

# Assessing the Association between Group Characteristics, Everyday Sociability and Neighborhood Connections and Women's Common Mental Health Disorder in Hawassa, Ethiopia

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## Abstract:

**Introduction:** Social support networks, social cohesion, and collective self-efficacy within a community have been established to have profound impact on the mental health of women. In this study, impact of group characteristics, everyday sociability and neighborhood connections and trust on women's common mental health disorder in Hawassa, Ethiopia has been assessed.

**Background:** Studies focusing on mental health of women in Hawassa, Ethiopia remains limited, acting as a motivation for undertaking this study.

**Methodology:** The researcher has used quantitative data collection approach, using survey questionnaire.

**Findings:** Association between group characteristics, everyday sociability and neighborhood connections on common mental health disorder among women in Hawassa, Ethiopia have been established.

**Research Originality:** No prior empirical studies conducted on mental health of women in Hawassa, Ethiopia using the mentioned variables.

**Keywords:** group characteristics, everyday sociability, neighborhood connections, trust, women's mental health

## 1. Introduction:

In the recent years, an increasing attention and interest on mental health and psychosocial needs of women in various research discourse in the arena of psychology. Studies in this context have revealed that neighborhood associations, group characteristics and everyday sociability have associations with mental health of women.

Researchers in this arena have revealed that there exists significant association between group characteristics for instance social cohesion, socioeconomic status, neighborhood connections for instance sense of belonging within the community with prevalence of common mental health disorders among women. Findings of the

studies have consistently demonstrated that weak neighborhood connections, low levels of everyday sociability, and feelings of social isolation are associated with an elevated risk of developing common mental health disorders for instance anxiety and depression, which is particularly prevalent among women (Woods, 2023). Greater resilience has been observed in individuals who feel part of a community, which in turn contributes to their ability to address depression symptoms and reduce stress. This makes it essential to introduce and discuss the concept of social capital. It refers to the set of values that enables individuals to work in collaboration in a group to effectively achieve a common purpose. It comprises of elements like trust, belonging, and social participation, which has been reported to have a major impact on the mental health of women. Studies in this arena have observed significant associations between social capital and overall health, particularly concerning the social and psychological well-being of women (Aziz et al., 2024). Social support, including emotional, instrumental, and informational dimensions, also plays a pivotal role, with instrumental support emerging as a strong predictor of mental health. In spite of the prevailing studies on these variables, demonstrating the presence of significant associations, researches within the context of women's mental health in Hawassa, Ethiopia remains limited, which will be addressed with the help of the present study.

## 2 Aim and objectives of the study:

The study aims to assess the association between group characteristics, everyday sociability, neighborhood connections, and trust with common mental health disorders among women in Hawassa, Ethiopia.

- To examine the influence of group characteristics on women's common mental health disorders in Hawassa, Ethiopia.
- To analyze the role of everyday sociability in shaping women's mental well-being.
- To assess the impact of neighborhood connections on women's mental health outcomes.

- To investigate the mediating role of trust in the relationship between social factors and women's common mental health disorders.
- To provide suggestions for strengthening social capital to enhance women's mental well-being in Hawassa, Ethiopia.

## 3. Literature Review:

In this section of the study, the focus will be on reviewing the previously conducted researches which are relevant to the objectives of this empirical paper. It will contribute in gaining a comprehensive view of the evolving situation.

### 3.1 Group Characteristics and Mental Health

Identification with social groups has a considerable impact on mental health among women.

Social identities, including those related to ethnicity, religion, and socioeconomic status, significantly impact mental health, acting as both barriers and facilitators in seeking treatment. Social identities have been shown to reflect normative beliefs and practices that can impact important health behaviors. A better understanding of how this process unfolds among young people with marginalized identities can help inform strategies to decrease mental health disparities and improve their overall health outcomes. In the study conducted by Moore et al. (2021), the researchers focused on analyzing the impact of social identities on mental healthcare among LGBTQ population. The findings of the study has revealed that young lesbian, gay, bisexual, transgender, queer (LGBTQ) people of color seeking mental health care might need more support to navigate experiences related to intersecting identities. The themes identified in the study across social identity domains demonstrated that participants experienced social identities as influencing their beliefs and emotions surrounding mental health engagement. As an instance ethnic–racial identities influenced perceptions and feelings about mental health, stigma, and the value or usefulness of treatment primarily as potential deterrents to formal help seeking among participants. Importantly, ethnic–racial identity

centrality was highly rated overall; indicating participants felt it was important to their self-concepts.

The findings of the studies have commonly revealed that social support and a sense of belonging within social groups acts as a contributing factor in improving the mental wellbeing, mitigates symptoms of mental disorders and act as a protective factor in progression of various mental disorders. In this regard, in the study conducted by Miller et al. (2015), the researchers have aimed at analyzing whether identification with social groups result in impacting mental wellbeing among secondary school students aged 13–17 years. The analysis has been conducted in context to multiple group identifications. The findings from the study have revealed that increased identification with each group acts as a predictor for improved mental health among the population. Based on the observations from the study, the researchers have further stated that there prevails an additive effect of group identification, which is associated with reporting reduced psychiatric disturbance for every additional group with which participants in the research were identified to be associated. Based on the observations from the study, the researchers have further stated that when joining groups, the individuals are also required to be encouraged to incorporate the groups into their lives, for the purpose of developing a common bond and promoting a sense of commonality with other group members along with developing a clear sense of group identity and a common bond in order to promote strong relationships. In the study conducted by Yu et al. (2020), it has been opined by the researchers that women who have higher level of satisfaction with their social support networks, tend to report fewer symptoms of depression and tiredness. It has also been reported in this context that, with the help of social support individuals is able to manage stress which result in impacting their mental health. In the study conducted by Gaino et al. (2019), the researchers have focused on analyzing the association between perception of social support

and physical and emotional symptoms which are associated with psychiatric conditions among women. The findings of the study put forward the fact that satisfaction with social support plays a protective role in context to symptoms and the suspected disorder itself. In the opinion of the researchers a network comprising of friends is demonstrative of certain diversification in the sources of social support. According to the researchers, the presence of such diversification in social support can be considered to be advantageous for mental health of women. The underlying reason for this, has been argued that friends can facilitate access to health services and access to information, encourage self-care, along with providing more effective emotional and physical support when on experiences family or marital issues. Based on the findings from the study, researchers have opined that satisfaction with one's social support has a protective impact in relation to mental disorders. Based on the findings from the study, it has been concluded by the researchers that women who are less satisfied with social support are more vulnerable of presenting psychiatric conditions. Furthermore, the results from the study have also revealed that gender-based distribution of roles can be a contributing factor for women having children to have higher vulnerability of mental disorders. In the study conducted by Wakefield et al. (2017), the researchers have focused on gaining an understanding on the association between group identification to satisfaction with life. The findings from the study have revealed that there exists a positive association between group identification and satisfaction with life among individuals. Among all the groups considered in the study, a similar observation has been reported, which has been noted even after controlling the age, gender, nationality, occupational status, and number of contact-intensive groups. Much like Miller et al. (2015), in this study as well, the researchers reported to have observed an additive effect of multiple group identifications. Taking in to account the mentioned observation, the researchers stated that with increase in the number

of group identifications which an individual possesses, the more likely the individual is to have higher satisfaction with life, which is predictive factor for the mental health among them.

Women may internalize difficult feelings, leading to issues like depression and eating disorders. However, they often have better social networks and are more likely to seek mental health treatment than men. Guruge et al. (2015) has opined in this regard that, social support from friends plays a significant role in mitigating mental health issues in women. Friends can diversify support sources, facilitating access to information and health services, encouraging self-care, and providing more effective emotional support in the face of family or marital problems<sup>1</sup>. Research indicates that friend support is positively correlated with positive affect and inversely associated with symptoms of anxiety and depression. Particularly, supportive relationships with friends offer a chance to socialize, match experiences, and be part of a network of peers, which can be more spontaneous and less obligatory than relationships with relatives. In addition to that, strong relationships with friends can bolster mood, improve outlook, and preserve mental well-being<sup>7</sup>. Women who receive social support from friends can foster a positive and optimistic future perspective and an increased sense of meaning in their lives. Furthermore, strong relationships with friends can bolster mood, improve outlook, and preserve mental well-being. Women who receive social support from friends can foster a positive and optimistic future perspective and an increased sense of meaning in their lives. Women with more diverse social relationships tend to experience reductions in symptoms of depression and anxiety. In the study conducted by Alsa et al. (2021), the researchers have focused on mothers of children with autism found that those with a variety of relationships reported better mental health over time, suggesting that diversity in social connections contributes positively to psychological well-being. While the size of a social network is important, the quality and diversity of relationships are

crucial for mental health. Women benefit from having access to different types of support, which can include emotional, informational, and practical help from friends and family. This diversified support can buffer against stressors and enhance resilience.

### **3.2 Everyday Sociability and Mental Well-being**

Everyday sociability significantly influences mental well-being. Mental well-being involves positive emotions, physical health, and meaningful social connections. Herein, everyday sociability refers to the regular connections and interactions which a person has with others in their daily life, for instance, communication with neighbors, joining community groups, among others. Studies in this regard has put forward that considerable level of social engagement result in having considerable positive impact on mental well-being by providing individuals with a sense of support, belonging along with minimizing the sense of isolation. In this alignment, in the study conducted by Singer (2018), it has been revealed that in the absence of developing and maintaining social well-being, individuals risk social isolation, which can lead to negative feelings and further isolation. Loneliness, resulting from social isolation, can be as harmful as smoking 15 cigarettes daily. Expressing feelings to others in a non-blaming way contributes to emotional well-being, while meaningful relationships can motivate individuals to manage their emotions. Feeling valued and connected to a wider social environment improves personal well-being. Participating in community improvement activities can form strong bonds and open up relationships. In the opinion of Bell et al. (2018), a low sense of belonging is a strong predictor of major depression. Research indicates that feeling like one doesn't belong can have a greater impact on depression than the strength of one's social support network. It has been observed that irrespective of the size or strength of one's social network, if an individual doesn't feel like they belong, the social support system has little impact on depression outcomes.

### 3.3 Neighborhood Connections and Mental Health

Based on the discussion from the review of the previously conducted studies, it has been clearly established that developing a sense of community result in having major impact on mental health and available support for women. In this regard, on further assessing neighborhood connections and mental health, studies in this context has established that neighborhood conditions for instance access to resources, stressors and social support result in having major impact on mental health, which has been noted to be particularly relevant among women. In the study conducted by Veldhuis et al. (2020), when assessing preventive care use and the correlation between psychological and neighborhood factors among urban women, the findings of the study has revealed that among women considered in the study who reported to perceive their neighborhoods as more stressful and were residents of comparatively affluent neighborhoods, have been reported to have higher tendency to adhere sex-specific preventive care. On further assessing the correlation between neighborhood factors and its impact on women's mental health, the study has revealed that women, who were residents of considerably poor neighborhoods in Chicago, were observed to have usually a higher stress level, overall poor health, poorer schools and higher rate of unemployment. In the opinion of the researchers, the mentioned issues mainly affect Latinos and Blacks/African-Americans in a disproportionate manner, which, to a certain extent may explain overall high rates of depression among the sample recruited in the study. It is also indicative of the significantly higher rate of depression and severe depression among Latinas and Black/African-American women. Factors associated with race of the person, related discrimination has also been mentioned as contributing factors for higher prevalence rate of depression among the population. The correlation between both the variables have been further established by the researcher on the basis of the fact that

neighborhood stressors including both perceived and objective is associated with depressive symptoms among women, with higher levels of perceived neighborhood support that has been argued to be associated with reduced severity of depressive symptoms, particularly among women. In the study conducted by Battle (2021), the researchers have focused on understanding the association between neighborhood vulnerability and depressive symptoms. The researcher has indicated in this study that neighborhood vulnerability is associated with depressive symptoms, gender and race contributing, to differences in vulnerability. Based on the findings from the study, the researcher has opined that in the gender stratified models, neighborhood vulnerability has been noted to be positively associated with depressive symptoms, the prevalence of which has been observed to be considerably higher among women. In the study, the researcher has further focused on enumerating the findings associated with Neighborhood Vulnerability Index (NVI). The findings of the study has highlighted in this context that Black women usually navigate the most vulnerable environments, which has an impact on the mental health of the population. In this alignment, in the study conducted by Bassett and Moore (2013), a similar finding has been reported. The researchers opined in this study based on the findings that there is a prevalence of positive correlation between depressive symptoms for women and neighborhood disadvantage. In the review by Schley (2022), the researcher has considered analyzing the ways in which neighborhood result in impacting mental health and physical activity among individuals. The findings from the study interestingly revealed that the availability of pedestrian infrastructure of the neighborhood, sense of safety in traffic and a generic sense of safety in the neighborhood are some of the major determining characteristics for the mental health and physical activity among residents. It has been noted that physical activity results in having a mediating impact on the relationship between mental health and objective greenspace. Thus,

based on the mentioned findings from the reviewed studies, a clear association between neighborhood connections and mental health among women can be clearly observed.

### **3.4 Trust as a Mediating Factor in Mental Health**

Having discussed the major impacting factors which may result in affecting mental health among women, among the various mediating factors, trust has been commonly noted to play a significant role in mental health. In the prevailing studies, it has been noted to act as a mediator between mental wellbeing and social factors. Studies in this arena have commonly demonstrated that social trust, interpersonal trust, and generalized trust can influence mental health outcomes. On analyzing the findings of the studies in this arena, for instance in the study conducted by Xiong et al. (2023), the researchers focused on determining the association between social trust, subjective wellbeing and mental health, which has been studied in context to health workers. The findings from the study has revealed that there is an association between social trust and mental health, wherein, higher social trust has been reported to be associated with improved mental health. The researchers have opined in this context that social trust may turn out to be beneficial in reducing work stress as noted among health workers, which occurs through a perception of supportive social and work environment. The researchers have further stated that higher level of social trust turns out to be beneficial for health workers in feeling psychologically safe to work in collaboration with their patients to attain elevated clinical outcomes, thereby minimizing psychological distress. Higher social trust has also been noted to be correlated with elevated subjective wellbeing among individuals. It has been opined in this context that among individuals who have a large connection of social network generally have a higher level of life satisfaction. Referring to the mentioned finding the researchers stated that social connections derived from friends, family members, coworkers and other adults' acts as a protective factor for the mental

health of the individuals. According to the researchers, high levels of social trust allows people to enjoy their daily life, minimizing negative emotions for instance, anxiety, anger and hostile mentality. Thus, in their opinion, social trust encourages individuals to expand ties and develop the connections they have, which result in increasing their subjective wellbeing. A similar positive correlation between social trust and mental health has also been reported in the study conducted by Dai and Gu (2022), where the researchers focused on analyzing impact of social capital on mental health. In the study as well, the researchers stated that social trust is associated with improved mental health. In the study conducted by Lin et al. (2020), the researchers aimed at understanding the mediating roles of generalized trust and perceived social support in the effects of problematic use of social media on mental health. The findings of the study established that generalized trust along with perceived social support is associated with improved mental health along with elevated mental quality of life, increased happiness, and decreased depression and reduced anxiety among individuals. Thus, in accordance to the reviewed studies it has been clearly established trust plays a considerable mediating role, particularly, social trust which has been noted to have a considerable impact on the mental health and wellbeing among individuals.

### **3.5 Research Gap**

Based on the reviewed studies it has been noted that there exists considerable number of studies which focuses on analyzing the impact of group characteristics on mental health among women, everyday sociability and its impact on mental health, neighborhood connections and women's mental health disorder. However, studies analyzing the correlation among the mentioned variables in an integrated manner remain limited, which is one of the research gaps which will be addressed through this study. In addition to that, one of the major gaps in the existing studies is the lack of any major literatures particularly focusing on mental health disorder among women in

Hawassa, Ethiopia. Thus, with the help of this study, the mentioned gaps in the prevailing studies will be addressed by the researcher.

#### 4. Methods and Materials:

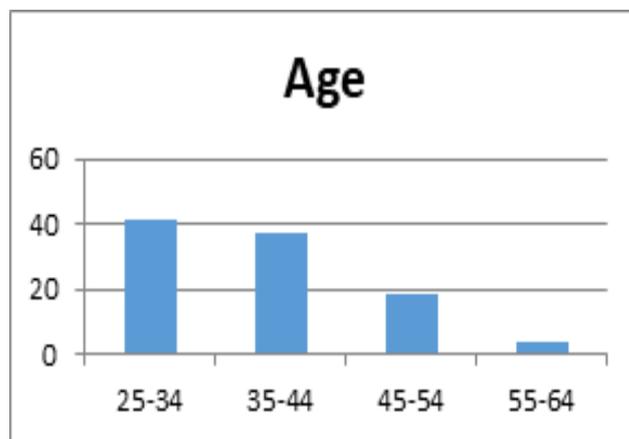
In the previous sections of the study, the findings related to the prevailing studies which are relevant to this research have been presented. In this section, the major methods and approaches using which data has been collected and presented will be discussed in this section. In addition to that, the rationale behind the varied research methodology that has been adopted to accomplish the current study will also be highlighted in this section. One of the major components of research method is research approach, which is the specific plan for addressing the research objectives that comprises of data collection approach and data analysis approach. The data collection approach is primarily of three types which includes quantitative, qualitative and mixed research approach. Considering the nature of the present study which is an empirical manuscript, quantitative data collection approach has been used in this study. In addition, as the focus has been on assessing the correlation using statistical data which is quantifiable in nature, the chosen research approach is apt for this study (Goertzen, 2017). The data analysis method, which is another essential component of research approach, will be mentioned in the following section. For the data collection method, primary data has been collected through survey instrument. In order to conduct survey for collecting primary data, the population considered in this study is women in Ethiopia. The sample has been focused on women in Hawassa city in Ethiopia. The sample size considered for this study is 384 [with 95% confidence level and 5% margin of error]. For the analysis of the collected data from the mentioned sample, deductive reasoning approach has been considered for data analysis as it is associated with quantitative data collection approach, thereby aligning with the nature of data collected in this research. In addition, for the analysis of the quantitative data statistical data analysis tools for instance, SPSS has been used in this study.

#### 5. Results and Discussion:

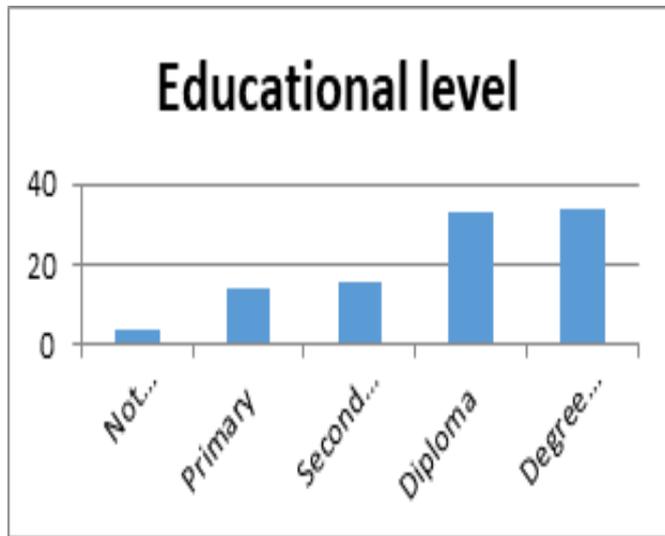
The major findings derived in this manuscript through the collected data will be analyzed and presented in this section. In addition, it will be highlighted whether the findings of the current study support or defy evidence from the existing literature.

##### 5.1 Background Characteristics of Respondents

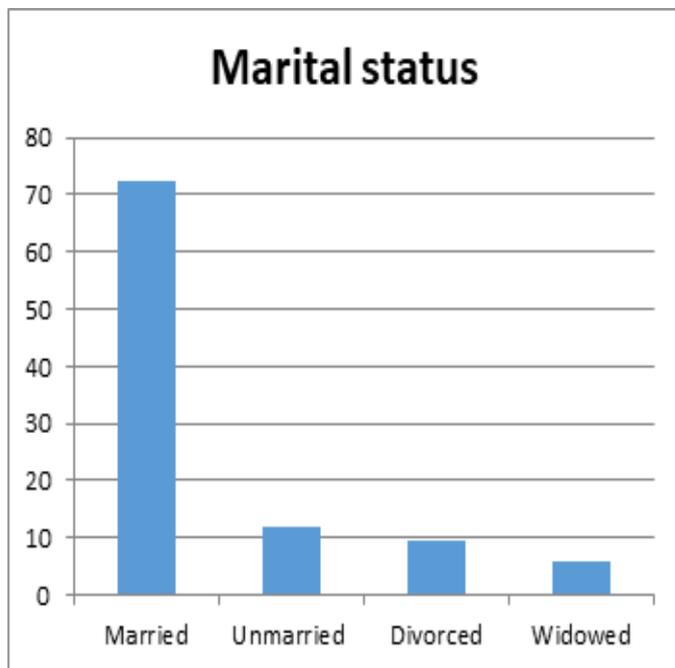
In order to gain an understanding about the profile and characteristics of the respondent included in this study, analyzing and understanding their background characteristics become essential. In this context, the demographic characteristics of the respondents have been analyzed. For the age of the respondents, it has been observed that majority of the respondents, which is more than 40.0% are within the age group of 25-34, which is followed by the age group of 35-44, which forms more than 35.0% of the respondents. Furthermore, the educational qualification among the recruitment sample in this study has been analyzed. It has been noted in this context that highest percentage of women recruited in this study, which is more than 33.0% were degree holders while those respondents who had diploma formed the second highest group among the respondents forming more than 32.0% of the sample size. Regarding the marital status of respondents the findings from the study has revealed that majority of the respondents, which is more than 70.0% women were married [Figure 1 C]. More than 50.0% of the women recruited in the study had a household size of 3-4 members.



A



B



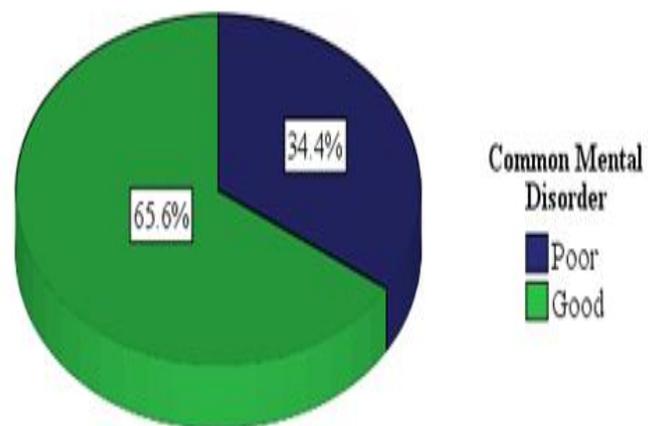
C

**Figure 1: Demographic data [A: Age B: education qualification C: marital status]**

### 5.2 Women's common mental health disorder

Self reported questionnaire on common mental disorder has been used in this study for identifying the common mental health disorder among the women in the study. Based on the analysis of the responses collected from Self Rated Questionnaire on Decreased Energy, it has been observed that for issues like not thinking clearly majority of the women that is more than 80.0% responded negatively. While more than 35.0% of the women in the study reported to always feeling tired, while more than 32.0% stated that they easily become tired, and 30.2% had difficulty to enjoy their daily

activities. On the basis of the responses collected from Self Rated Questionnaire on Somatic Symptoms, more than 25.0% of the women have reported to encounter poor digestion. Though, it is worth mentioning that for all the items, more than 70.0% of the respondents have been observed to respond negatively. The analysis of the responses derived from Self Rated Questionnaire on Depressive Thought has revealed that only for the item Loss of interest in life more than 30.0% of the respondents responded positively, while for all the other items more than 90.0% of the respondents have been noted to respond negatively. The analysis of the responses derived from Self Rated Questionnaire on Depressive Mood provided a similar trend when only for the item Feeling nervous, a considerable percentage of the respondents that is more than 25.0% of the respondents responded positively. Based on the findings from the survey, for Overall Women Common Mental Disorder, majority of the women, that is more than 60.0% have been recorded to have overall good common mental disorder [Figure 2].



**Figure 2: Overall Women Common Mental Disorder**

### 5.3 Social Capital Status of Women

Having analyzed the mental status of the women considered for the study, in order to analyze the correlation with their various social capital status that has been focused in this study, which is group characteristics, everyday sociability, trust and

neighborhood connections has been further analyzed. Based on the data collected on Perception of Respondents on Group Characteristics, it has been noted that for statements like “I belong to many groups or organizations”, majority of the respondents, which is more than 45.0% has demonstrated agreement, while more than 24.0% of the respondents demonstrated strong agreement with the statement. For the statement “The groups are formed from neighborhood” highest percentage of the respondents which is more than 53.0% demonstrated agreement and for the statement “I participated in decision making of the group” second highest agreement has been noted among the respondents. Thus, a considerable level of positive group characteristics, participation in group decision and most interesting neighborhood connections can be observed from the responses in the mentioned statement. However, the mean score for the statements for this variable has been calculated to be 3.09, which is indicative of neutral level of agreement among them on the provided statements.

On the basis of the analysis for the responses gathered for everyday sociability, it has been noted that for statement “I have a get together with family members” a considerable percentage of the respondents which is more than 25.0% responded always, while more than 22.0% responded to have frequent get together with family members. While for statements like “I have a get together with friends to have coffee or Mahiber”, “I spend time outside the house with friends from the same groups” and “I spend time outside the house with friends from different groups” more than 25.0% of the respondents stated to always spend time with them. Based on the analysis of the mentioned statements, it can be inferred that the respondents have considerably positively perception on their everyday sociability. However, the mean value for the average response of sample women for everyday sociability is 3.12, which is indicative of the ranges of values to be neutral.

#### **5.4 Neighborhood connections and women's common mental health disorder**

The results of Table 4.12 indicate that the mean response of sample women for neighborhood connections is 3.95. The result is indicative that the mean value is greater than 3.4 which relied on agreement level. It can be noted from responses for statement like “How often that you would ask your neighbors for help if you were sick?” to which more than 25.0% of the respondents stated frequently.

#### **5.5 Trust**

The results of trust have revealed that mean response of sample women for trust is 2.59. The result indicated that the mean value is below 2.6 which relied on disagreement level. For statements particularly in the area of governance, for instance, “I trust government service providers (education, health, electricity, water, etc.)”, “I trust local/municipal government” high level of disagreement has been recorded among respondents, as noted among more than 30.0% and 45.0% of the respondents respectively. Thus, women in the study area had no trust on the community.

#### **5.6 Correlations of the variables with Women Common Mental Disorder**

Having assessed the responses of the respondents towards the statements related to the major variables considered in this empirical paper, the findings related to the effect of the variables on common mental disorders among women are also needed to be presented here. Considering the dichotomy of the scale used for dependent variable binary logistic regression has been conducted. The findings based on the binary logistic regression model have revealed that for common mental disorders among women their group characteristics play a significant role, which can be established from the sig. value of .000,  $B = -1.32$ . The sig. value derived from binary logistic regression model clearly determines group characteristics have a negative and statistically significant effect on the common mental disorder on women in Hawassa, Ethiopia. It can be inferred

from the values of odds ratio that if the group characteristics increased by one unit, a women decreases her chance to be exposed to common mental disorder by 0.27 regardless of other independent variables in the model. The findings from the model indicate that group characteristics have a negative effect on common mental disorder. The mentioned observations from the present study can be noted to be in conformity with the findings of the previously conducted studies, for instance, Miller et al. (2015). Much like the observation from the present study, Miller et al. (2015) emphasized that elevation in identification with groups acts as a predictor for improved mental health among the population considered in the study. The mentioned finding has also been noted to be aligned with the observations from the reviewed study by Wakefield et al. (2017), where the researchers reported that exist a positive correlation between group identification and satisfaction with life among individuals, which reestablishes the findings of this study.

In regard to the findings associated with everyday sociability and its effect on common mental disorders among women in Hawassa, Ethiopia, the findings based on binary logistic regression has revealed that everyday sociability has a positive and statistically significant effect on the common mental disorder which can be established from the derived  $p < 0.01$ ,  $B = 1.42$ . It can be inferred from the values of odds ratio that if the everyday sociability increased by one unit, a women has a 4.14 chance to have good common mental disorder regardless of other independent variables in the model. The findings determine that everyday sociability has a positive effect on common mental disorder. The observations from this study can be noted to be in alignment with the findings reported in previously conducted studies,

for instance Singer (2018), where the researchers reported that the lack of development and maintenance of social well-being places individuals at higher risk of vulnerability for social isolation, which can lead to negative feelings and further isolation, which reaffirms the findings from this study.

For neighborhood connections, the findings have indicated that neighborhood connections has a positive and statistically significant effect on the common mental disorder, with a p value of  $p < 0.01$  and  $B = 1.42$ . It is indicative of the fact that if the neighborhood connections increased by one unit, a women has a 1.61 chance to have good common mental disorder regardless of other independent variables in the model which can be noted from the values of odds ratio. It determines that neighborhood connections have a positive effect on common mental disorder. The findings from the current study can be noted to have complete alignment with the observations from the previous studies for instance Battle (2021), where an association between neighborhood vulnerability with depressive symptoms has been revealed, which further establishes the observations from this study.

For the correlation between trust and its impact on common mental disorder among women of the chosen region, the derivative from the logistic regression model has provided with a p value of .562. It reflects that in this study among the population, there is no major correlation between the levels of trust among the respondents with their mental disorder. The observations of this study for impact of trust on mental disorders lacks alignment with the observations of majority of the study for instance, Xiong et al. (2023), Dai and Gu (2022), where a clear association between higher social trust and trust has been reported to be associated with improved mental health, indicating a deviation from the observations from this study.

**Table 1: Results of Binary Logistic Regression Model**

Variables	B	S.E	Wald	Sig.	Exp(B)
Group characteristics	-1.316	0.333	15.590	.000	0.268
Everyday sociability	1.422	0.283	25.183	.000	4.145
Neighborhood connections	0.479	0.142	11.435	.001	1.614
Trust	0.190	0.328	0.336	.562	1.209
LR $Chi^2(13)$			196.58		
Prob > $Chi^2$			0.000		
Pseudo $R^2$			0.553		

**6. Conclusion:**

Thus, based on the findings of the present study, for group characteristics, everyday sociability and neighborhood connections significant association with common mental disorder among women in Hawassa, Ethiopia has been established which are aligned with the observations of the previous studies. However for trust, no association has been noted in this study, which deviates with the findings of the previous studies.

**7. Practical Implications:**

Thus, based on the findings from this study, when addressing common mental disorder among women in Hawassa, Ethiopia and providing interventions, psychologists may focus on their group characteristics, everyday sociability and neighborhood connections, rather than just focusing on the disorder which may yield with positive mental health outcomes.

**8. Limitation of the Study and Any Future Research Direction:**

In the current study, the researcher has focused on women in Hawassa, Ethiopia particularly, who have their unique challenges and issues. Thus, the observations of this study may lack generalizability in researches focusing on other geographic locations.

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