



Mobile Health Apps in Urban Indian Populations with Type 2 Diabetes: Adoption Rates and Self-Management Analysis

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Abstract

Urban Indian populations with Type 2 diabetes are at risk of poor self-management practices, leading to adverse health outcomes. A mixed-methods approach was employed, including surveys ($n = 300$) to assess app usage frequency and a qualitative study ($n = 15$ participants) for deeper insights into user experience. Mobile health apps were adopted by 42% of the surveyed population. Analysis revealed that users who used apps more frequently had lower blood glucose levels, suggesting an inverse relationship between app use and diabetes control. The study highlights the potential of mobile technology in improving self-management practices among urban Indian populations with Type 2 diabetes. Further studies should explore long-term impacts and consider integrating culturally tailored content to enhance user engagement. Type 2 Diabetes, Mobile Health Apps, Self-Management, Urban Populations

Keywords: *Geographic* *Terms:* *Urban,* *India*
Methodological *Terms:* *Mixed-Methods,* *Survey*
Theoretical Concepts: Self-Management, Adherence, Mobile Health Technology

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