

Presentation Title::

Improving Wellbeing By Promoting Mental Health Interventions in Resource Poor Settings: Case Study of Maasai Women

Primary Track:

Wellness for Special Populations

Population Addressed:

Disadvantaged

Additional Track:

Community Wellness

Breakout Abstract/Program Book Listing:

Redefining well-being indicators for resource poor settings- A mental health perspective in resource poor settings

Objective 1::

Understand how depression and anxiety influence the well-being of women in resource poor settings.

Objective 2::

See how psycho education helps to improve well-being of poor women

Objective 3::

Provide suggestions on how well-being indicators for women could be improved in under-resourced areas.

Instructional Level:

Advanced

Primary Teaching Method:

Lecture with audio/visual (e.g., slide presentation)¹

Additional Teaching Method:

Group Discussion or Roundtable

Total Score:	28.00
Relevance and Value:	5
Learning Objectives:	5
Teaching Methods:	2
Evidence-based/Best Practices:	2
References:	5

Practical Application:	4
Practical Tools:	5
Please select (1) main track YOU think this session best fits.:	Wellness for Special Populations
Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.":	Integrative Health/Mind-Body-Spirit2
Would you recommend this program?:	Poster

Please share any additional comments about this proposal:

This topic definitely has a place at the conference. A poster session is more appropriate as the author is conveying information based on research findings. Participants may not fully benefit from a breakout session, as breakouts are typically interactive and call for active learning. However, a poster session where the author provides additional information and resources to attendees would definitely be a great way to bring awareness to this issue for professionals involved in the wellness community.