



Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services
Comprehensive Association for Psychological and Social Crisis Therapy



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Registered under No. 4167 for the year 2020



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Project Type: Free Arabic digital platform + field psychosocial caravans

1) Key Quantitative Results:

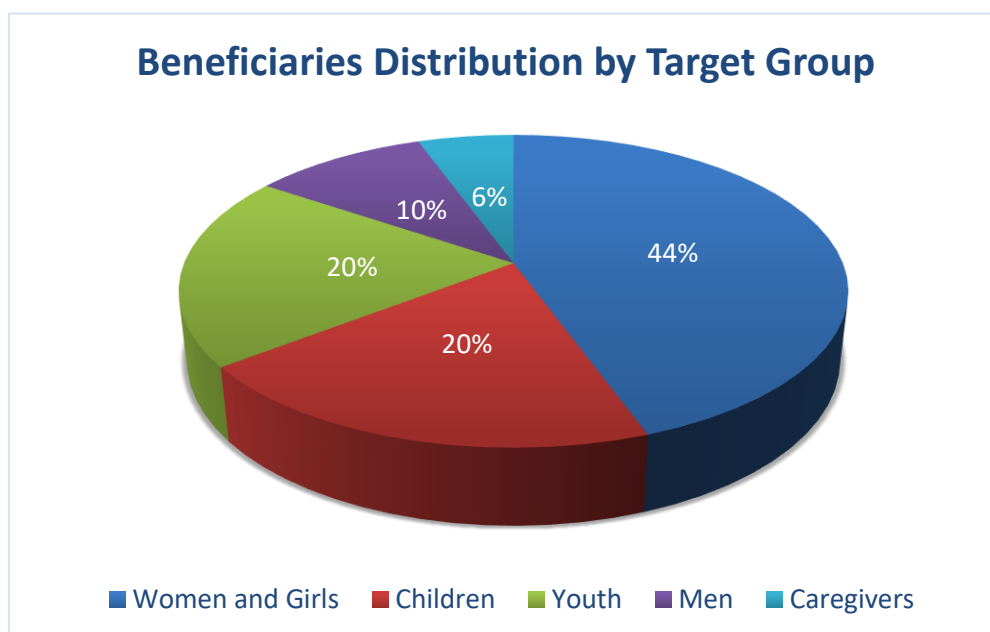
- Total consultations provided: 215,211
- Total beneficiaries: 87,019 individuals
- Growth rate: Steady increase over 11 months (starting from a low rate and rising as the platform spread)

2) Beneficiaries Distribution by Target Group (approximate analysis based on service nature):

Target Group	Percentage	Number of Beneficiaries	Analysis Notes
Women and Girls	44.5%	38,688	Highest percentage – most in need of support
Children	20%	17,404	Significant increase in anxiety and trauma cases
Youth	20%	17,404	Issues with education, employment, and stress
Men	10%	8,702	Lowest percentage due to stigma (but demand is increasing)
Caregivers	5.5%	4,821	Clear psychological and secondary fatigue

Analysis of Results:

The platform successfully reached over 87,000 people in less than one year, reflecting a huge gap in Arabic mental health services. Women and girls represent more than 44% of beneficiaries, confirming they are the most affected by violence and social pressures. Additionally, 40% of beneficiaries are children and youth, highlighting the importance of early interventions provided by the platform.





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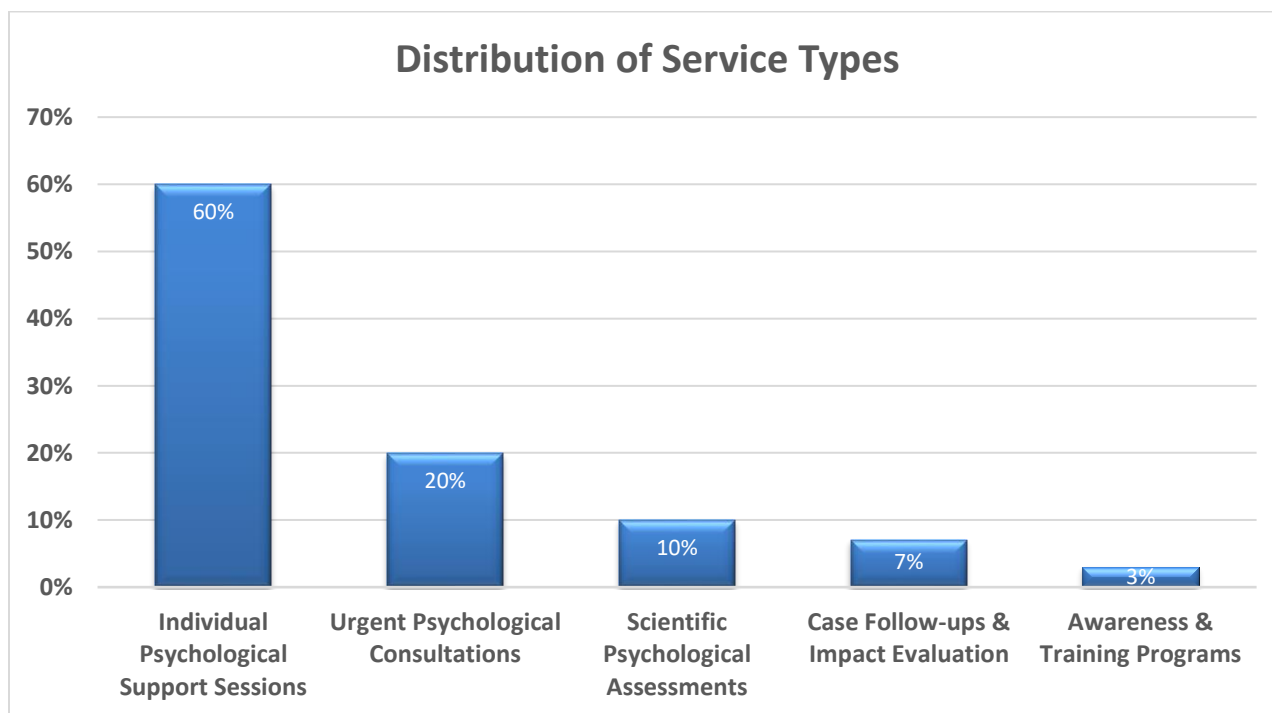
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3) Distribution of Service Types (from total 215,211 consultations):

Service Type	Percentage	Number of Consultations
Individual Psychological Support Sessions	60%	129,126
Urgent Psychological Consultations	20%	43,042
Scientific Psychological Assessments	10%	21,521
Case Follow-ups & Impact Evaluation	7%	15,065
Awareness & Training Programs	3%	6,457

Analysis of Results:

60% of consultations were ongoing individual sessions, indicating that beneficiaries need long-term support rather than one-off consultations. This confirms the success of the digital model in building continuous trust-based relationships with beneficiaries.





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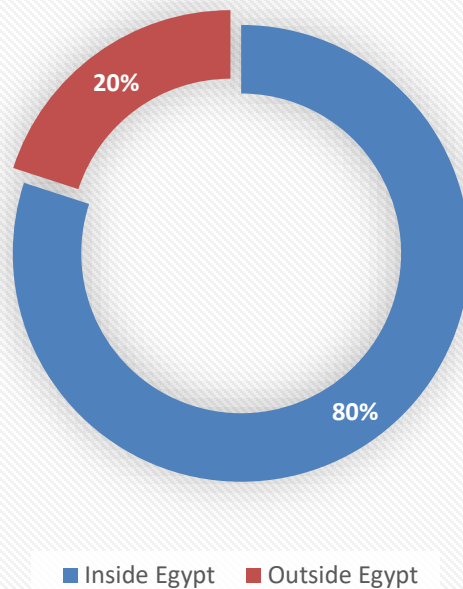
4) Beneficiaries' Distribution by Presence in Egypt (February 2025 – December 2025):

Country Presence	Number of Beneficiaries	Percentage	Access Method	Analysis Notes
Inside Egypt	69,615	80%	Digital + Field Caravans	Includes Egyptians and refugees
Outside Egypt	17,404	20%	Digital only (via platform)	Outside Egypt
Total	87,019	100%	-	-

Analysis of Results:

- 80% of beneficiaries are inside Egypt, including Egyptians and refugees from various nationalities, mostly Sudanese, Palestinian, and Syrian.
- 20% of beneficiaries came from other Arab countries via the digital platform only, demonstrating the digital model's success in reaching Arab communities beyond geographic borders.
- The platform successfully balanced local (field) and regional (digital) reach, one of the project's main strengths.

Beneficiaries' Distribution by Presence in Egypt





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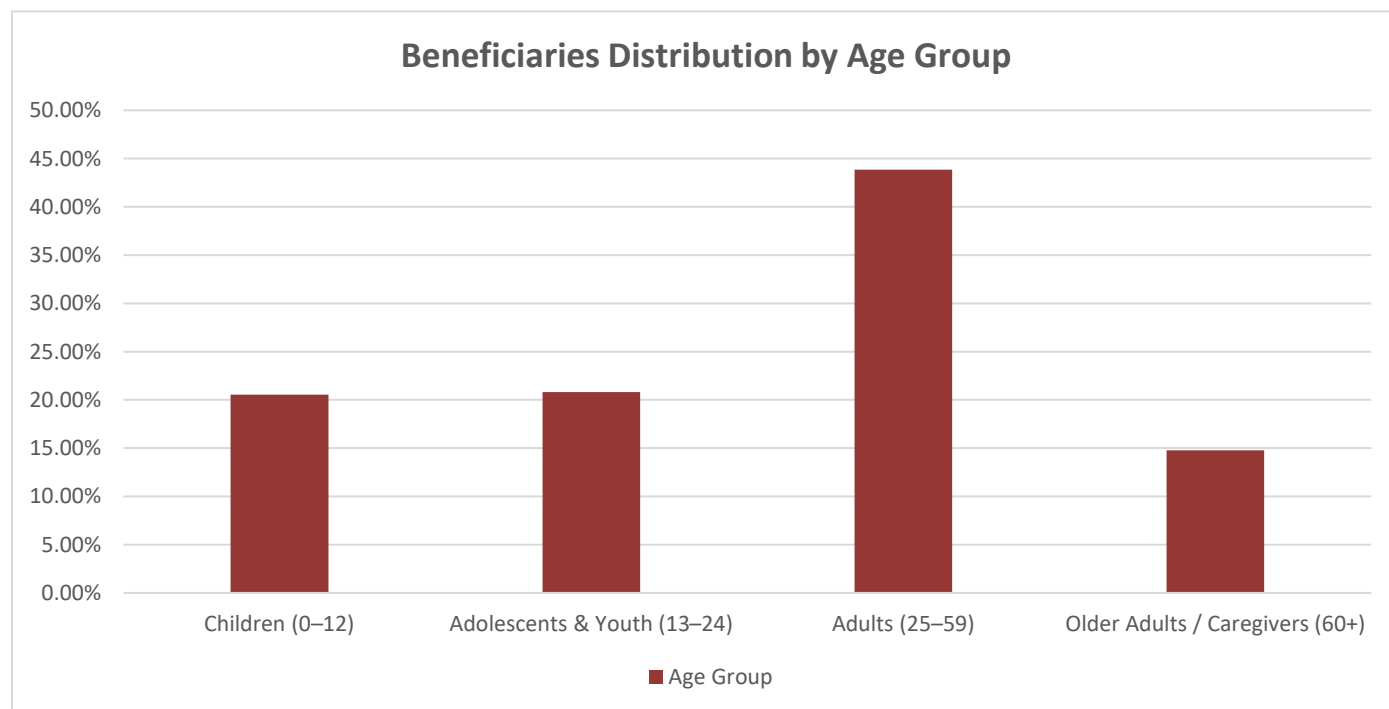
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5) Beneficiaries Distribution by Age Group:

Age Group	Number of Beneficiaries	Percentage	Notes
Children (0–12)	17,892	20.55%	Mainly refugees and vulnerable local children
Adolescents & Youth (13–24)	18,123	20.81%	Education & stress-related issues
Adults (25–59)	38,157	43.85%	Mostly women and girls affected by social pressures
Older Adults / Caregivers (60+)	12,847	14.79%	Includes caregivers experiencing burnout

Analysis:

- Children and youth together represent 41.36% of beneficiaries, highlighting the importance of early intervention.
- Adults are the largest group (43.85%), mainly women and girls, reflecting vulnerability to social pressures and gender-based violence.
- Older adults / caregivers account for 14.79%, showing clear need for psychosocial support and burnout mitigation.





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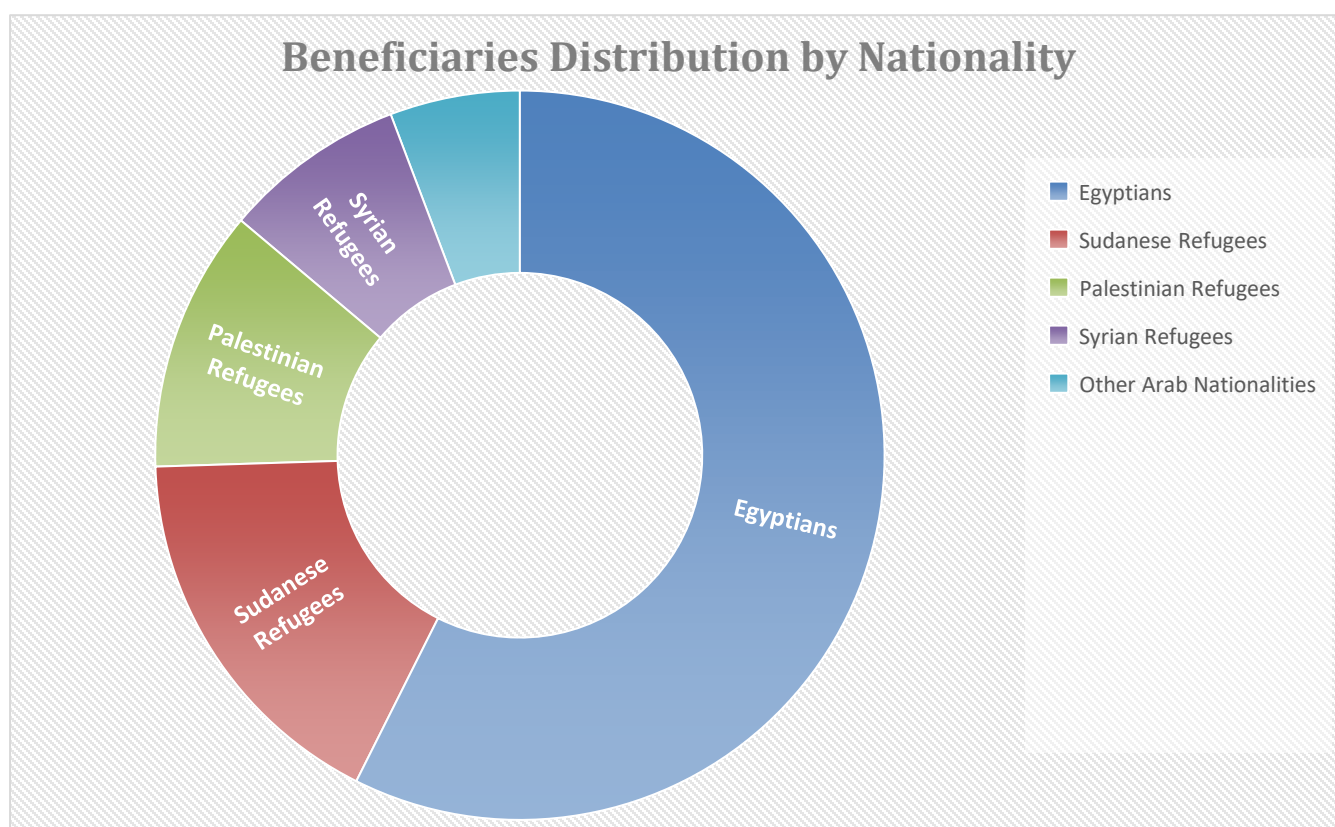
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6) Beneficiaries Distribution by Nationality:

Nationality	Number of Beneficiaries	Percentage	Notes
Egyptians	49,876	57.34%	Mainly women & Youth
Sudanese Refugees	14,872	17.08%	Mainly women & children
Palestinian Refugees	10,112	11.62%	Youth & adults seeking psychosocial support
Syrian Refugees	7,145	8.09%	Children & youth with trauma cases
Other Arab Nationalities	5,014	5.76%	Accessed digital services only

Analysis:

- Egyptians are 57.34% of beneficiaries, showing strong local reach.
- Refugees and other Arab nationalities represent 42.66%, showing the platform's digital success in reaching populations outside Egypt.
- The platform balances local (field) and regional (digital) coverage, one of its main strengths.





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7) Social and Psychological Needs & Recommendations for Expansion in 2026:

First: Women and Girls:

- Intensify specialized sessions on gender-based violence (GBV).
- Link psychosocial support to economic empowerment programs.
- Establish a dedicated 24/7 hotline for GBV.

Second: Children and Youth:

- School and university programs to raise awareness on mental health.
- Develop digital content tailored for children and adolescents.

Third: Men:

- Intensive awareness campaigns to break stigma.
- Dedicated group sessions for men.

Fourth: Caregivers:

- Training programs to reduce psychological burnout.

General Recommendations:

- Launch a mobile app for the platform.
- Increase field caravans to 12 per year.
- Establish a hybrid center (digital + field) for specialized support.
- Expand partnerships with universities and governmental entities.

Conclusion:

The CAPSCT digital platform achieved a qualitative milestone by providing 215,211 consultations to 87,019 beneficiaries. Results confirm an enormous demand for free Arabic psychosocial support services and prove the success of the sustainable digital model in reaching the most vulnerable groups. The platform is not merely a project but a strategic step toward enhancing mental health in Arab communities.

Executive Director of the Association



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