

Article Link

<https://insight.kellogg.northwestern.edu/article/psychotherapy-poor-communities>

Kellogg Insight Covers IPA Study on Cognitive Behavior Therapy in Ghana

Northwestern University's *Kellogg Insight* covers an [IPA study](#) on the impact of cognitive behavior therapy (CBT) on low-income individuals in rural Ghana. While mental health interventions are less common among anti-poverty efforts, the results of this study suggest it could be a productive area for further research: "Survey-based measures showed that CBT improved both mental and self-reported physical health, as well as economic outcomes and cognitive skills."

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