Depression and anxiety are among the most common mental disorders globally, and cause a disproportionate amount of the global disability based healthcare burden, a major contributer to morbidity, and a contributer to lower standard of life (Chibanda et al., 2015; Chibanda et al., 2016; Doukani et al., 2021; Fernando et al., 2021; Lofgren et al., 2018; Lund et al., 2014). Africa bears the brunt of the burden of common mental disorders, with coutries across sub-Saharan Africa alone accounting for at least 19% of the global mental health burder (Lund et al., 2015). In specific countries, at least 16.5% of adults in South Africa present with a common disorder (Lund et al., 2014), and at least 30% of people attending primary healthcare facilities in Zimbabwe present with depression and anxiety symptoms (Chibanda et al., 2011; Chibanda et al., 2015). Further, Africa has the highest rates of people living with HIV/AIDS, a population that is especially vulnerable to depression as compared to a general population, and the highest rate of people living with HIV related depression (Lofgren et al., 2018; Petersen et al., 2014). This is a serious problem because depression is strongly associated with lower rates of antiretroviral therapy adherance which is necessary for good management of HIV/AIDS (Lofgren et al., 2018; Lund et al., 2014; Petersen et al., 2014). On a similar front, depression