



What is the survey about?

The National Baseline Mental Health Survey 2025 is a national study that aims to address the lack of information on mental health in Kenya.

We will be collecting information on:

- Factors contributing to or associated with mental conditions
- The burden of mental health conditions.
- The commonly occurring mental health conditions.
- How often these conditions occur
- Effect of mental health conditions on quality of life

Why is it important?



We do not have reliable and accurate national data on the frequency and burden of mental health conditions.



A good number of existing studies have mainly concentrated on screening for people at risk of mental health disorders, rather than identifying the actual number of people with mental health conditions in Kenya.



To inform policy decisions towards addressing mental health gaps.



To develop programmes targeting community needs with an aim of promoting mental well-being for Kenyans.



Why should you participate?

Those participating in this exercise are carefully selected to ensure accurate information is gathered. The information we are gathering will help guide decisions about resources, services and support needed to tackle mental health challenges in our communities.

Who is conducting the survey?

The Survey is being conducted by the Ministry of Health in collaboration with the Council of Governors, the Kenya National Bureau of Statistics, and the Aga Khan University, among other partners.

Who are we targeting?

This study is a nationwide survey targeting adults aged 18 years and above.



Where is the survey being conducted?

The survey will be conducted across all the 47 counties in Kenya and data will be collected at selected households.

When will the survey take place?

The survey is scheduled to start later this year, 2025.

How will participants be selected?

This will be done in 3 stages

1. Selection of sampling areas within the 47 counties
2. Selection of households in the selected areas
3. Selection of people to be interviewed

How will data collection be done?

Data will be collected through face-to-face interviews, electronically using tablets, and checked for accuracy before analysis.

How will data be stored?

The data will be stored in line with Kenya's Data Protection Act of 2019 at the Kenya National Bureau of Statistics servers.

How will your information be safeguarded?



The information collected will be kept strictly confidential



Interviews and assessments will be conducted privately in open spaces



All personal information will be removed from the data to ensure your personal data is protected



Participants will also be provided with contact information for any inquiries, clarifications, or concerns regarding their participation or the use of their data.



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