

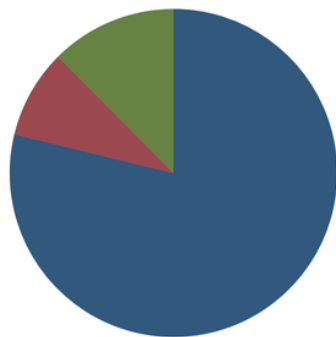


JAMAA NA AFYA YA MTOTO

THE JAMO PROJECT STUDIES THE EXTENT TO WHICH KINSHIP SUPPORT AND MARRIAGE BENEFIT MOTHERS AND CHILDREN IN LOW INCOME, URBAN AFRICAN SETTINGS. THE STUDY CONSISTS OF SIX WAVES OF SURVEYS AND THREE ROUNDS OF QUALITATIVE DATA COLLECTION IN TWO LOW-INCOME COMMUNITIES IN NAIROBI, KENYA. THE STARTING SAMPLE INCLUDES 1,203 MOTHERS AGED 18–29 WITH A CHILD AGED 0–24 MONTHS.

WHAT IS THE STATE OF MOTHERS' MENTAL HEALTH?

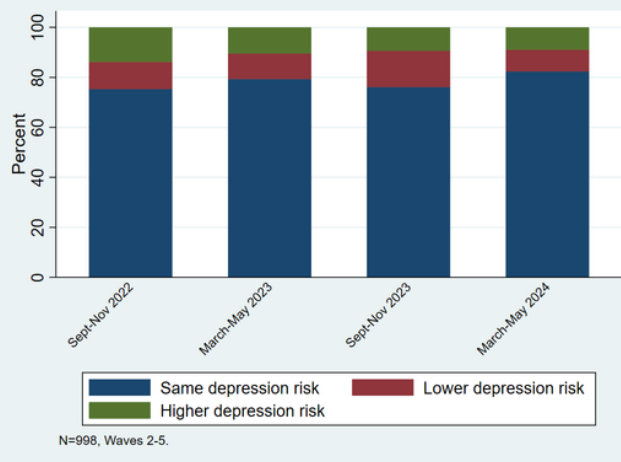
Depression risk in first survey wave (February-May 2022)



Low risk of depression Moderate risk of depression High risk of depression

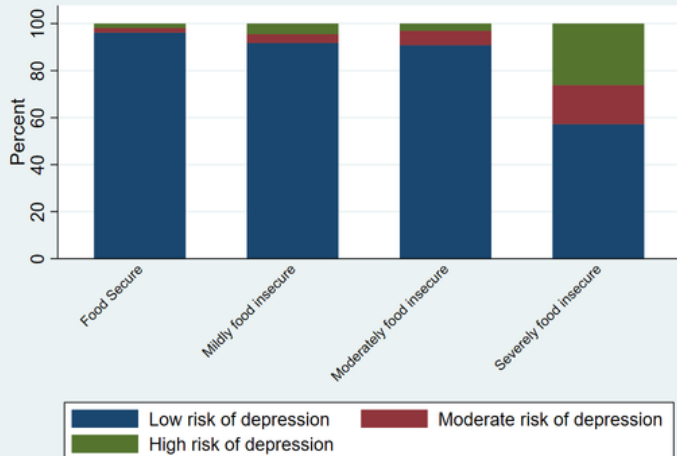
Based on responses from 1,203 women from February May 2022.

ALMOST 80% OF MOTHERS HAD LOW RISK OF DEPRESSION BUT 12% FACED A HIGH RISK OF DEPRESSION.



N=998, Waves 2-5.

FOR MOST WOMEN, RISK FOR DEPRESSION WAS STABLE ACROSS WAVES. HOWEVER, 10-15% OF WOMEN EXPERIENCE AN INCREASE IN DEPRESSION RISK AT SOME POINT OVER THE COURSE OF THE STUDY.



N=1,027, Wave 5.

SEVERE FOOD INSECURITY IS ASSOCIATED WITH HIGH RISK OF DEPRESSION IN THE STUDY SAMPLE.

