

発表者プロフィール / Presenter Profile



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出身国・地域/Country・Region	ウガンダ / Uganda
発表テーマ/ Presentation Topic	The one and the many: improving the mental wellbeing of caregivers of children with disabilities in urban Uganda: a cluster randomized controlled trial

プロフィール Profile

自己紹介/Self-introduction

Hello, My name is Mariam Namasaba. I am a doctoral student at the University of Tokyo. I love in-door sports and anything that involves being with other people. You are very likely to see me having a coffee or talking about having coffee. Oh...and Negi miso ramen! Thanks for reading. Cheers!

研究分野について/About study field

My doctoral research is about how people bounce back. I study the strategies people use to build the wherewithal to overcome difficult challenges and how they can improve their psychological health through the process. In a word, how people become resilient. Resilience is a dynamic process that changes from one context to another but one thing is for certain. Getting support from others is crucial. The question of what support is most effective for different people is what my doctoral dissertation set out to answer.

視聴者へのメッセージ Message to viewers

Ever wonder how connecting with other people improves your mental wellbeing in different contexts? Give me 15 minutes of your time and I'll explain how.