

StrongMinds Report Reveals Climate Change is Deepening Depression in Pastoral Community in Uganda

KAMPALA, UGANDA, October 15, 2024 /EINPresswire.com/ -- StrongMinds Report Reveals Climate Change is Deepening Depression in Pastoral Community in Uganda

StrongMinds, a global non-profit treating depression through layperson-led interpersonal group therapy (IPT-G), released a report describing the effects of climate change on mental health in one pastoral community in Africa. [“Our Climate & Our Mental Health - A Case Study from Kotido District, Uganda,”](#) cites research and field observations demonstrating how climate change and extreme weather events are exacerbating depression in this vulnerable region.



This is not a theoretical future. These are the real-life mental health consequences of climate-related stressors.”

Vincent Mujune

Kotido, located in the semi-arid northeastern region of

Uganda, relies heavily on cattle-herding for survival. The report shows how increased temperatures and the unpredictable weather patterns that follow drive pressure on livelihoods, which disrupt the lives of individuals, their families, and their communities. The culmination of these disruptions is that more individuals experience depression more severely.

“The people of Kotido,” said StrongMinds Uganda Country Director Vincent Mujune, “are experiencing climate change directly in their everyday lives. And by working with them to treat their depression, we understand the immediate mental health implications of our changing climate. “This is not a theoretical future. These are the real-life mental health consequences of climate-related stressors.”

Key highlights from the report include:

Documented depression trends: Pre-treatment depression scores for StrongMinds clients in Kotido showed a statistically significant increase from 2022 to 2024, which correlates to an increase in severe weather.

Links between climate-related events and depression triggers: Droughts and longer dry seasons caused by climate change cause food insecurity and a higher number of cattle raids, which are

often violent and deadly. The life-changes, conflicts, isolation, and grief caused by these events often result in depression.

Results of treatment: By treating depression in Kotido through layperson-led IPT-G, StrongMinds reduced depression severity in people living on the frontlines of a changing climate. StrongMinds also witnessed the positive impact that mental health support can have on collective efficacy, social capital, and psychological resilience.

“This report adds to the body of evidence showing the true impacts of climate change,” added Mujune. “What we need to do now is make sure that every discussion about climate change and every climate change action plan include mental health components.”

About StrongMinds

Founded in 2013, StrongMinds treats depression in women and adolescents in sub-Saharan Africa. Our well-researched group talk therapy model using interpersonal group therapy (IPT-G) is delivered by trained lay community members, enabling us to reach tens of thousands of people each year. For more information about StrongMinds, please visit strongminds.org.

Media Contact: Roger Nokes Roger@strongminds.org

Learn more at Strongminds.org

Roger Nokes
StrongMinds
Roger@strongminds.org

This press release can be viewed online at: <https://www.einpresswire.com/article/751607755>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.