

Dear readers,

I am pleased to introduce this publication of the Rwanda Public Health Bulletin (RPHB), which continues to serve as a vital platform for disseminating knowledge on public health challenges and their solutions in Rwanda and beyond.

As we commemorate the 31st anniversary of the 1994 genocide against the Tutsi, this publication is released in a deeply reflective period of 100 days of remembering the darkest chapter of Rwanda's history that left lasting scars across every corner of Rwandan society.

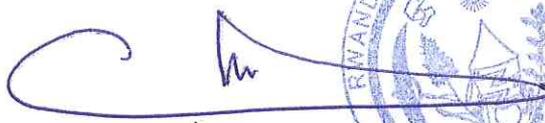
This publication features an article on the role of psychological support, social assistance, access to education, and healthcare in influencing evolution of post-traumatic stress disorder (PTSD) among survivors of the 1994 genocide against the Tutsi. This brings to light the lived experiences of survivors of the 1994 genocide against the Tutsi, not only in remembrance but also in recognition of the healing still underway. This publication indicates the complex interplay between mental health and broader social determinants. It highlights the healing potential of integrated psychological and socio-economic interventions, reminding us that recovery cannot happen in isolation. Psychotherapy, while essential, becomes significantly more effective when paired with social assistance, education, healthcare, and community-based support. Another article in this publication exposes the far-reaching consequences of intimate partner violence on individuals with chronic mental disorders. The findings underscore how such violence not only compounds mental illness but directly hinders treatment adherence and increases relapse rates.

These papers remind us that while much progress has been made, our responsibility to support the mental, emotional, and social well-being of our population remains a vital national priority. The research in this bulletin challenges us to go even further to embrace a truly holistic approach that addresses not just clinical needs but the broader social and economic realities that shape mental health outcomes. In commemorating the 1994 genocide against the Tutsi each year, we do more than remember the past—we recommit ourselves to building a future anchored in unity, dignity, equity, and compassion. The articles in this publication echo this commitment by calling for integrated mental health services, gender-sensitive care, and sustained community engagement to ensure the well-being of all Rwandans and enhance positive mental health outcomes, easing the mental health burden, especially among the most vulnerable.

As we continue advancing toward universal health coverage and a more resilient, person-centered health system, this publication of RPHB serves as both a milestone and a roadmap, urging stakeholders to translate findings into tangible improvements for all Rwandans.

Let us continue to work together to build a Rwanda where healing is holistic, health is equitable, and no one is left behind.

Yours sincerely,

The seal of the Rwanda Biomedical Center (RBC) is circular. It features a central emblem with a sun, a map of Rwanda, and a caduceus. The text 'RWANDA BIOMEDICAL CENTER' is written around the top inner edge, and 'Rwanda Biomedical Center' is written around the bottom inner edge.

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