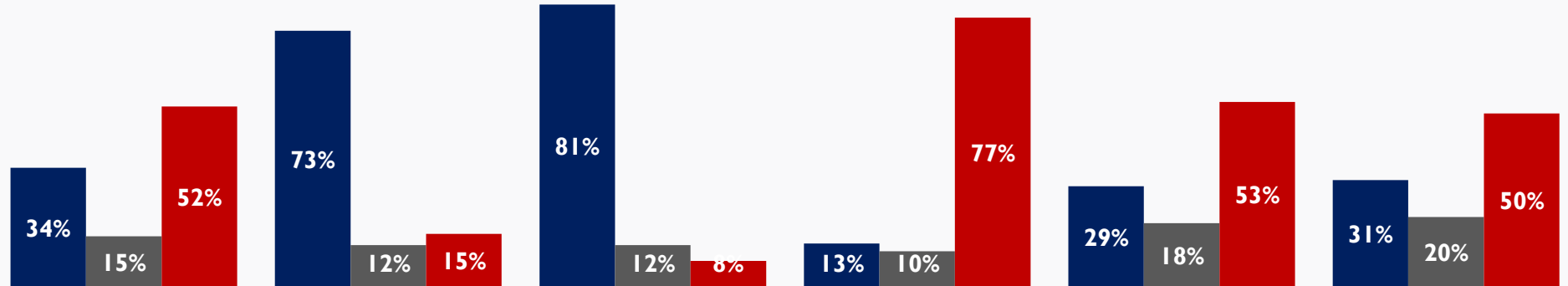
- It is frightening to think of people with mental problems living in residential neighbourhoods
- I would not want to live next door to someone who has been mentally ill
- People with mental illness don't deserve our sympathy
- We need to adopt a far more tolerant attitude toward people with mental illness in our society
- There is something about people with mental illness that makes it easy to tell them from other people
- One of the main causes of mental illness is a lack of self-discipline and will-power



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

From 2019 to 2023, there is a significant increase in the proportion of respondents who admitted that they had adopted a far more tolerant attitude towards people with mental health illness in their society, and that there was something about people with mental illness that makes it easy to tell them from other people without mental health issues. Detailed findings are as presented below:

■ Agree ■ Neutral ■ Disagree



One of the main causes of mental illness is a lack of self-discipline and will-power

There is something about people with mental illness that makes it easy to tell them from people without mental health issues

We need to adopt a far more tolerant attitude toward people with mental illness in our society

People with mental illness don't deserve our sympathy

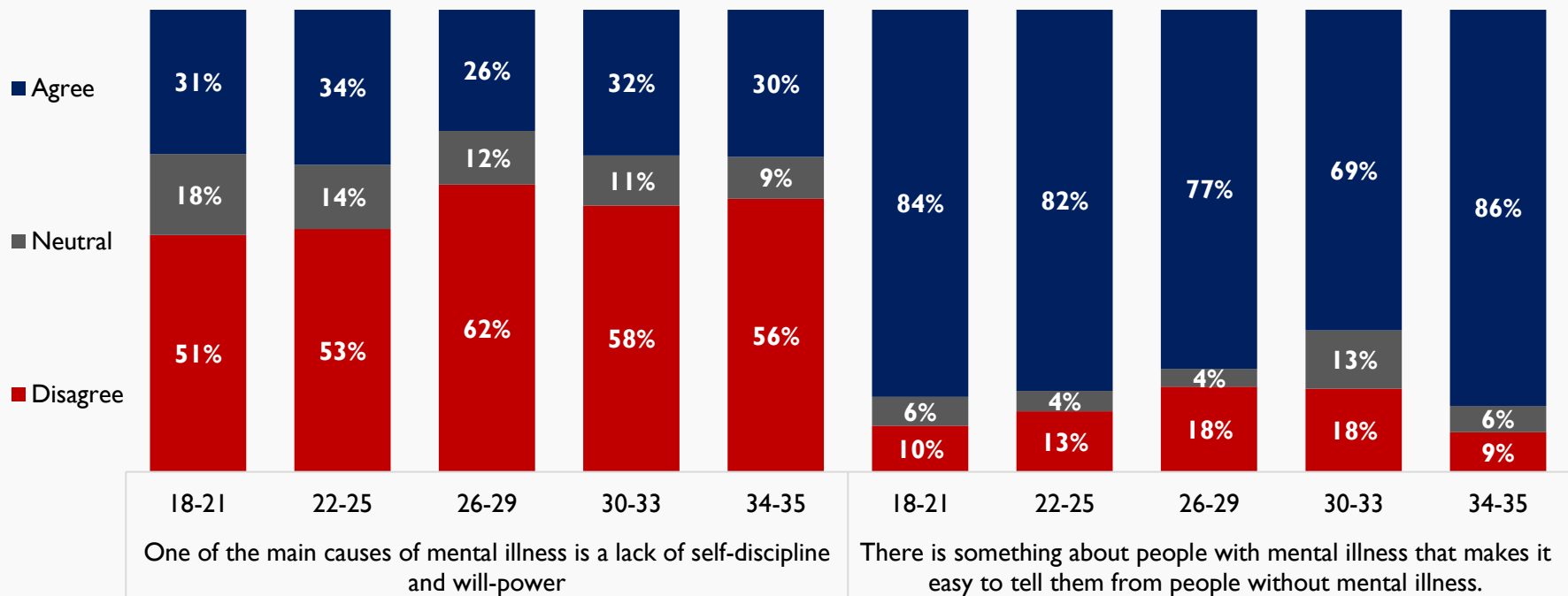
I would not want to live next door to someone who has been mentally ill

It is frightening to think of people with mental problems living in residential neighbourhoods

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

1/3

A majority (over 50%) of the surveyed respondents across all age groups disagreed that lack of self-discipline is one of the main causes of mental illnesses. Nonetheless, a majority agreed that there is something about people with mental illness that makes it easy to tell them from people without mental illness.

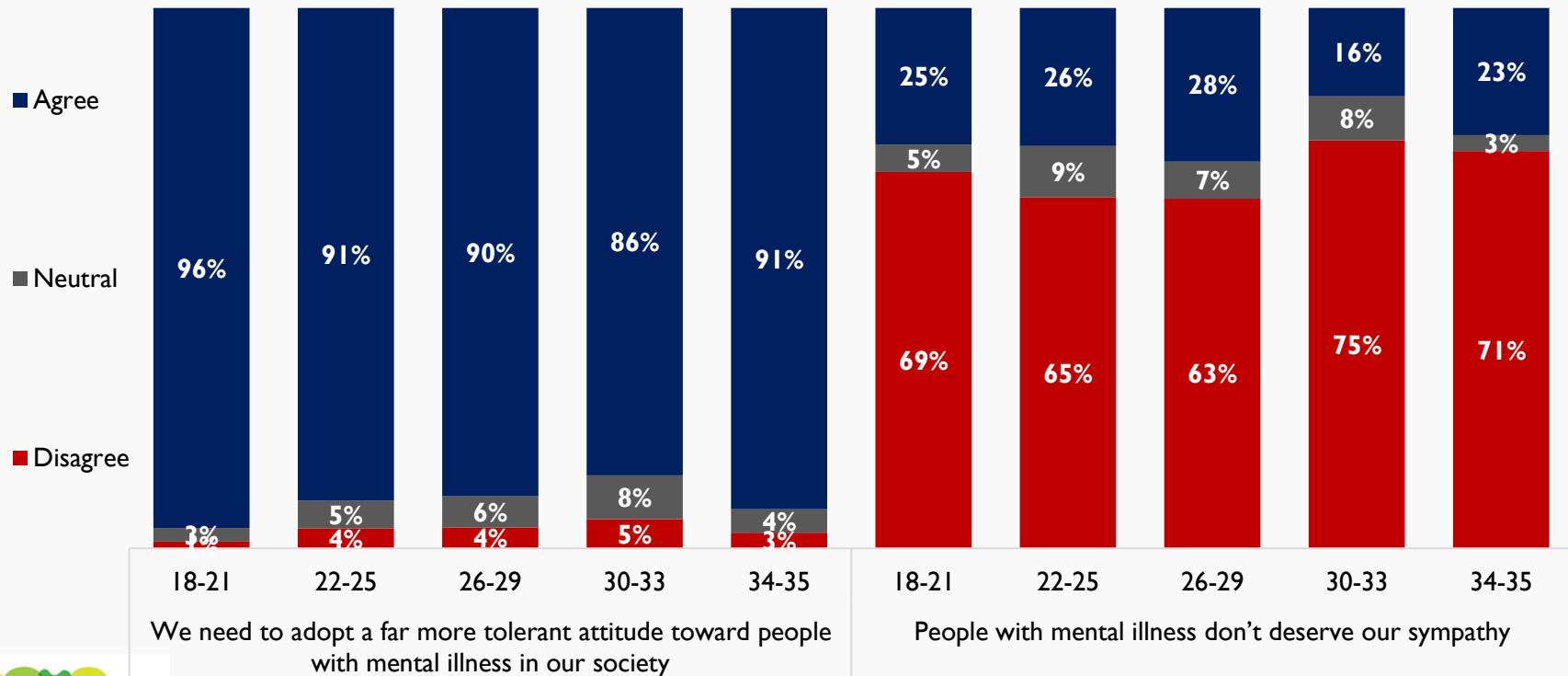


Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

2/3

A majority of the surveyed respondents (over 50%) across all age groups agreed that there is need to adopt a far more tolerant attitude towards people with mental health issues. Further, a majority of them disagreed that people with mental health illnesses do not deserve sympathy.



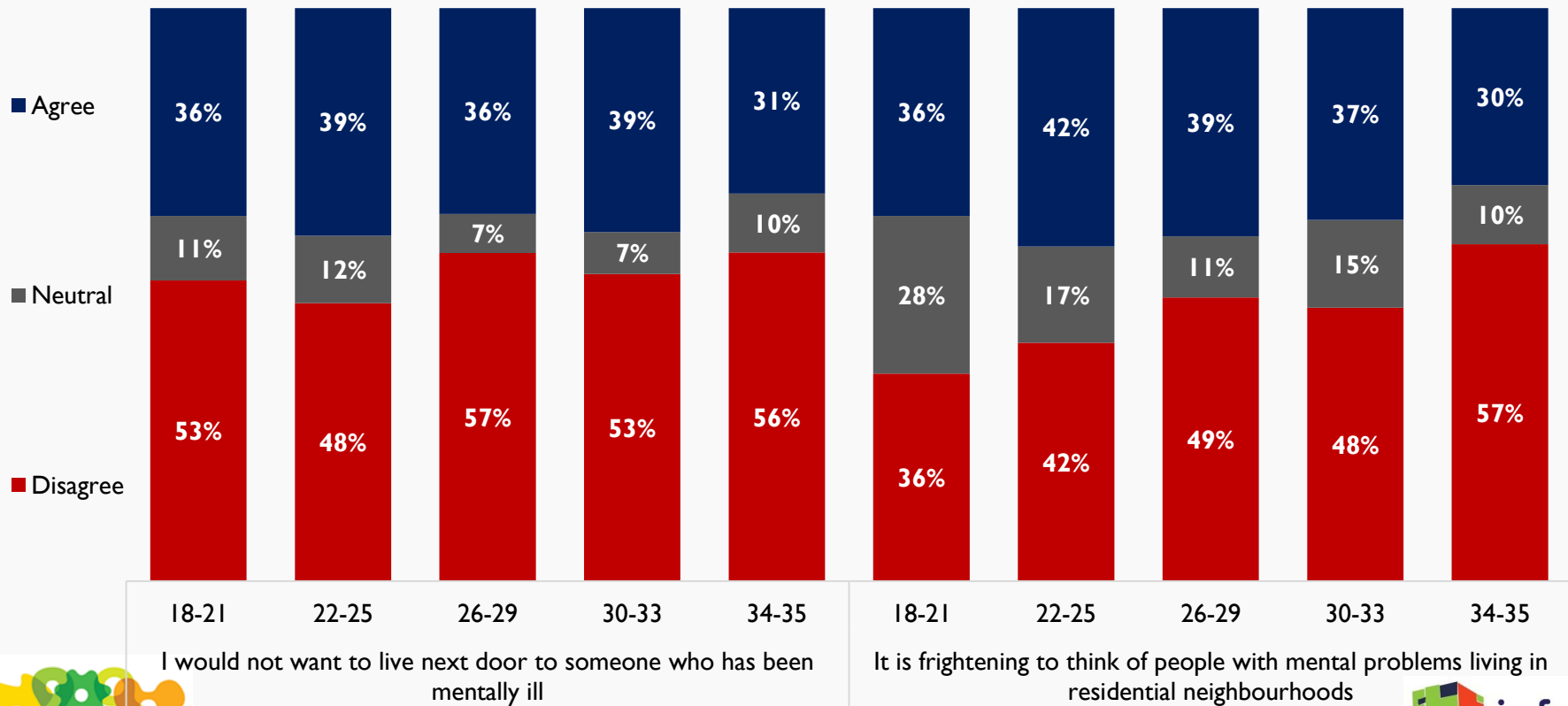
Qn: And to what extent do you agree or disagree with the following statements?

Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

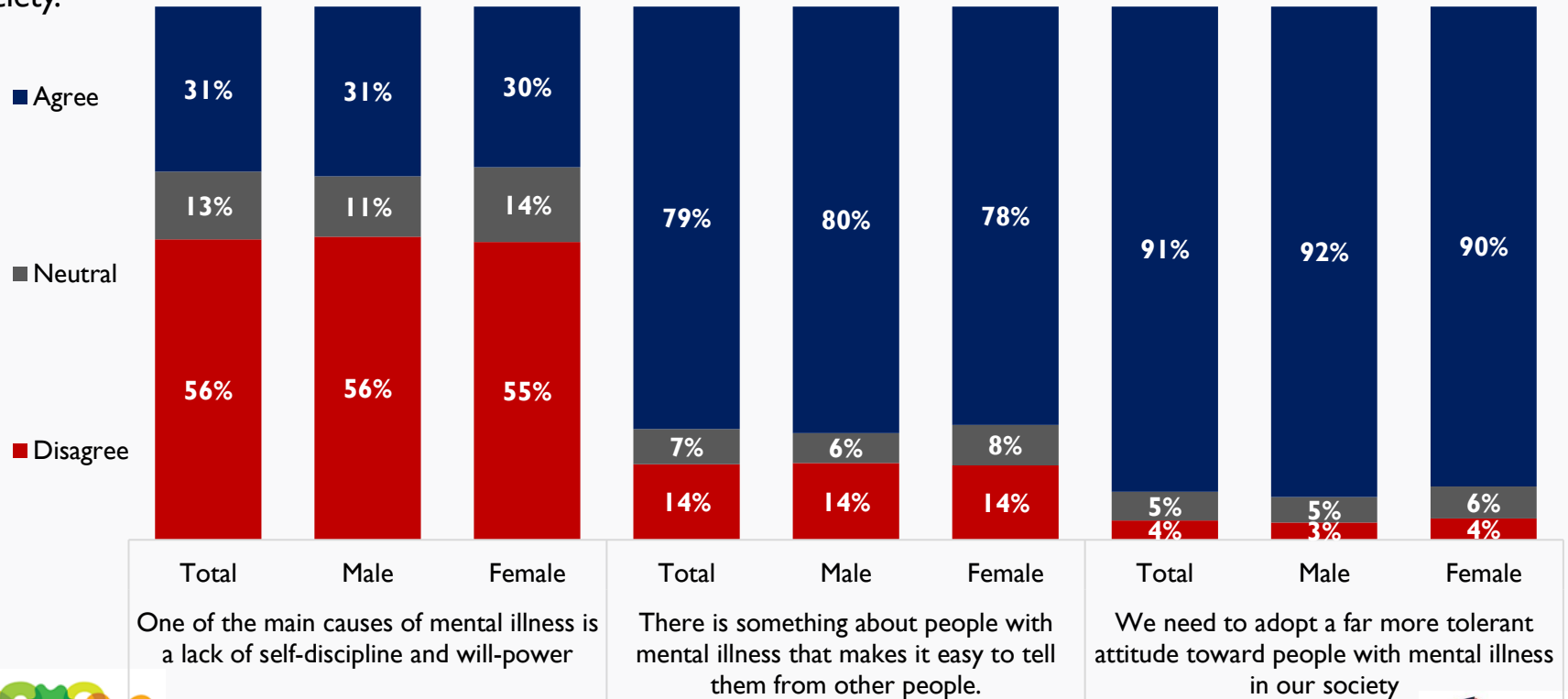
3/3

Across all age groups, most of the surveyed respondents disagreed that they would not want to live next door to someone who has been mentally ill. On the other hand, a significant proportion disagreed that it was frightening to think of people with a mental illness living in their neighborhoods.



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Almost equally, male (56%) and female (55%) respondents disagreed that the main causes of mental illness was a lack of self-discipline and will power. On the flip side, slightly more males (80%) than females (78%) agreed that there was something about people with mental illness that made it easy to tell them from other people. Further, slightly more males (92%) than females (90%) agreed that they needed to adopt a far more tolerant attitude towards people with mental illness in their society.



One of the main causes of mental illness is a lack of self-discipline and will-power

There is something about people with mental illness that makes it easy to tell them from other people.

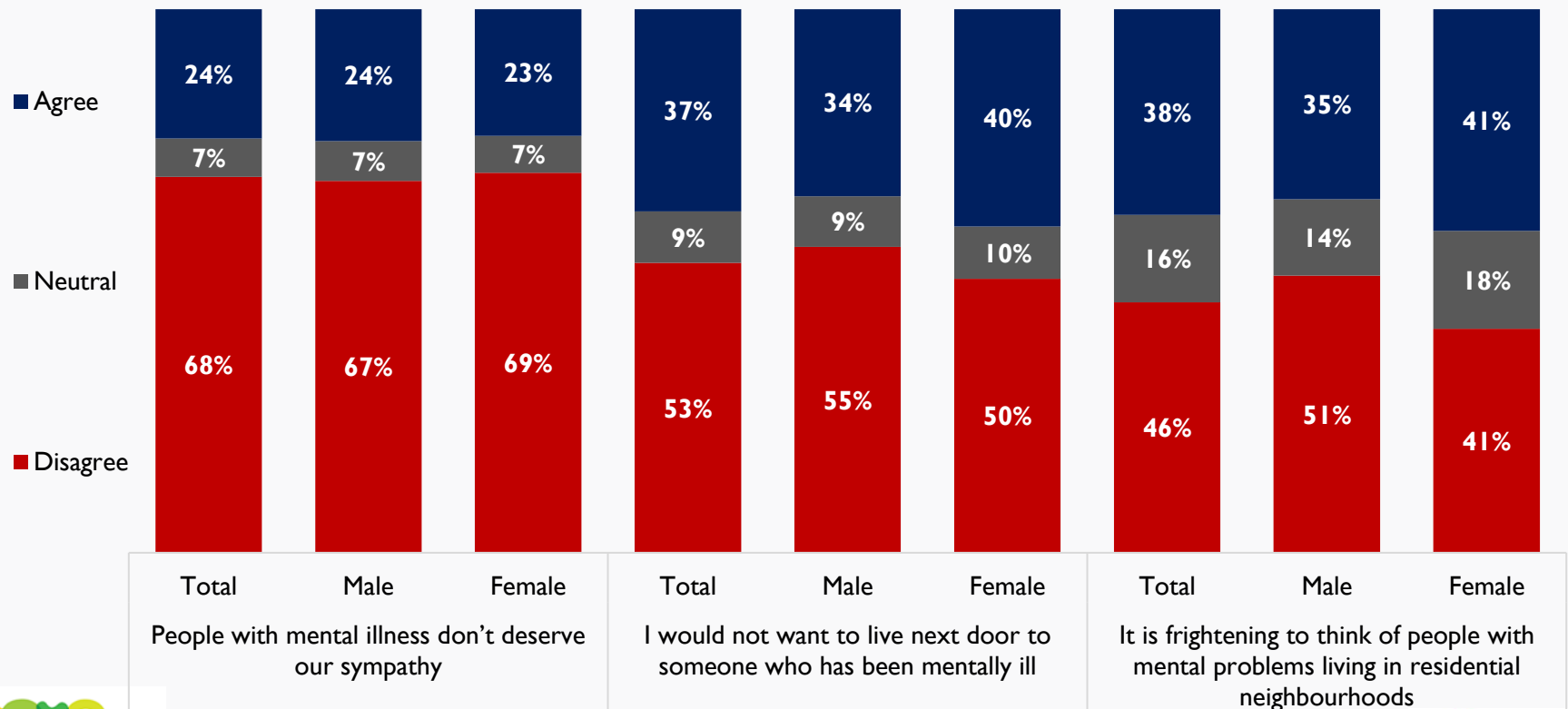
We need to adopt a far more tolerant attitude toward people with mental illness in our society

Qn: And to what extent do you agree or disagree with the following statements?

Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Slightly more females (69%) than males (67%) disagreed that individuals with mental illnesses deserve sympathy. On the other hand, slightly more males (55%) than females (50%) disagreed that they would live next door to someone who has experienced mental illness. Notably, more males (51%) than females (41%) disagreed that it was frightening to think of people with mental problems living in their residential neighborhoods.

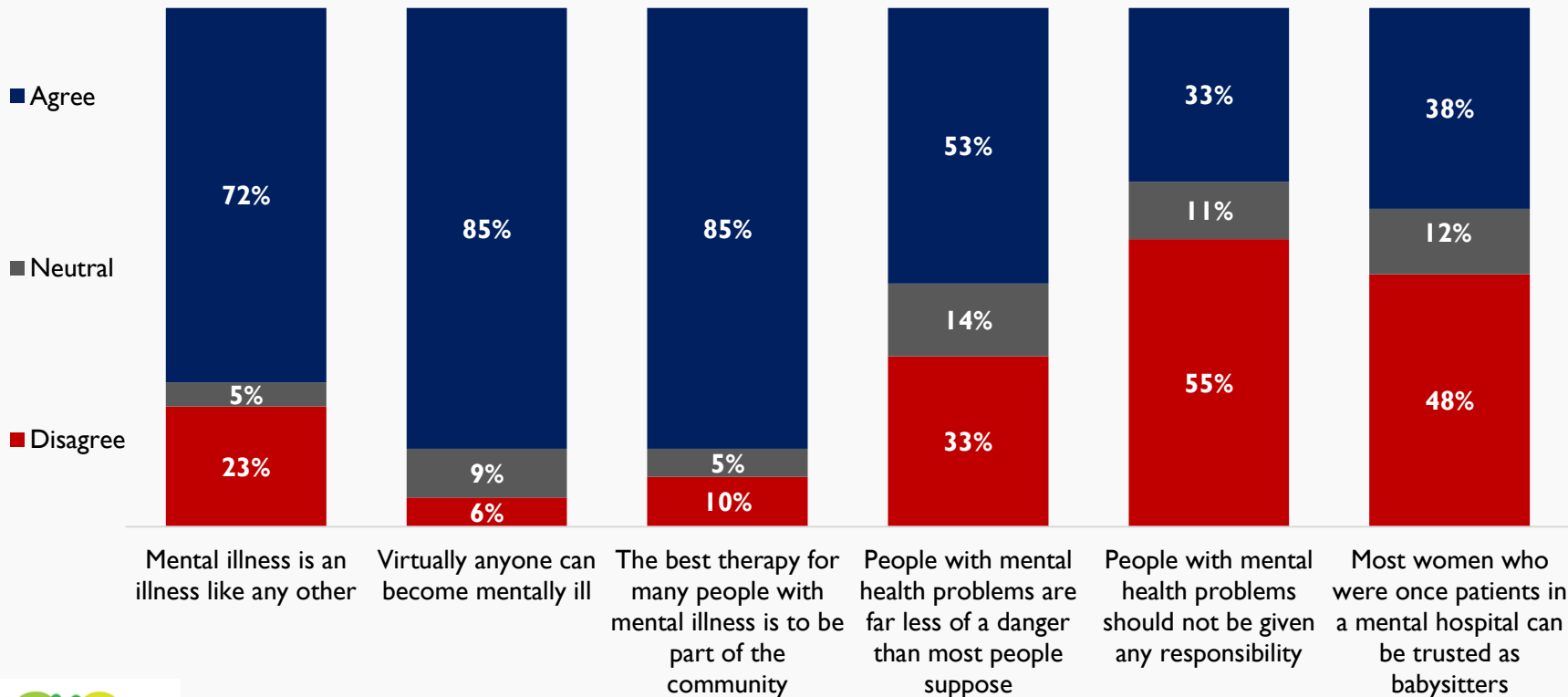


Qn: And to what extent do you agree or disagree with the following statements?

Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

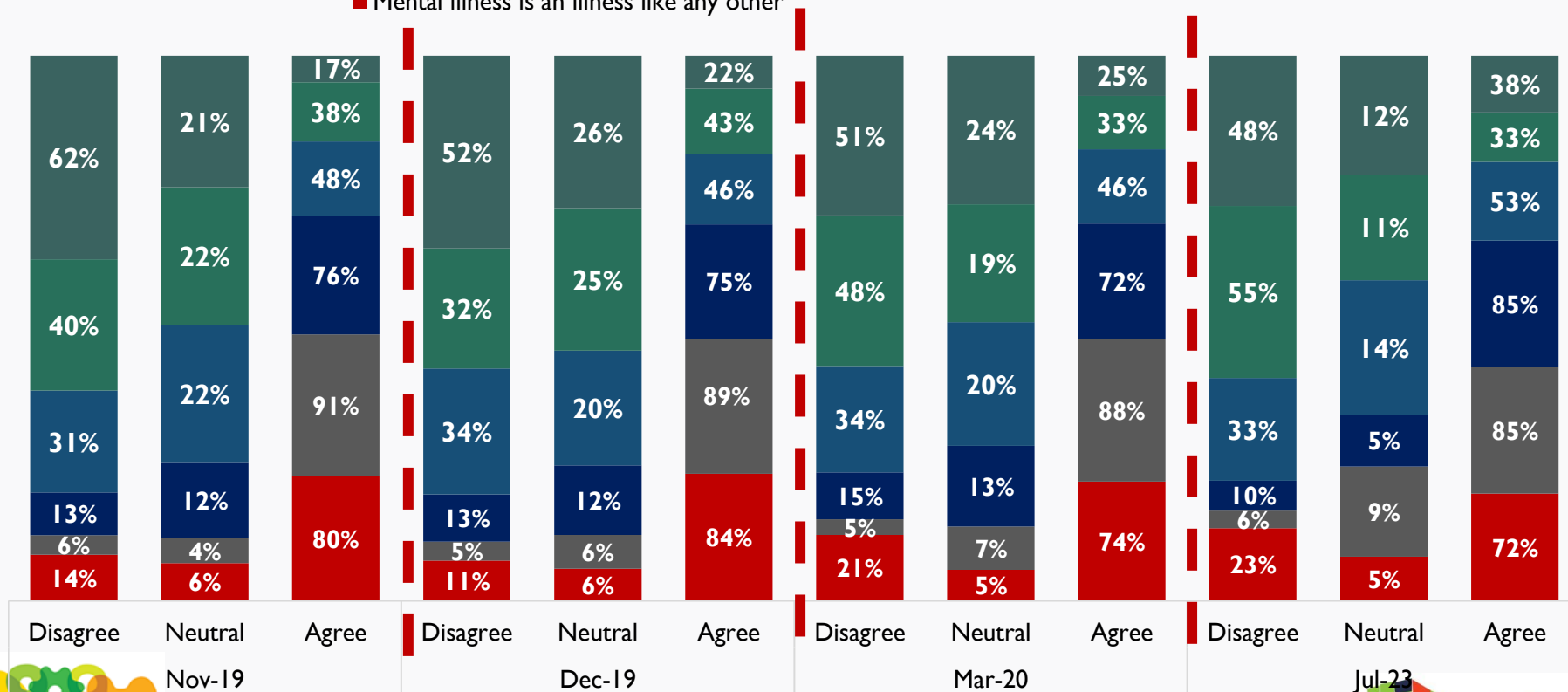
A majority of the surveyed respondents agreed that mental illness was an illness like any other, virtually anyone could become mentally ill, and that the best therapy for many people with mental illness was to be part of the community. Notably, a majority disagreed that people with mental health problems should be given any responsibility, while most respondents disagreed that most women who were once patients in a mental hospital could be trusted as babysitters.



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

There was a decline in 2023 compared to 2019 in the proportion of the surveyed respondents who agreed that mental illness is an illness like any other and that virtually anyone can become mentally ill. Detailed findings are as presented below:

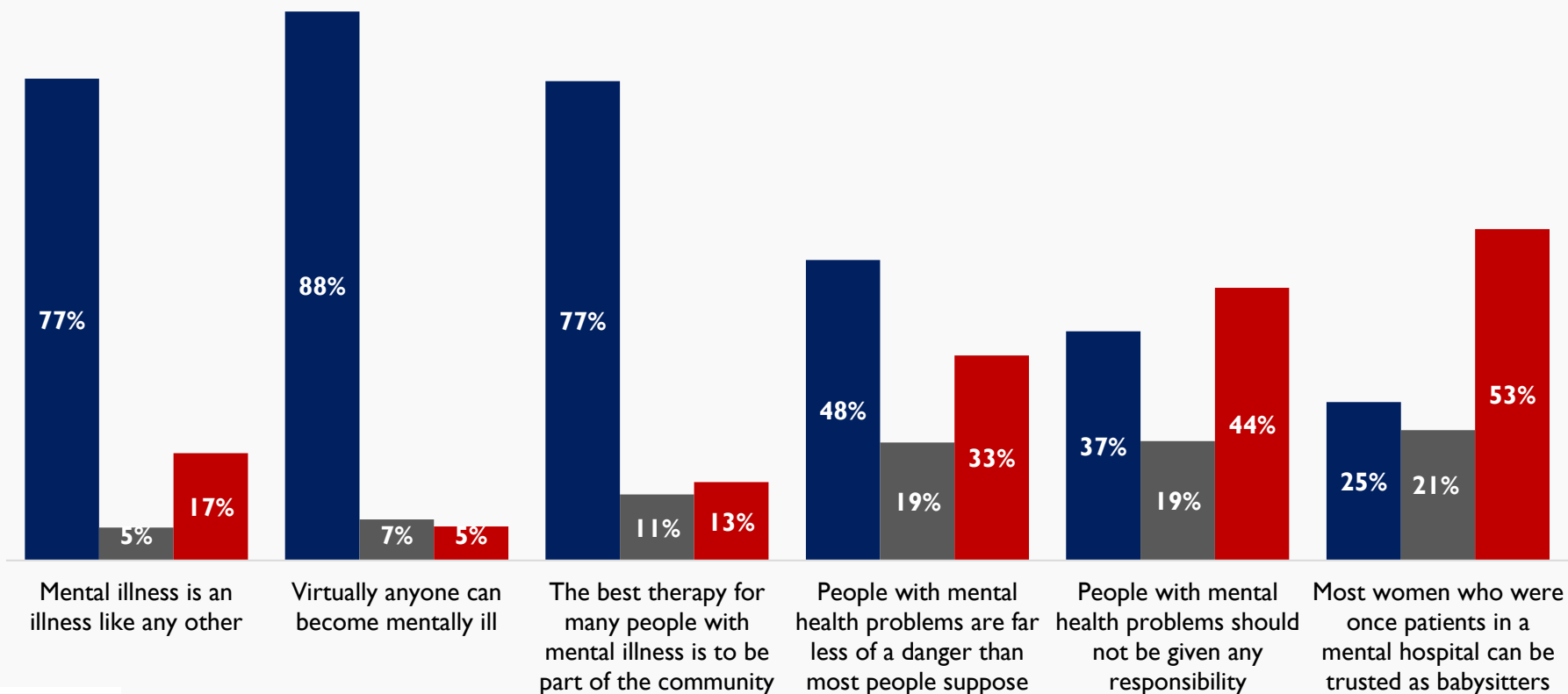
- Most women who were once patients in a mental hospital can be trusted as babysitters
- People with mental health problems should not be given any responsibility
- People with mental health problems are far less of a danger than most people suppose
- The best therapy for many people with mental illness is to be part of the community
- Virtually anyone can become mentally ill
- Mental illness is an illness like any other



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

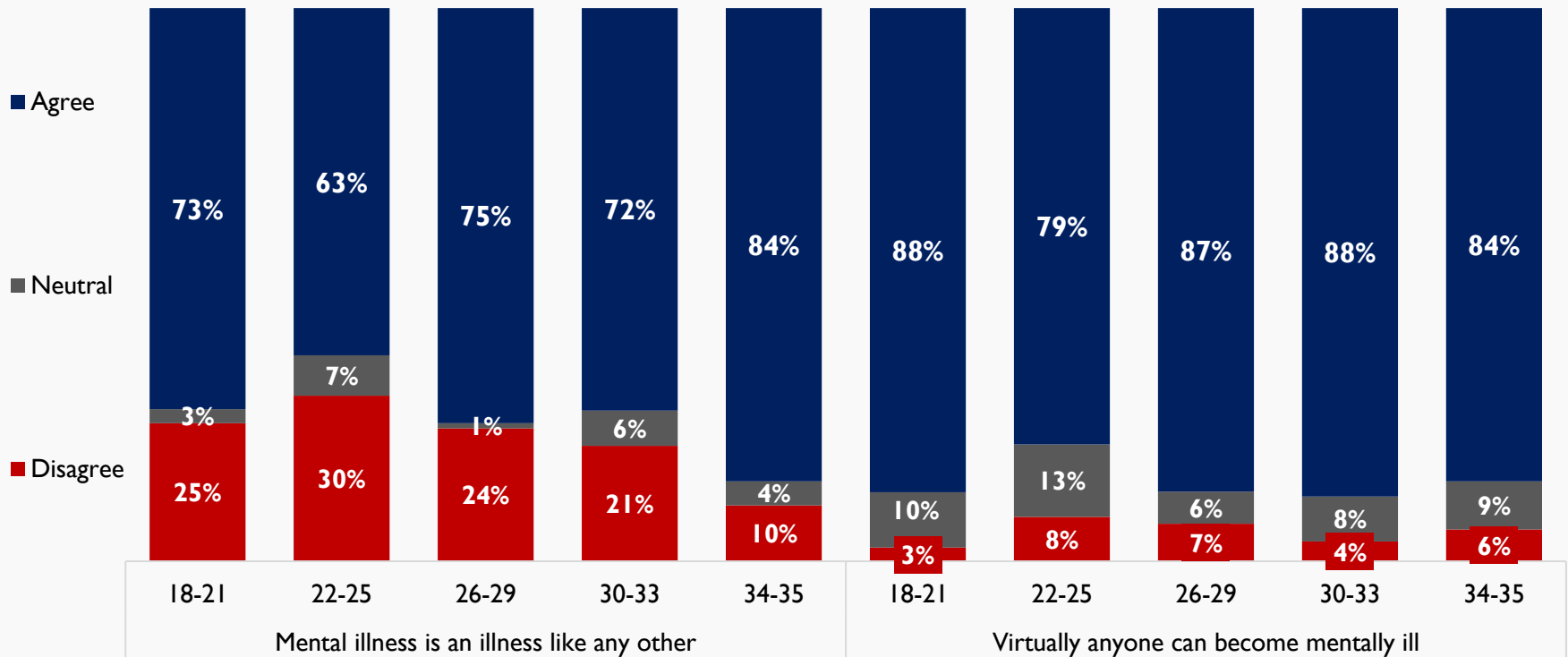
There was a decline in 2023 compared to 2019 in the proportion of the surveyed respondents who agreed that mental illness is an illness like any other and that virtually anyone can become mentally ill. Detailed findings are as presented below:

■ Agree ■ Neutral ■ Disagree



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

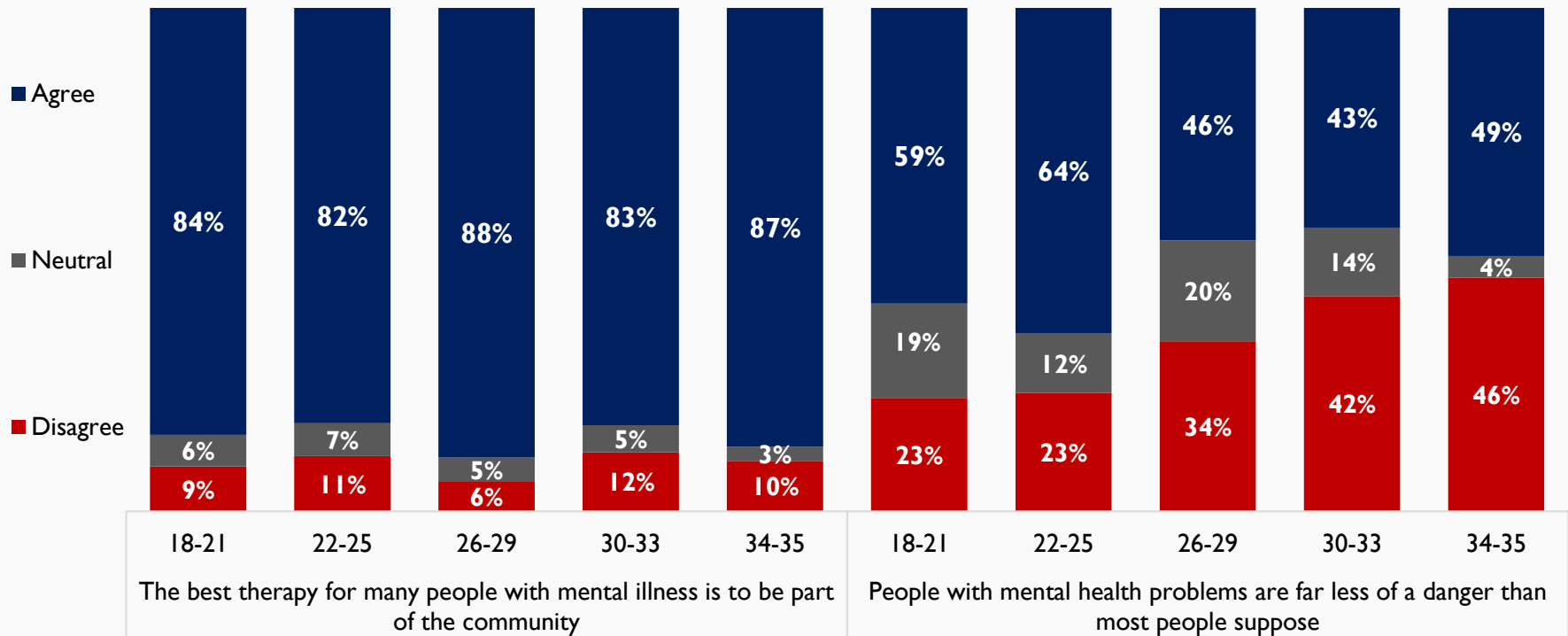
Across all age brackets, a majority of the surveyed respondents agreed that mental illness is an illness like any other and that virtually anyone can become mentally ill.



Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

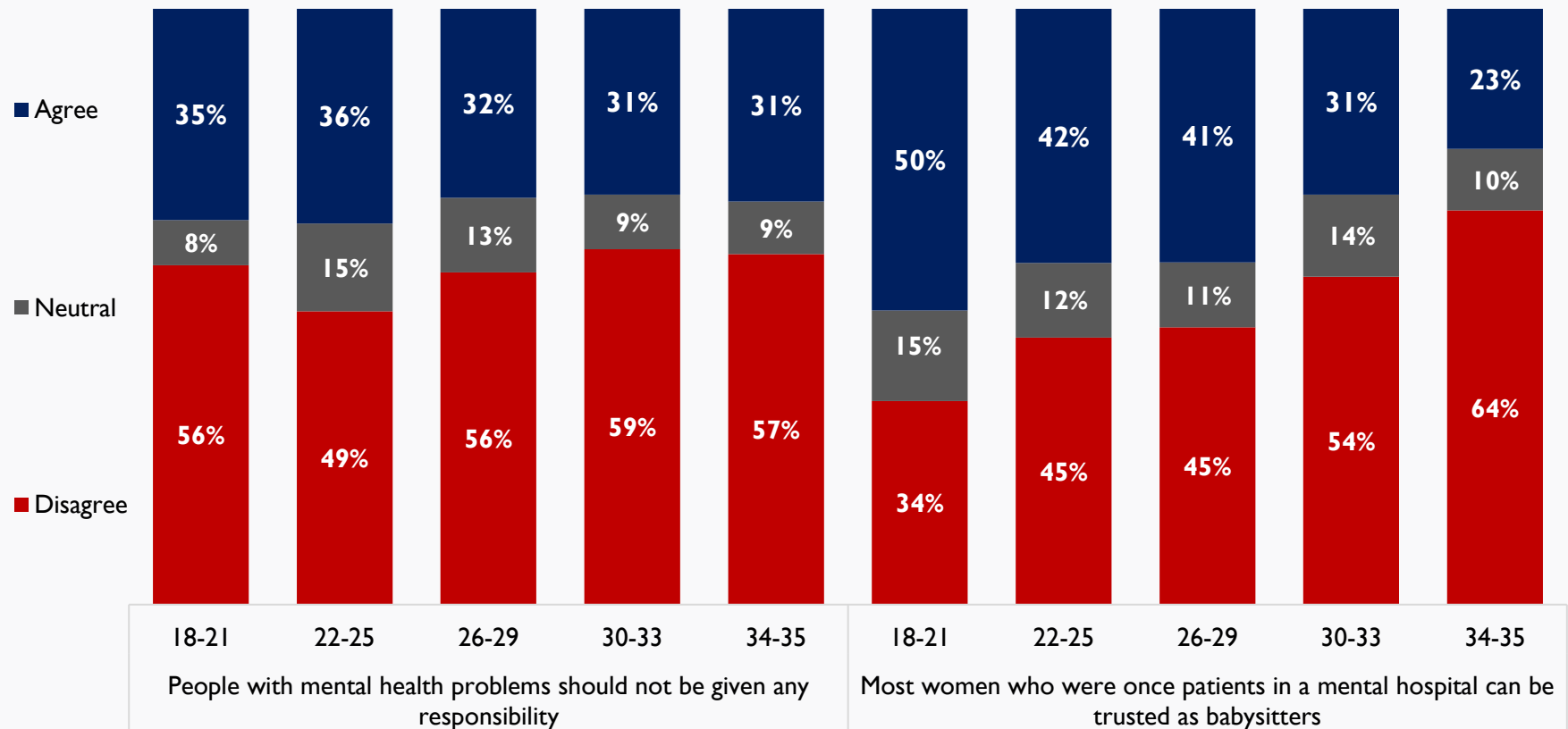
A majority of the surveyed respondents across all age groups agreed that the best therapy for many people with mental illness is to be part of the community. Further, most respondents affirmed that people with mental health problems are far less of a danger than most people suppose.



Cont....

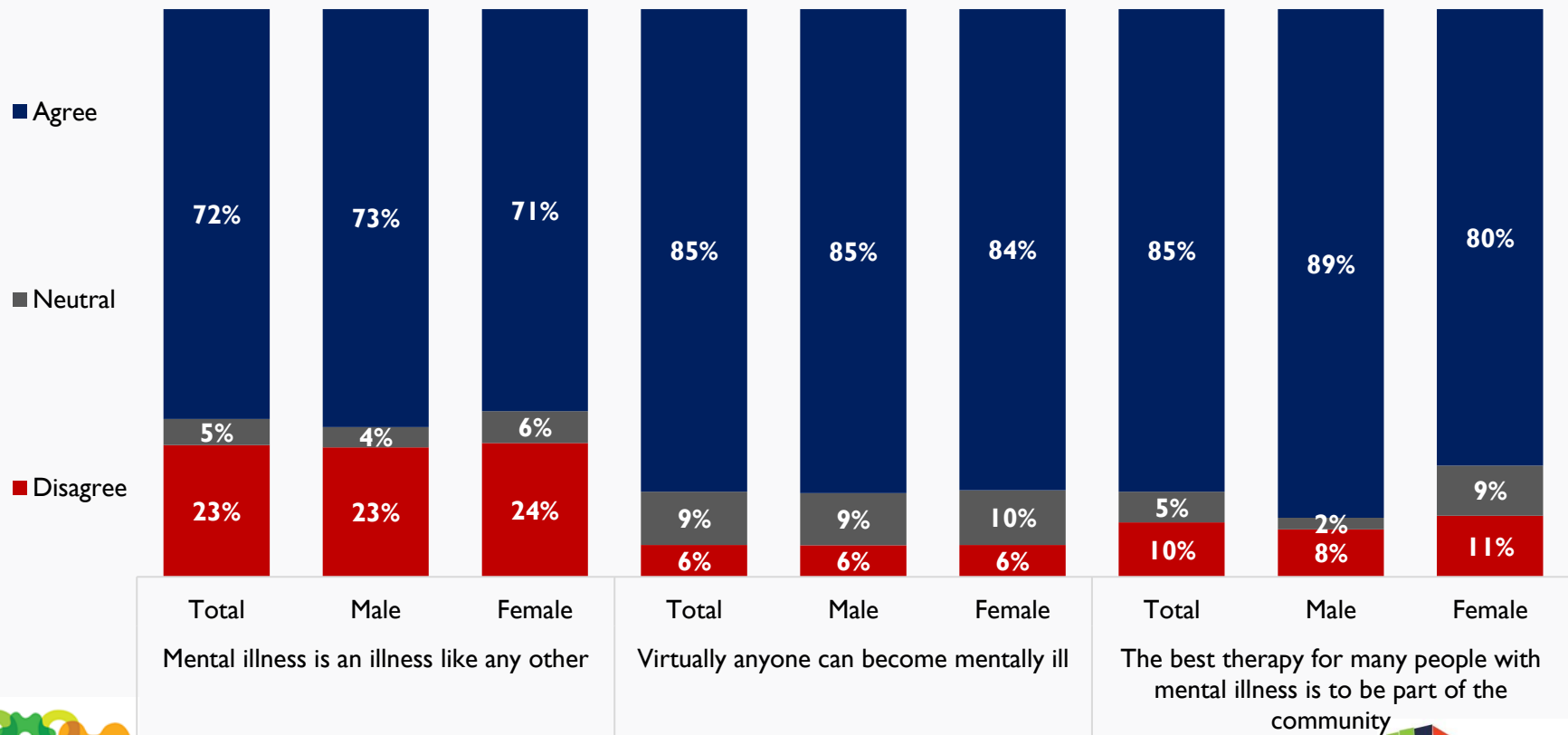
A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Across all age brackets, most respondents disagreed that people with mental health problems should not be given any responsibility. However, significant proportions disagreed that women who were once patients in a mental hospital can be trusted as babysitters



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Almost equally, surveyed respondents from both genders mostly agreed with the statements that mental illness is an illness like any other, virtually anyone can experience mental illness, and that being part of the community is the best therapy for persons with mental health issues.

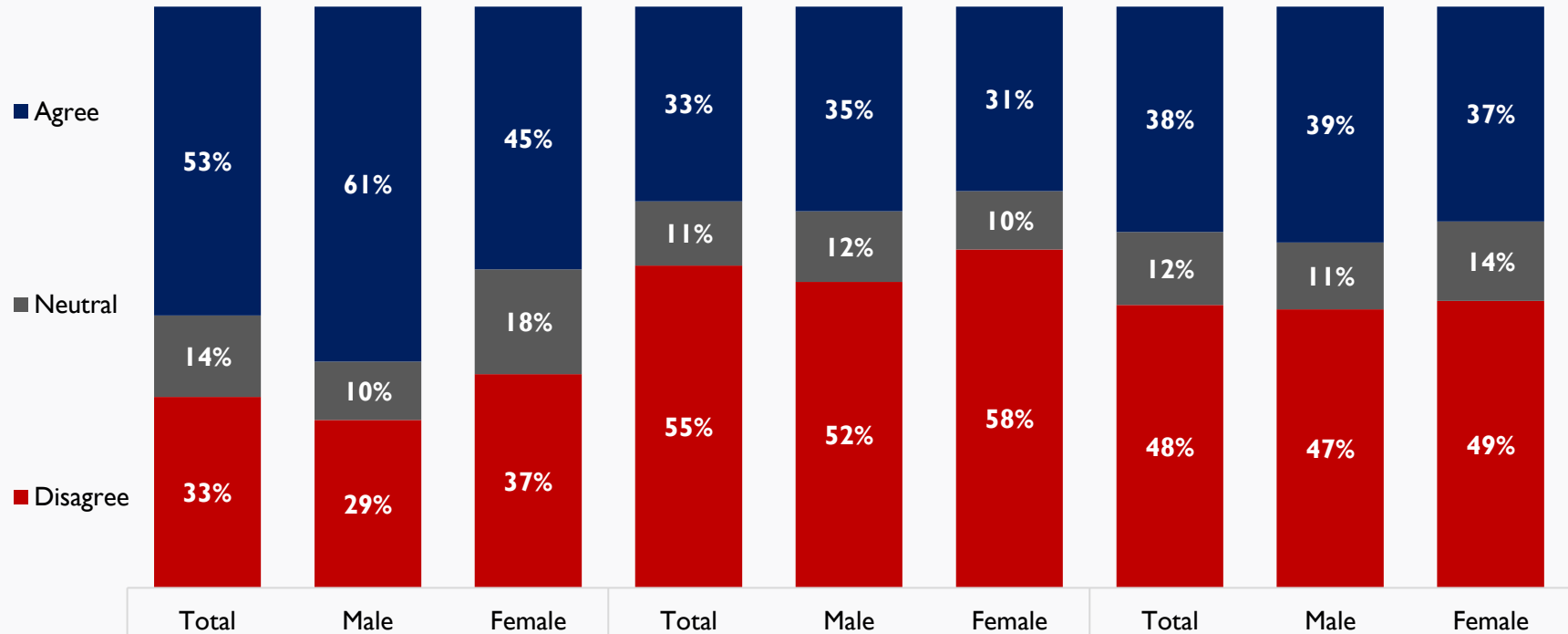


Qn: And to what extent do you agree or disagree with the following statements?

Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

More females (58%) than males (52%) disagreed that people with mental health problems should be deprived of any responsibilities. Comparatively, more males (61%) than females (45%) agreed that people with mental health problems are far less of a danger than most people suppose.



People with mental health problems are far less of a danger than most people suppose

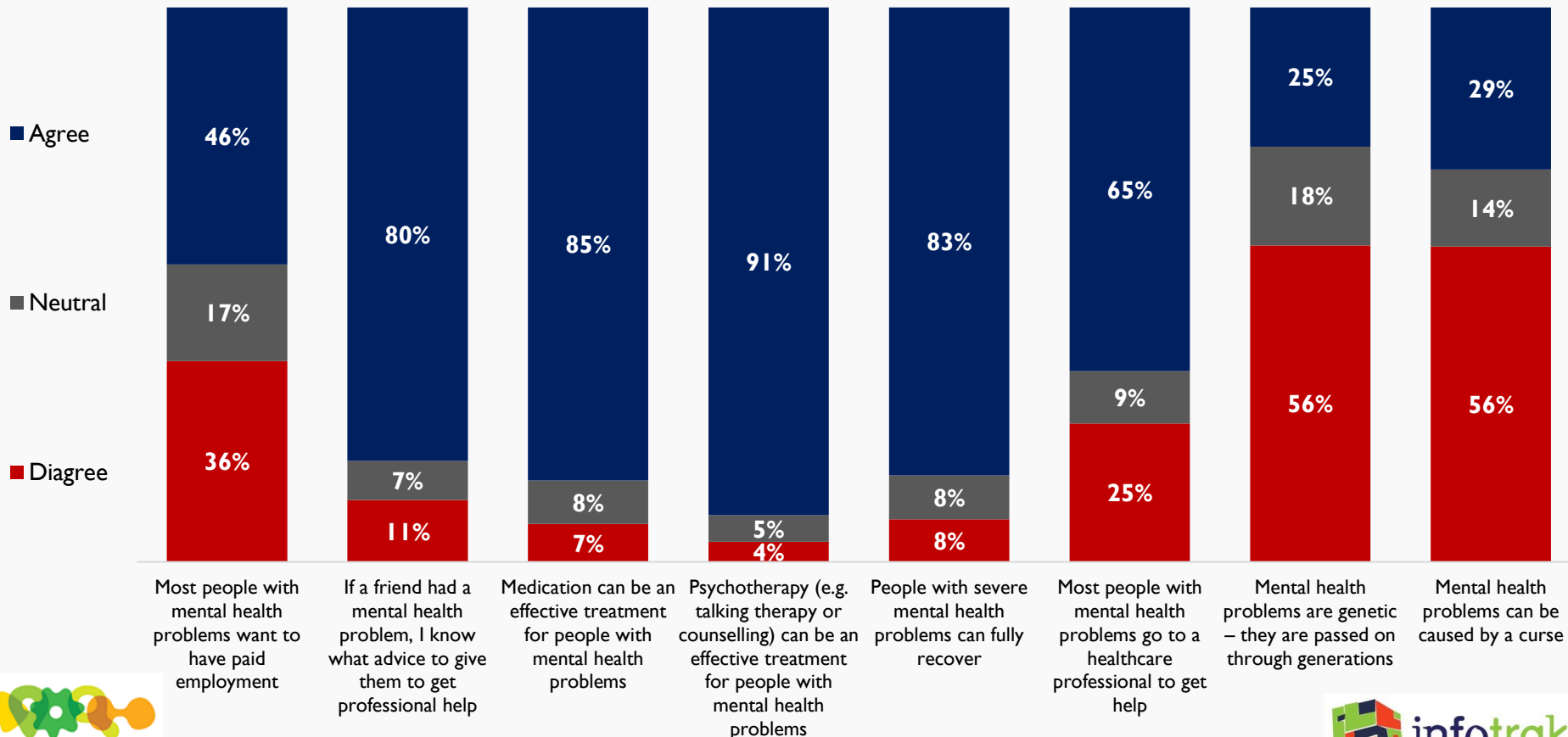
People with mental health problems should not be given any responsibilities

Most women who were once patients in a mental hospital can be trusted as babysitters

Qn: And to what extent do you agree or disagree with the following statements?

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

A majority of the surveyed respondents agreed that if a friend faced mental health challenges they would be knowledgeable enough to provide advice and that medication and therapy can be effective treatment options. Further, most of them agreed that individuals with mental health issues have the potential to fully recover.

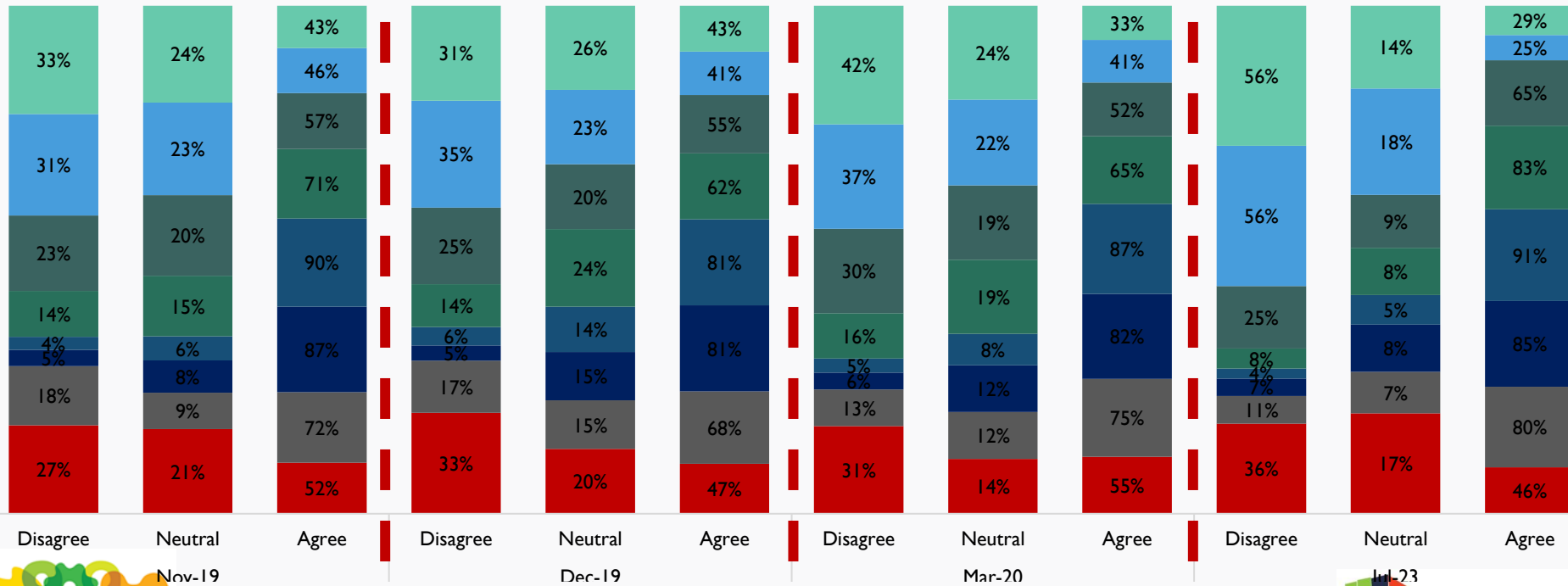


Qn: Can you tell me how strongly you agree or disagree with the following statements?

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

There has been a decline in 2023 compared to 2019 in the proportion of respondents who agreed that most people with mental health problems would want to have paid employment. Nonetheless, there is an increase in the proportion of the surveyed respondents who reported that if a person had a mental health problem, they knew what advice to give them to get professional help.

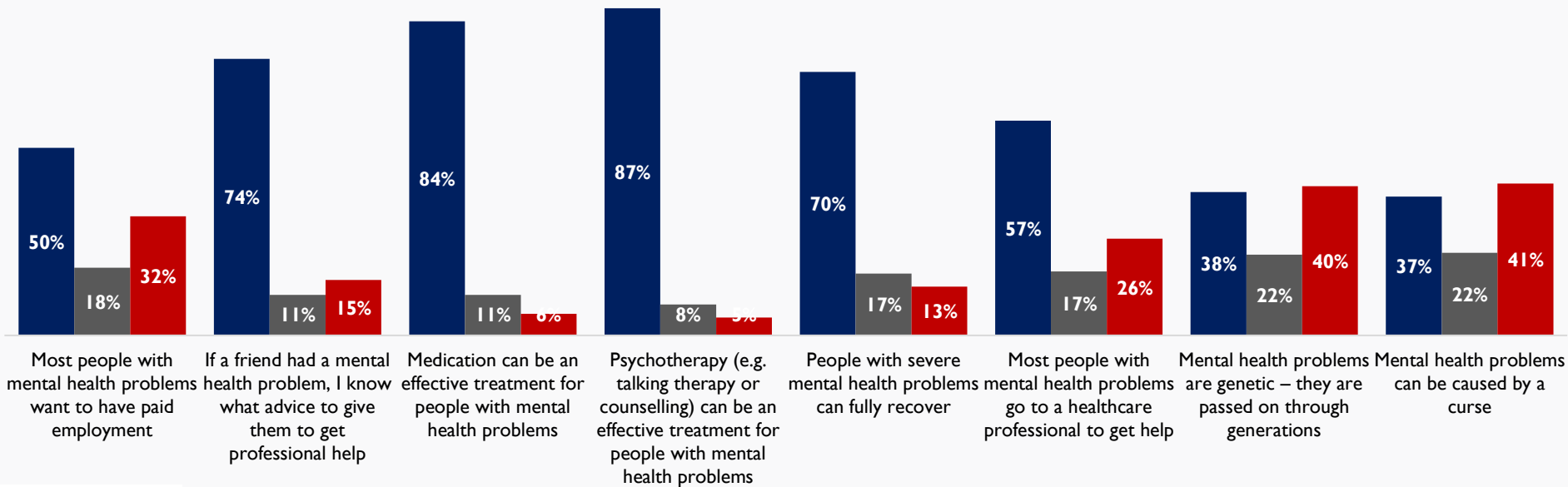
- Mental health problems can be caused by a curse
- Mental health problems are genetic – they are passed on through generations
- Most people with mental health problems go to a healthcare professional to get help
- People with severe mental health problems can fully recover
- Psychotherapy (e.g. talking therapy or counselling) can be an effective treatment for people with mental health problems
- Medication can be an effective treatment for people with mental health problems
- If a friend had a mental health problem, I know what advice to give them to get professional help
- Most people with mental health problems want to have paid employment



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

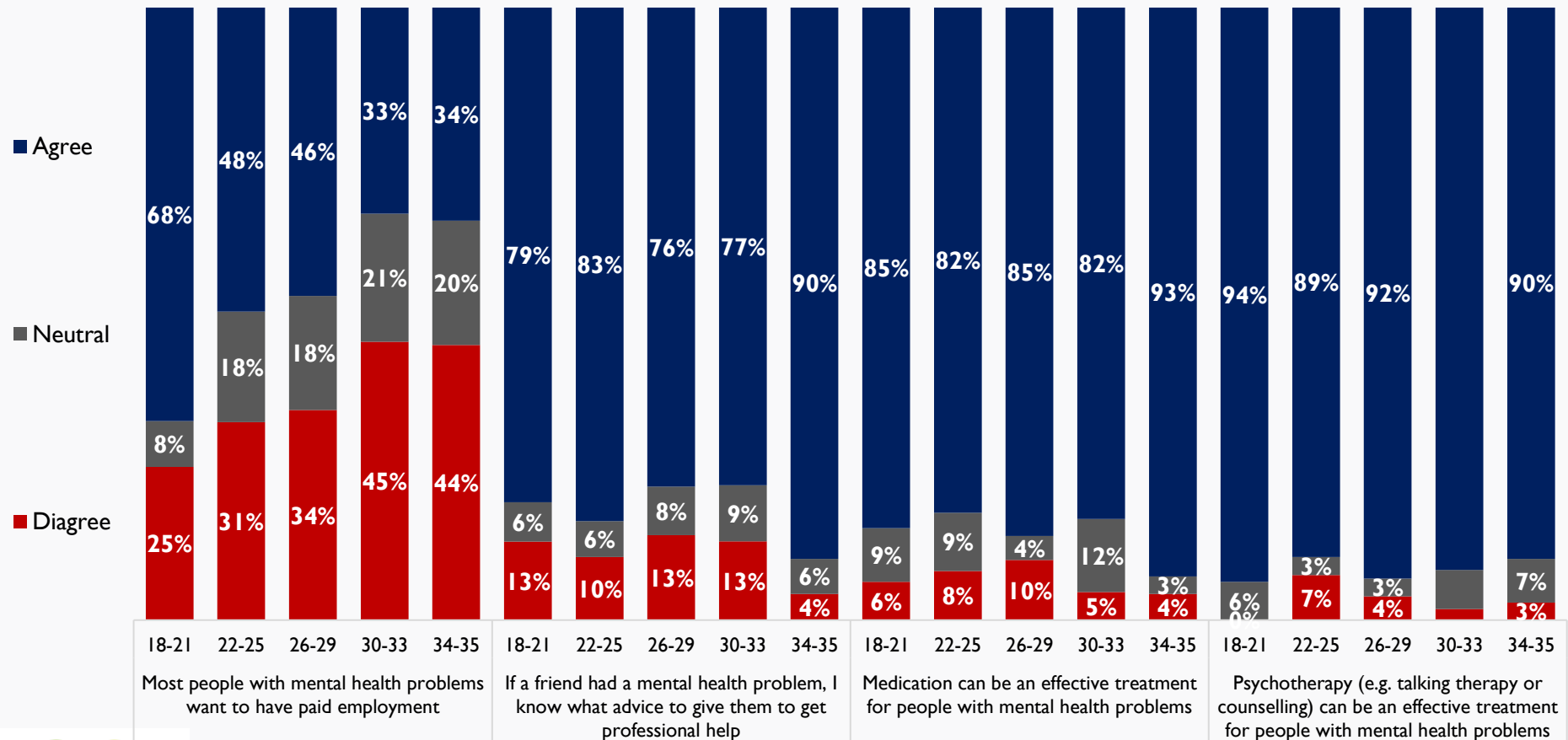
There has been a decline in 2023 compared to 2019 in the proportion of respondents who agreed that most people with mental health problems would want to have paid employment. Nonetheless, there is an increase in the proportion of the surveyed respondents who reported that if a person had a mental health problem, they knew what advice to give them to get professional help.

■ Agree ■ Neutral ■ Disagree



A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Across all age brackets, respondents mostly agreed that they would know what advice to give to a friend experiencing mental health problems, that medication can be an effective treatment, and that psychotherapy can be an effective treatment for individuals with mental health problems.

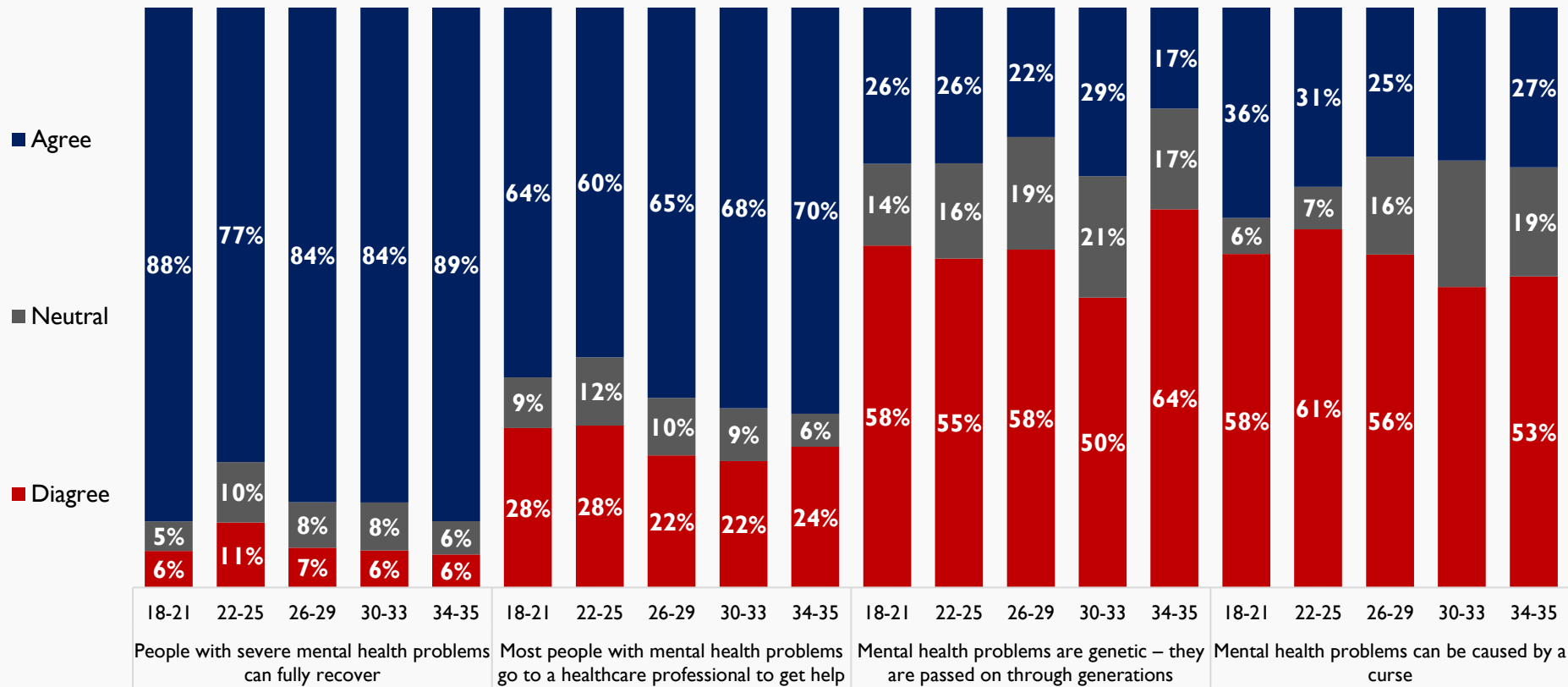


Qn: Can you tell me how strongly you agree or disagree with the following statements?

Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

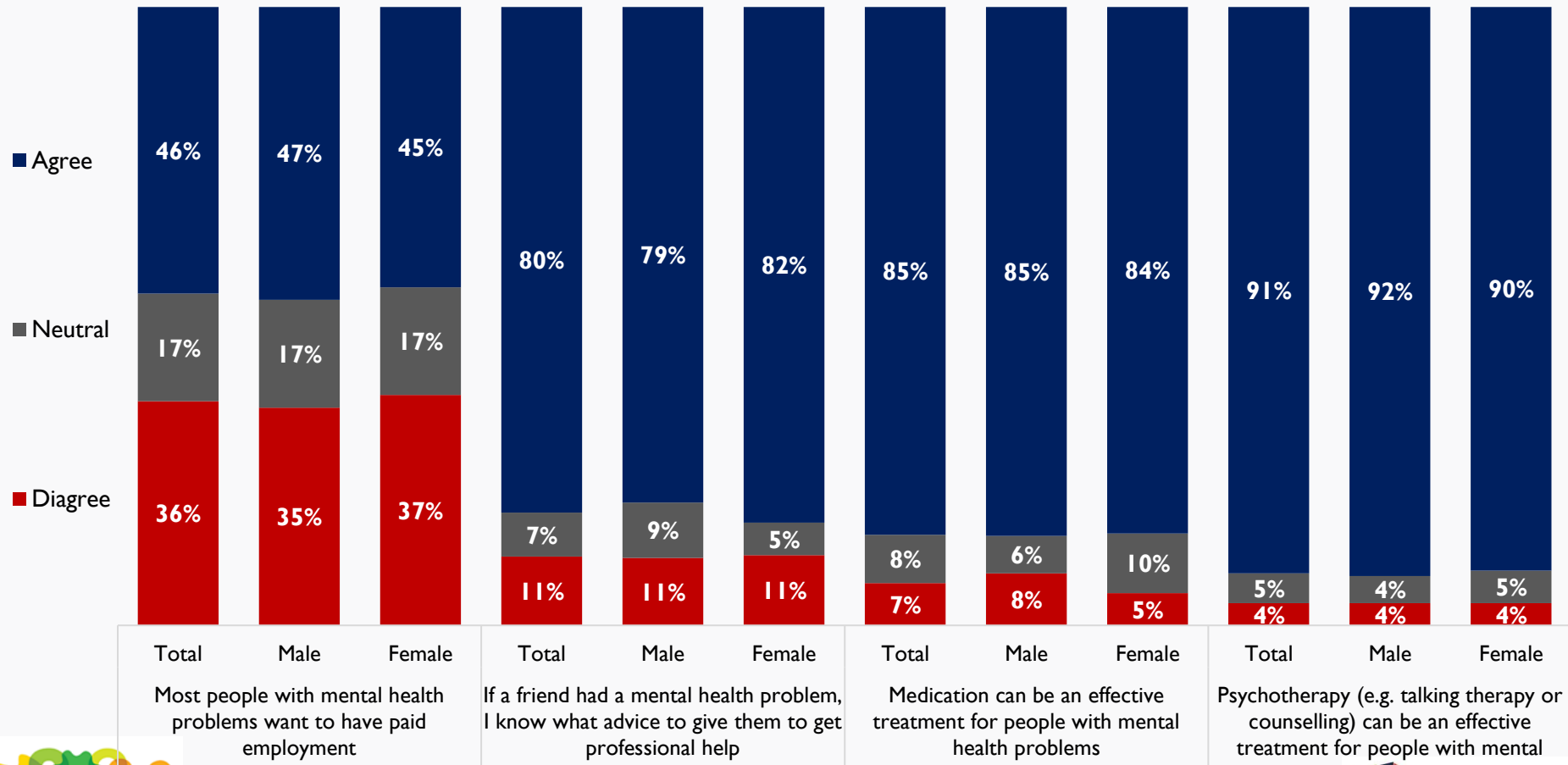
A majority of the surveyed respondents across all age brackets agreed that individuals with mental health problems have the potential to fully recover and that seeking help from healthcare professionals is common among those facing mental health issues. On the flip side, a majority disagreed that mental health problems can be caused by a curse.



Qn: Can you tell me how strongly you agree or disagree with the following statements?

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Slightly more females (82%) than males (79%) agreed that if a friend had a mental health problem they would know what advice to give them in order to get professional help. On the other hand, slightly more males (92%) than females (90%) agreed that psychotherapy could be effective in the treatment of people with mental health problems.

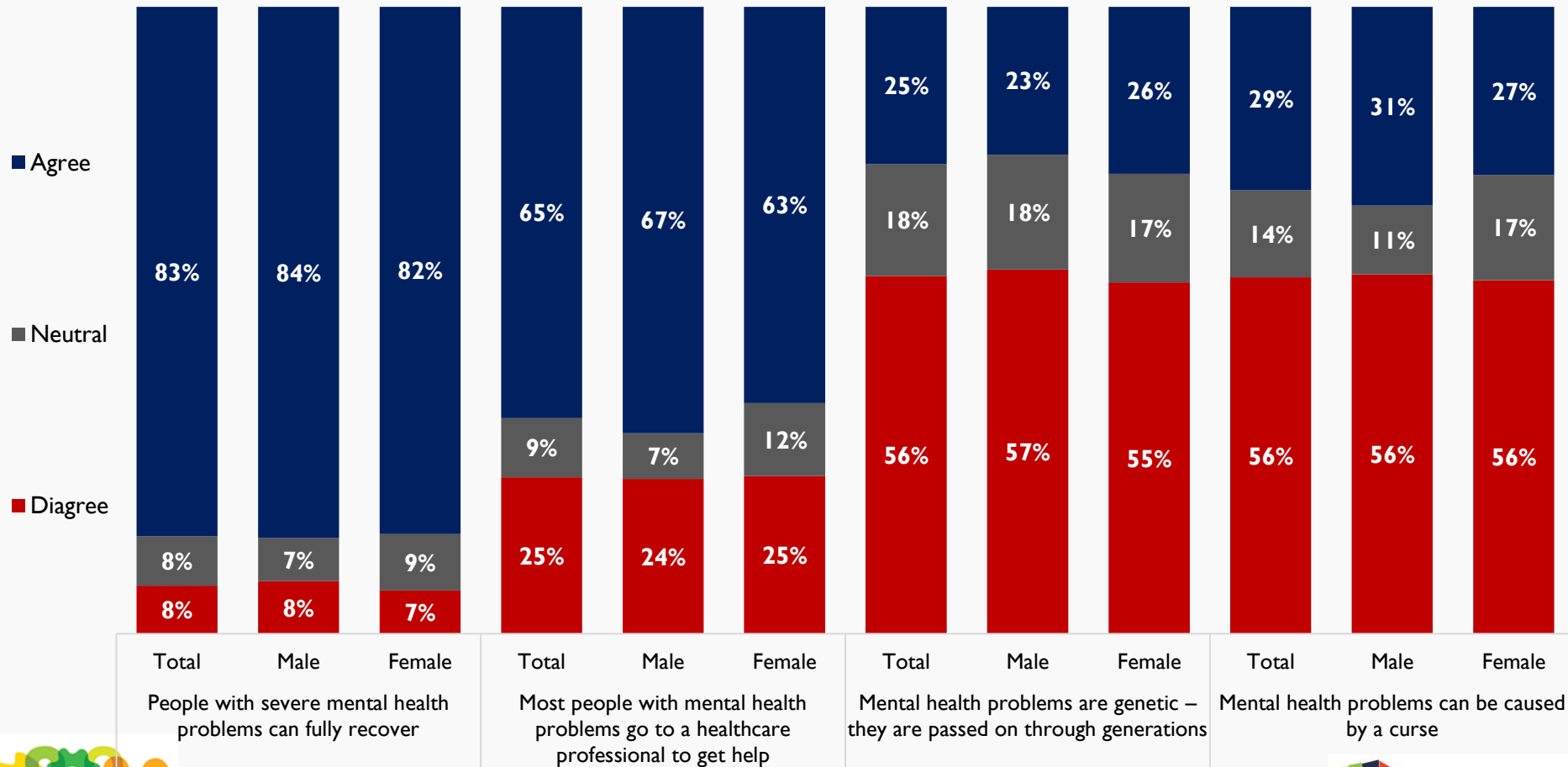


Qn: Can you tell me how strongly you agree or disagree with the following statements?

Cont....

A NEED TO MAINSTREAM MENTAL HEALTH IN KENYA

Slightly more males (84%) than females (82%) agreed that people with severe mental health problems could fully recover. Further, more males (67%) than females (63%) admitted that most people with mental health problems go to a healthcare professional to get help.



Qn: Can you tell me how strongly you agree or disagree with the following statements?

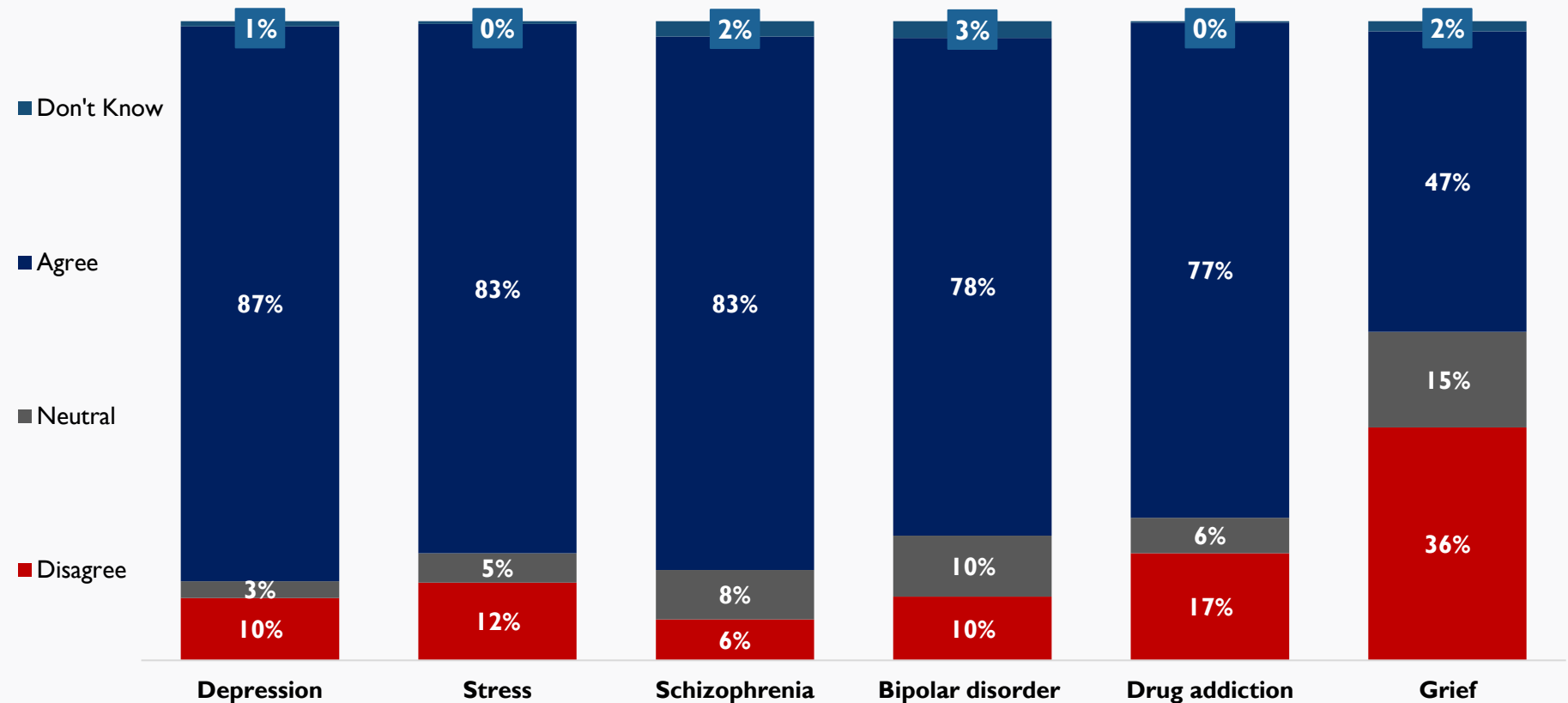


MENTAL HEALTH PROBLEMS DEFINED



GRIEF NOT DEEMED AS A MENTAL HEALTH PROBLEM...

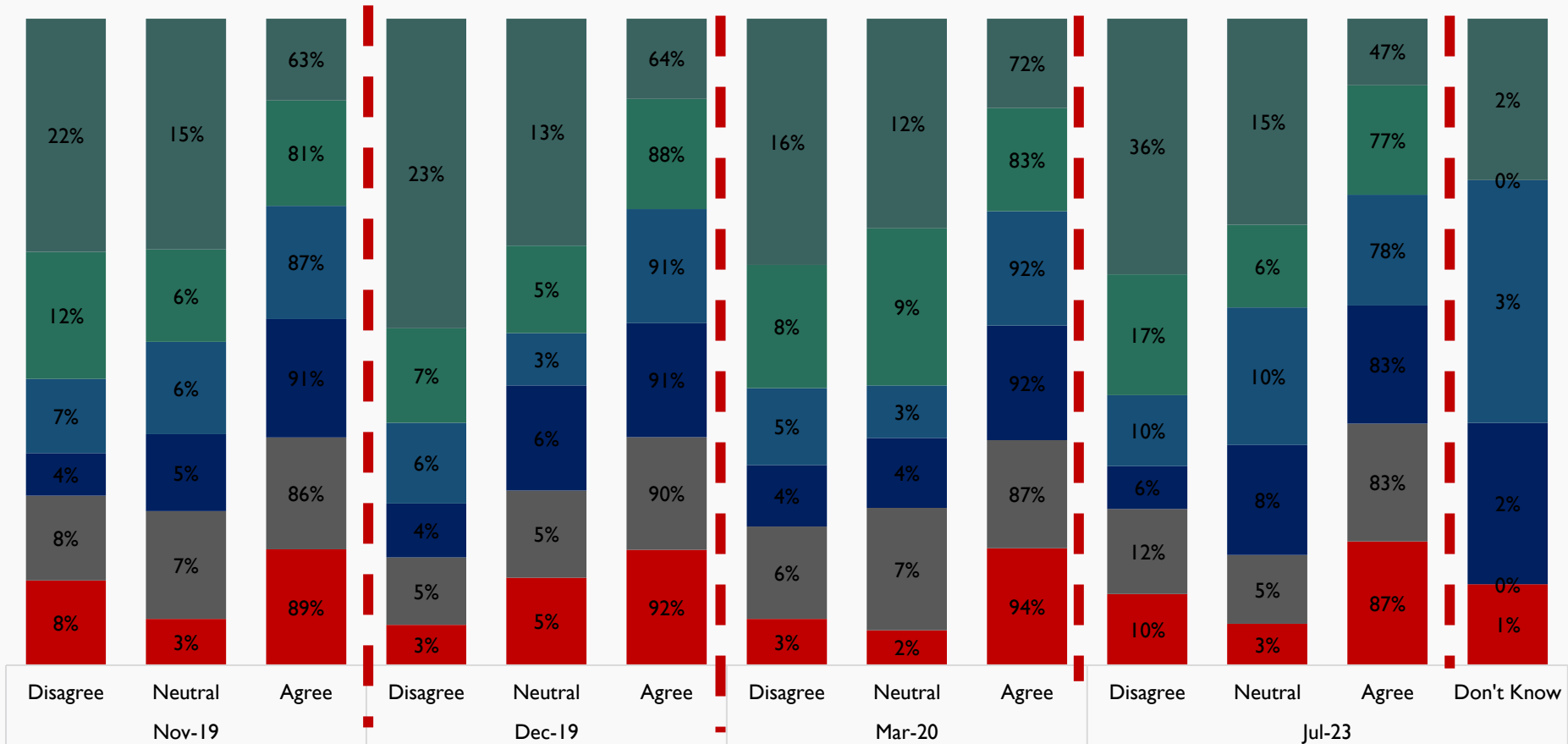
A majority of the surveyed respondents agreed that depression, stress, schizophrenia, bipolar disorder, and drug addiction are types of mental health problems. However, a significant proportion (36%) disagreed that grief is a mental health problem. The American Psychiatric Association in 2021 classified 'Prolonged Grief' as a disorder but not ordinary grief. Grief only becomes a disorder if it goes on for a long time and the grief actually disrupts the daily life of the person experiencing it.



GRIEF NOT DEEMED AS A MENTAL HEALTH PROBLEM

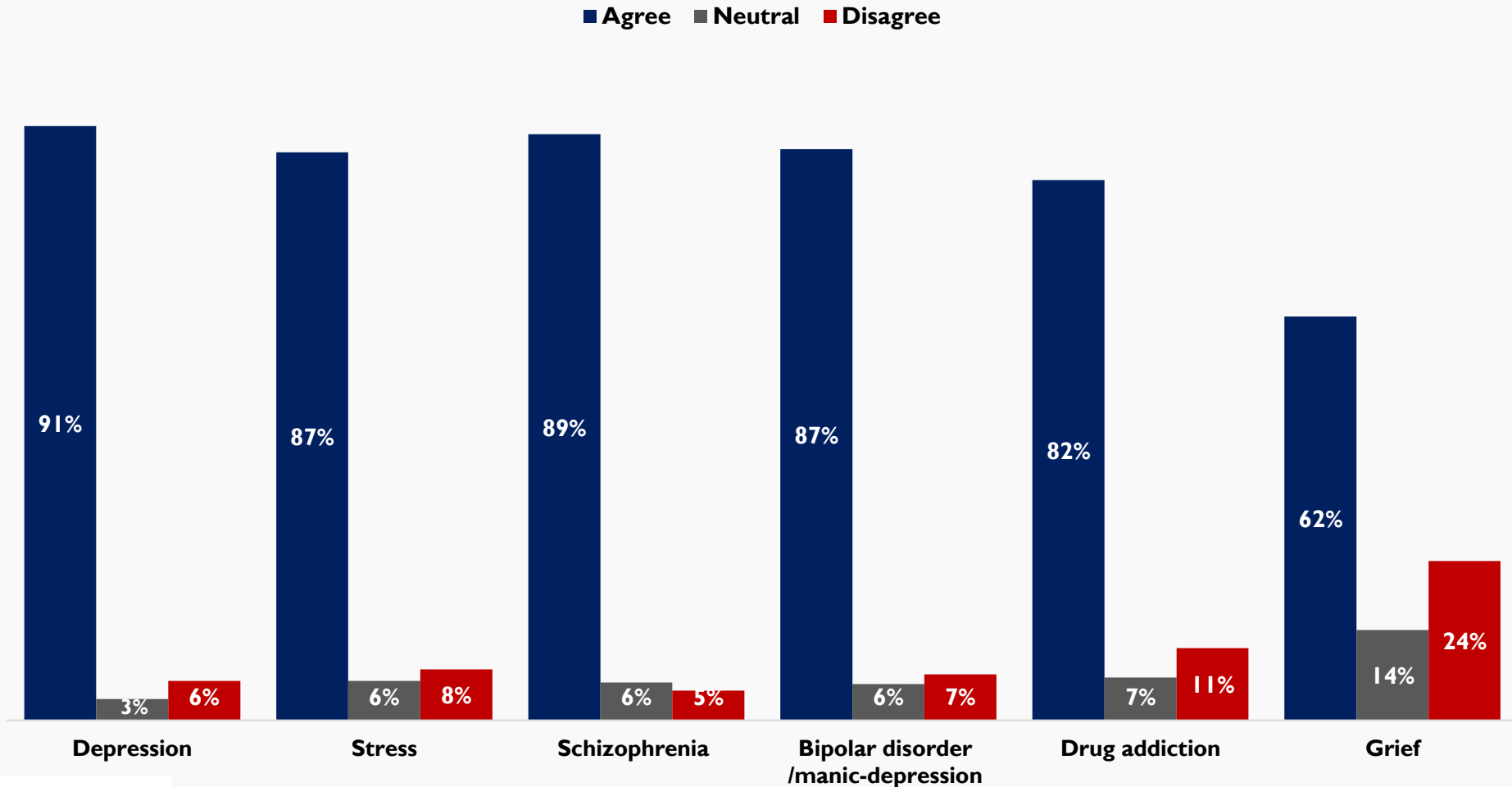
Across the years, a majority of the respondents agree that various illnesses, such as schizophrenia, bipolar depression, and drug addiction, are types of mental health problems.

■ Depression ■ Stress ■ Schizophrenia ■ Bipolar disorder /manic-depression ■ Drug addiction ■ Grief



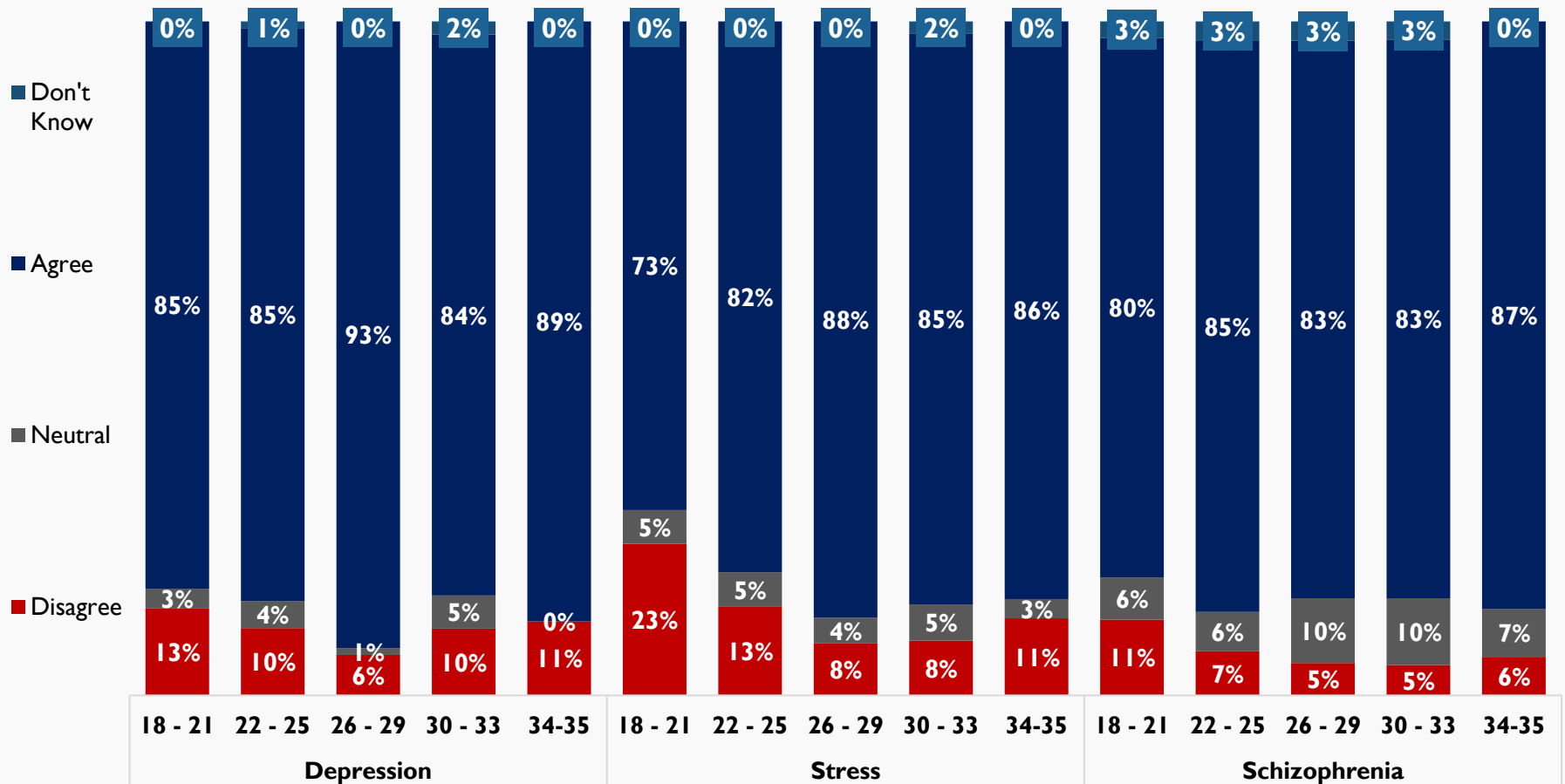
GRIEF NOT DEEMED AS A MENTAL HEALTH PROBLEM

Across the years, a majority of the respondents agree that various illnesses, such as schizophrenia, bipolar depression, and drug addiction, are types of mental health problems.



GRIEF NOT DEEMED AS A MENTAL HEALTH PROBLEM...

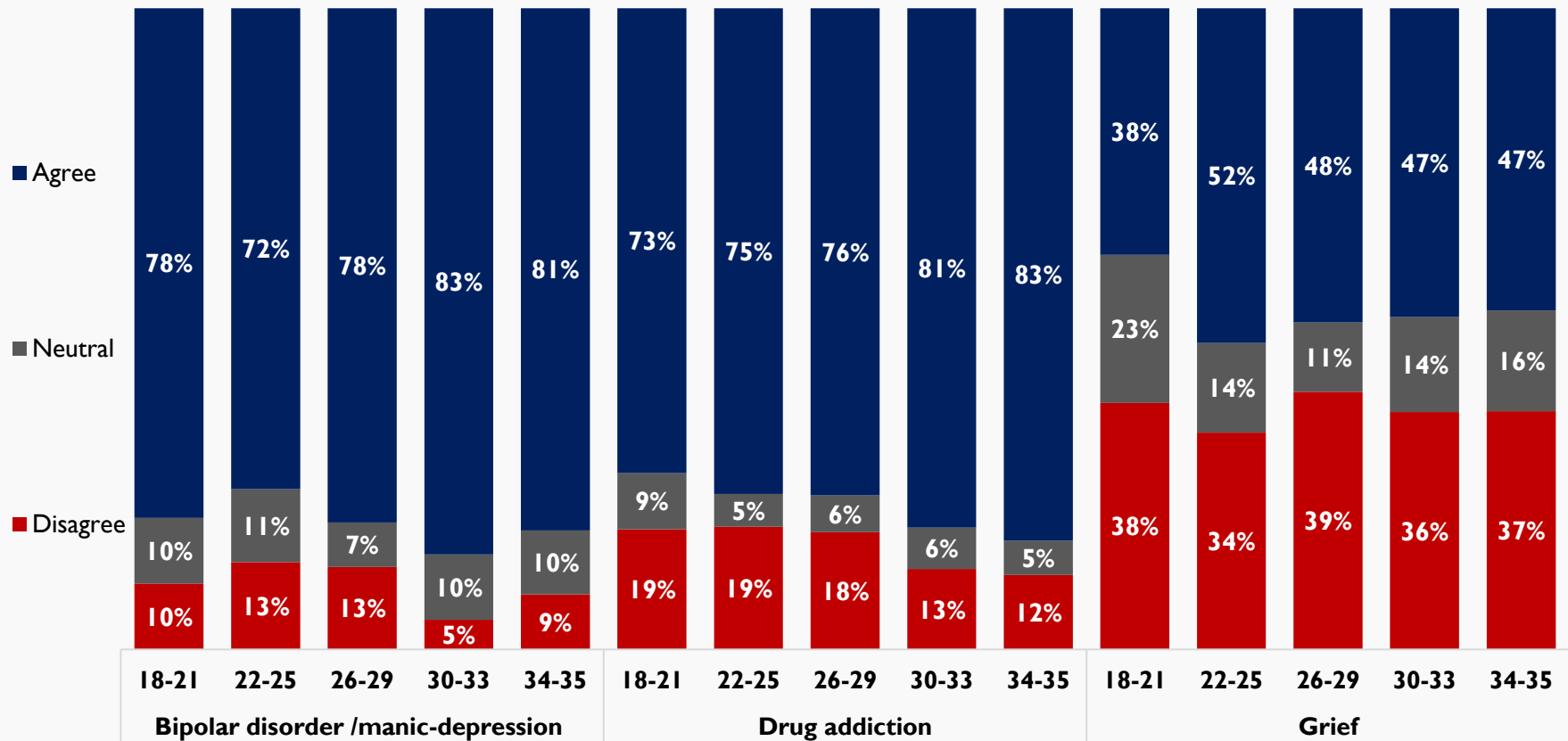
Respondents across all age brackets agreed that depression, stress, and schizophrenia are types of mental health problems.



Cont....

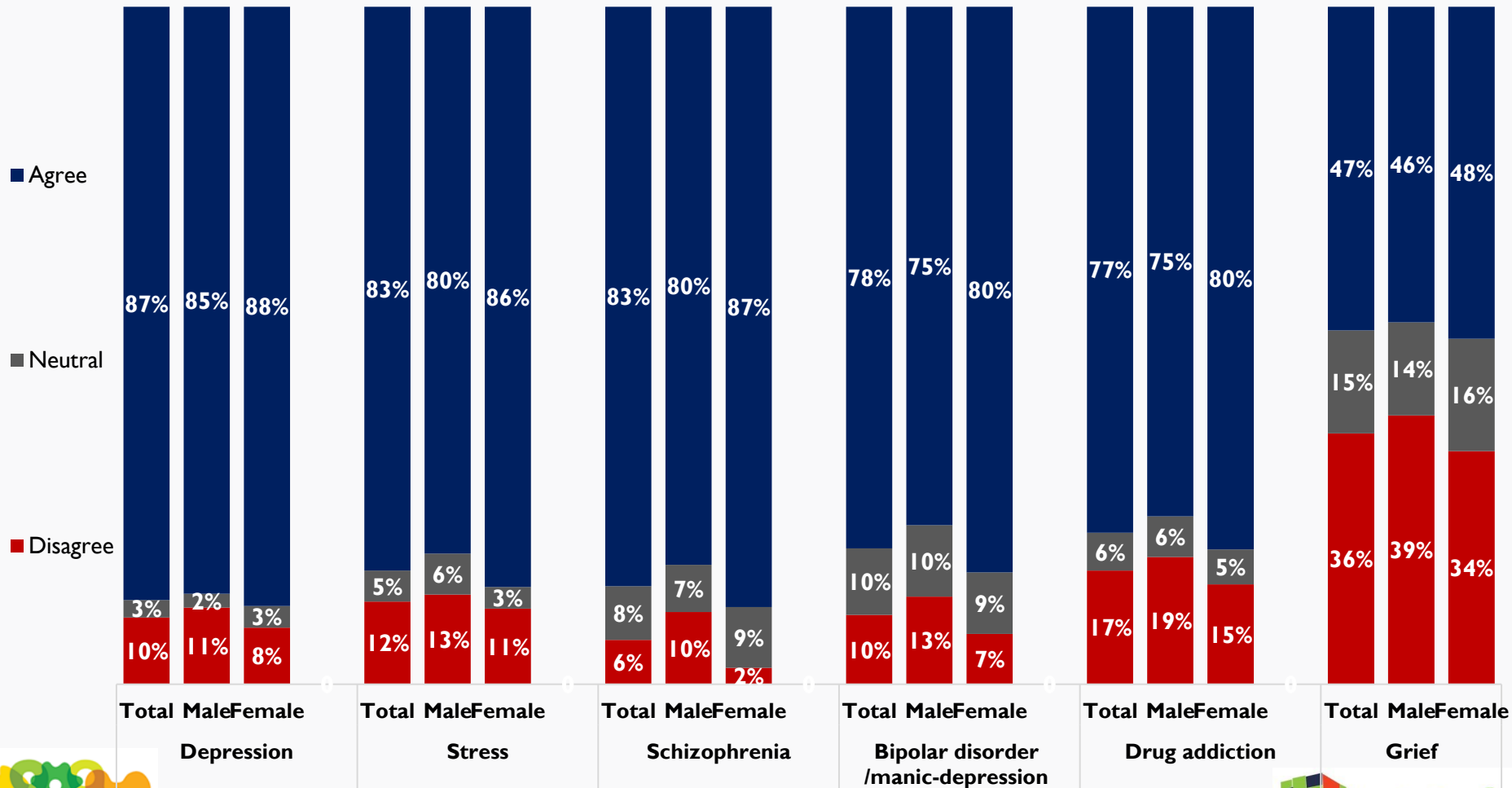
GRIEF NOT DEEMED AS A MENTAL HEALTH PROBLEM...

As compared to the other perceived mental health problems, surveyed respondents across all age brackets disagreed that grief is a type of mental health problem.



...MORSO

Analysis by gender shows that more males (39%) and females (34%) identify grief as not being a mental health problem



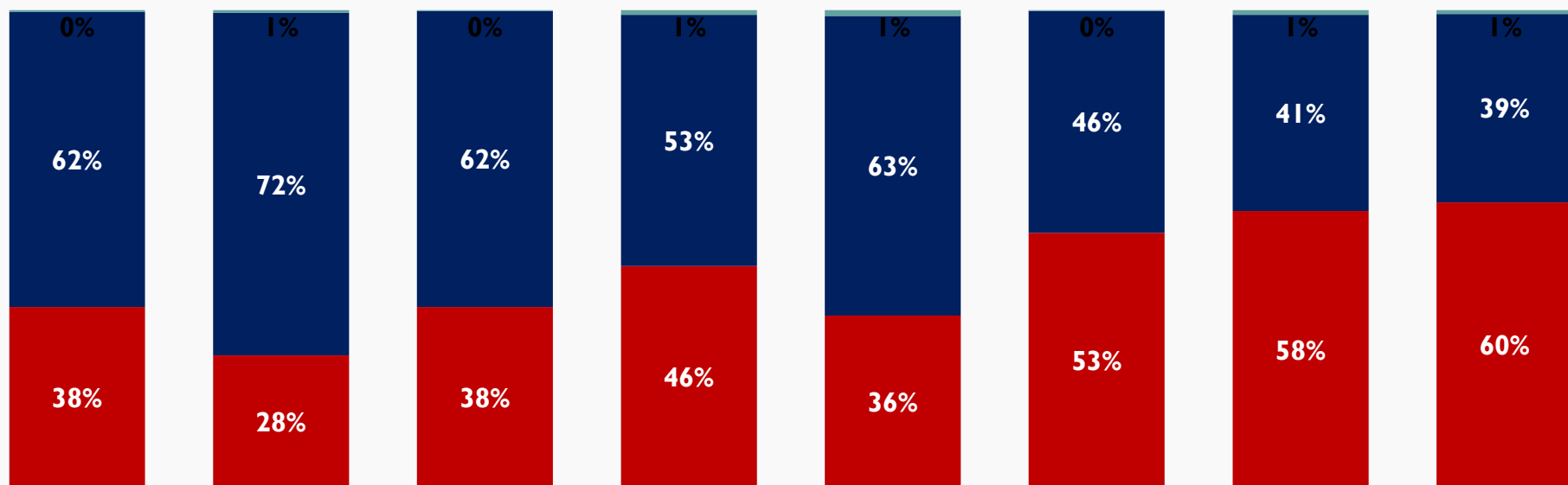


INTERACTION WITH MENTAL HEALTH



MENTAL HEALTH; AN UNEXPLORED GROUND IN KENYA

A majority of the respondents agreed that; they had met someone who openly discussed their own mental health issues, they had come across mental health-related publicity, read articles on mental health in newspapers or magazines, and had encountered mental health campaigns on social media, television, or online platforms.



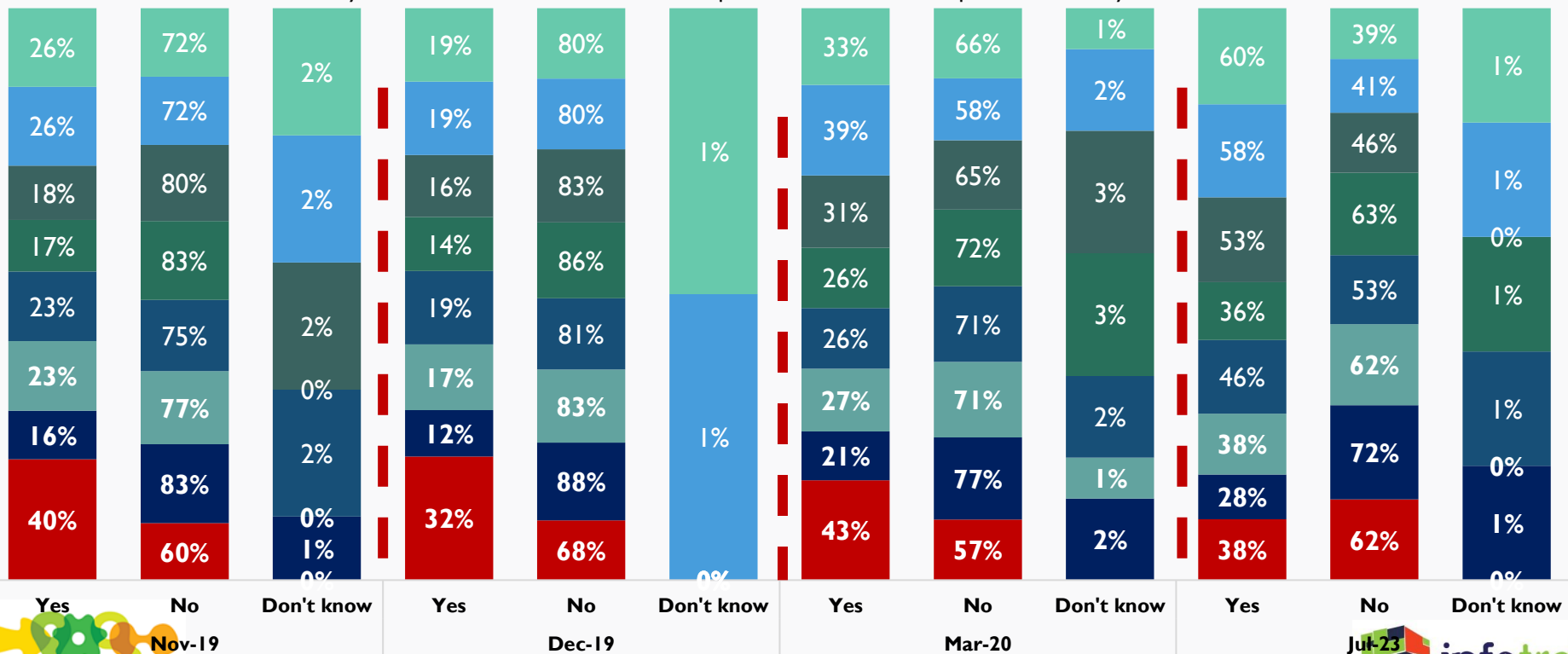
Met anyone that has talked about their own experience of mental health problems recently? Seen any activity or publicity for a mental health campaign in the local community at all recently? Read any news stories or articles about a mental health campaign in newspapers, magazines or online recently? Heard any advertising or features on the radio recently for a mental health campaign? Seen any advertising for a mental health campaign in any newspapers or magazines press recently? Seen any activity or advertising online for a mental health campaign? Seen any advertising on TV recently for a mental health campaign? Seen any advertising on social media for a mental health campaign?

■ Yes ■ No ■ Don't know

MENTAL HEALTH; AN UNEXPLORED GROUND IN KENYA

Over the years, there is an increase in the proportions of respondents who have either seen any activity or publicity for a mental health campaign, or read any news stories or articles about a mental health campaign.

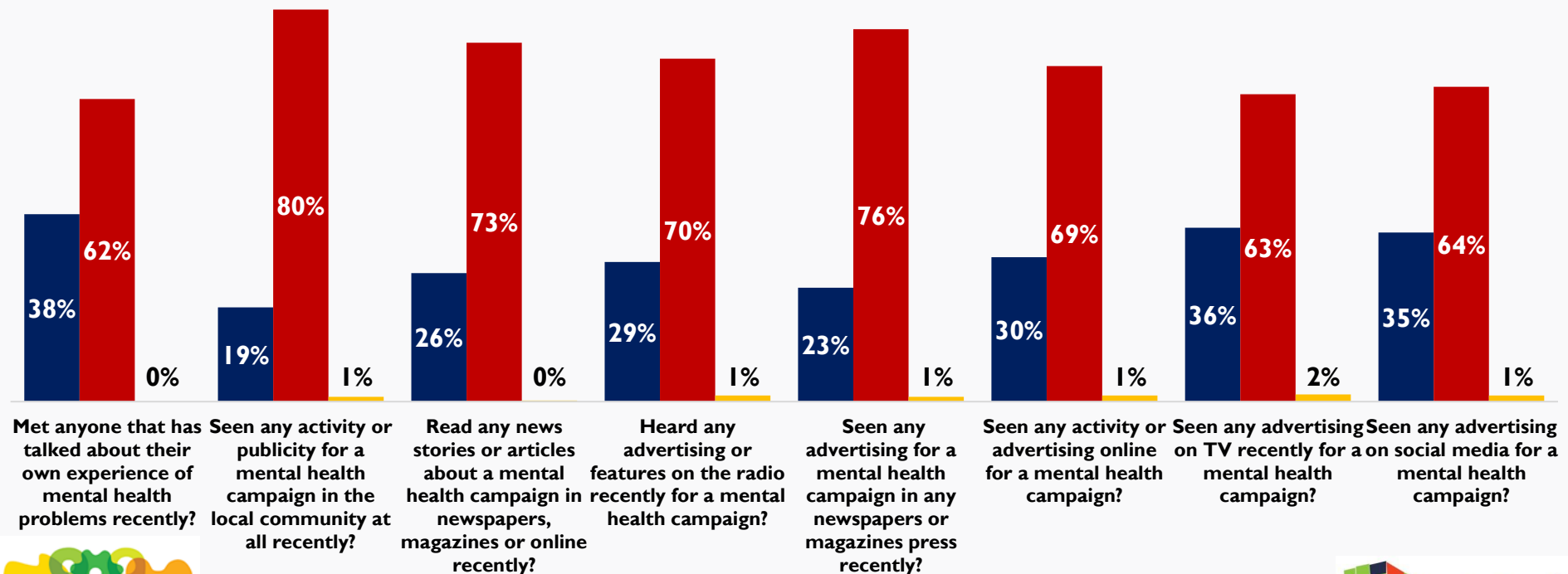
- Seen any advertising on social media for a mental health campaign?
- Seen any advertising on TV recently for a mental health campaign?
- Seen any activity or advertising online for a mental health campaign?
- Seen any advertising for a mental health campaign in any newspapers or magazines press recently?
- Heard any advertising or features on the radio recently for a mental health campaign?
- Read any news stories or articles about a mental health campaign in newspapers, magazines or online recently?
- Seen any activity or publicity for a mental health campaign in the local community at all recently?
- Met anyone that has talked about their own experience of mental health problems recently?



MENTAL HEALTH; AN UNEXPLORED GROUND IN KENYA

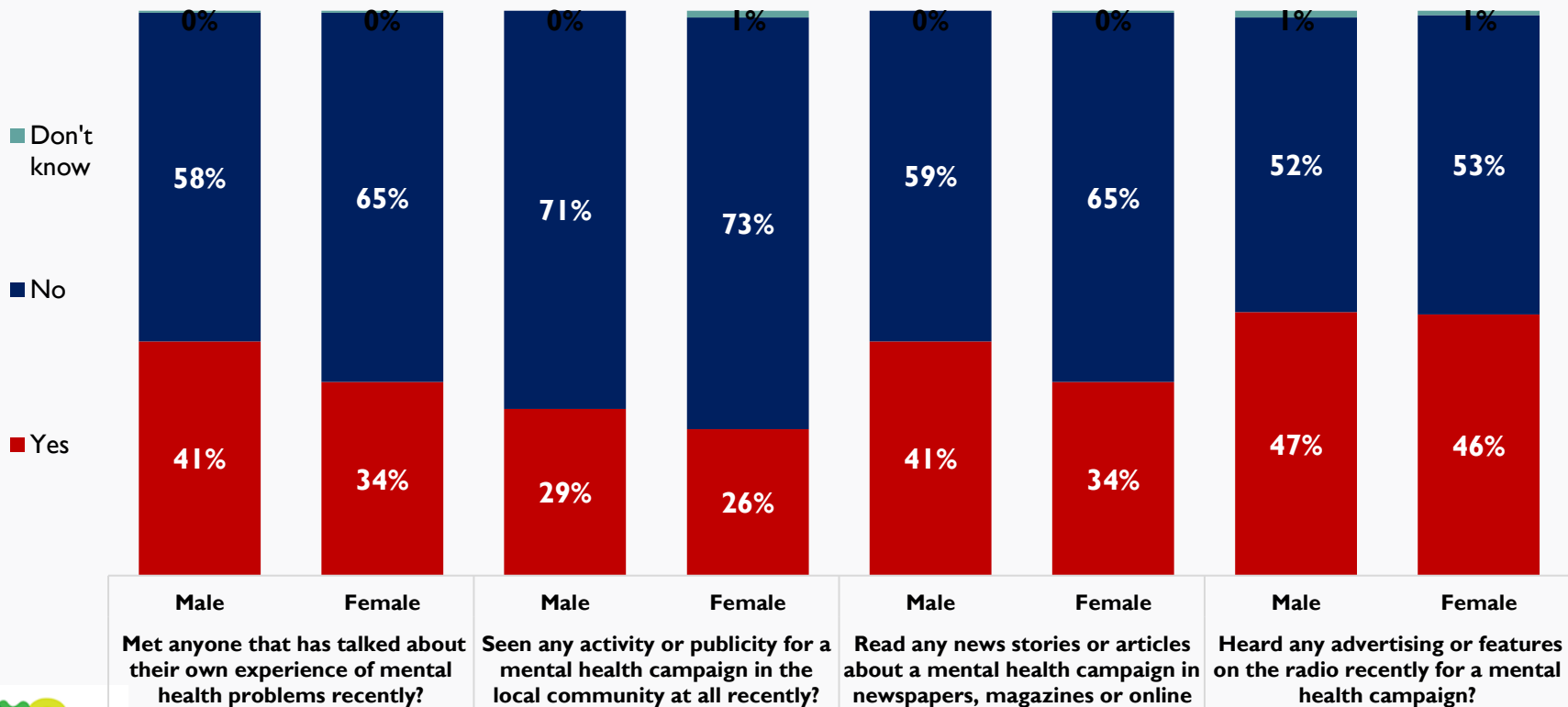
Over the years, there is an increase in the proportions of respondents who have either seen any activity or publicity for a mental health campaign, or read any news stories or articles about a mental health campaign.

■ Yes ■ No ■ Don't know



MENTAL HEALTH; AN UNEXPLORED GROUND IN KENYA

More females than males reported to have come across articles or advertisements related to mental health on various platforms such as social media, TV, radio, online, newspapers, or magazines. (Online media refers to any form of content or communication that is distributed and consumed over the internet, they includes; websites, blogs, news portals, digital magazines, online streaming platforms, and more. Social media, on the other hand, is a specific subset of online media that focuses on social networking and user-generated content and they include; Facebook, Twitter, Instagram, LinkedIn, TikTok, and YouTube etc.)

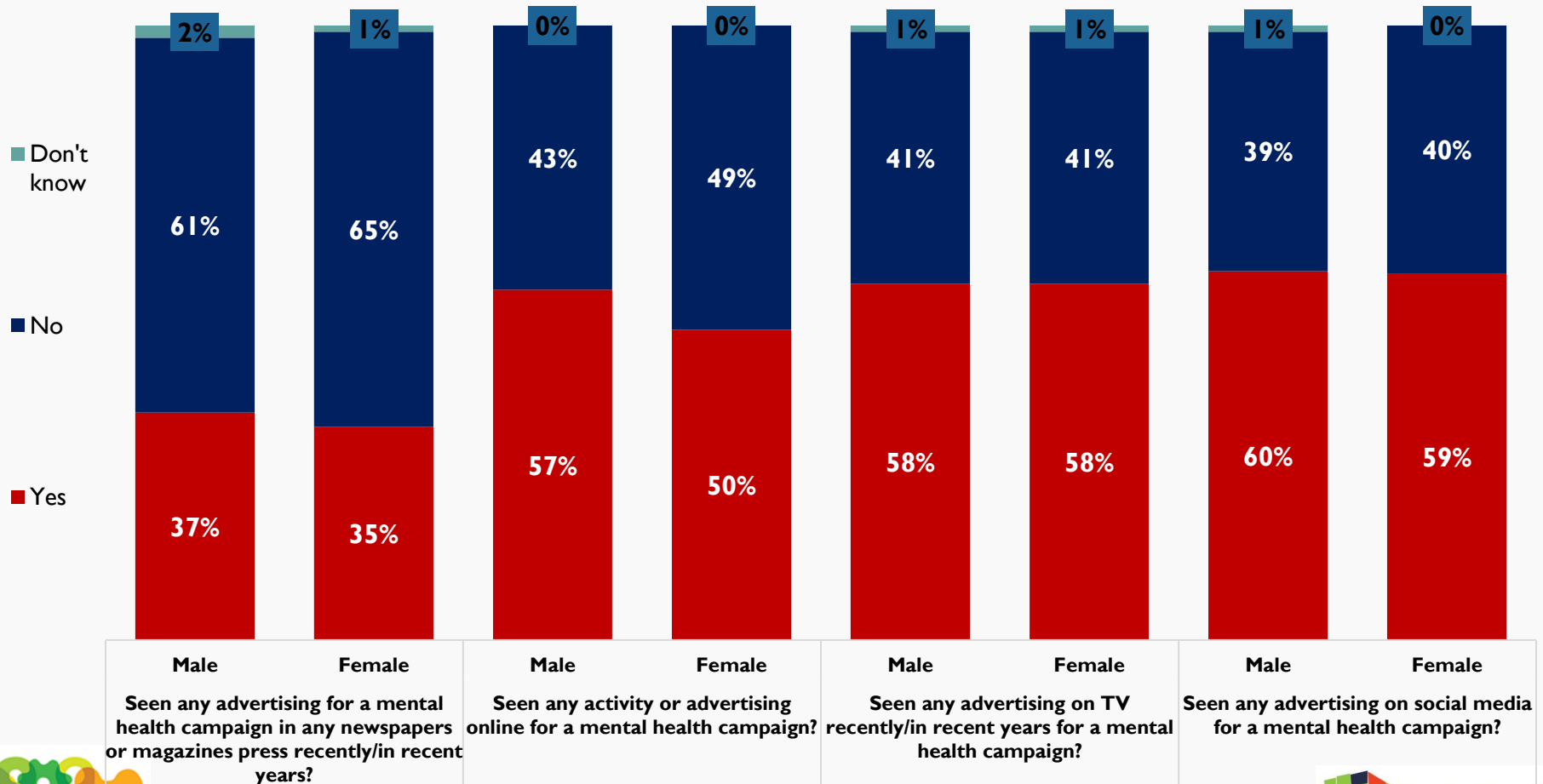


Qn: Have you ...

Cont....

MENTAL HEALTH; AN UNEXPLORED GROUND IN KENYA

More females than males admitted having seen an activity or advertising online for a mental health campaign. On the other hand, almost equally males (39%) and females (40%) acknowledged having seen advertising on a mental health campaign on social media.





CONCLUSION



Conclusion

Awareness and Engagement: Awareness levels have increased from the baseline with a majority of the respondents indicating that they were aware and had engaged with mental health issues. They reported meeting individuals who openly discussed their own mental health problems, encountering mental health-related publicity, and reading articles on mental health. They also mentioned coming across mental health campaigns on various media platforms.

Prevalence and Personal Experience: A significant proportion of the surveyed respondents reported not knowing anyone close to them who had experienced mental health problems. However, a small percentage mentioned immediate family members or themselves as having personal experience with mental health issues. Additionally, a small percentage reported having neighbors with mental health problems.

Classification of Mental Health Illnesses: A higher proportion of participants agreed with the classification of various conditions as mental health illnesses, such as depression, stress, schizophrenia, bipolar disorder, and drug addiction. However, a significant proportion rightly do not view grief as a mental health problem.

Attitudes towards People with Mental Health Issues: A majority of respondents expressed positive attitudes towards people with mental health issues. They believed that individuals with mental health concerns should have equal opportunities for employment, could benefit from medication and therapy, had the potential for full recovery, and often sought professional help. However, there were some who disagreed with these statements, reflecting varying perspectives on the subject.

Conclusions

Integration and Support: A significant proportion of the respondents agreed that individuals with mental health problems should be integrated into the normal community. However, there were those who held differing views, particularly regarding responsibilities and trustworthiness in specific roles such as babysitting.

Causes and Perception: Surveyed respondents displayed diverse beliefs about the causes and perception of mental illness. Some strongly agreed that mental illness could be attributed to a lack of willpower and that individuals with mental health issues were easily distinguishable. Others strongly disagreed, emphasizing the need for tolerance, sympathy, and support for those with mental health conditions.

Willingness to Engage: A majority of respondents expressed willingness to live with, work with, and live nearby individuals with mental health problems. This suggests a positive inclination towards accepting and supporting individuals with mental health challenges. However, there were some who disagreed or remained neutral on these statements.



THANK YOU

