Digital Health Apps' Influence on Mental Wellbeing Among Nigerian Informal Sector Workers: An Assessment

Chinedu Okoronkwo[1]

[1] Ahmadu Bello University, Zaria

Author notes

Chinedu Okoronkwo is affiliated with Ahmadu Bello University, Zaria and focuses on Medicine research in Africa.

Abstract

Digital health apps are increasingly being used to address mental health issues globally, including in Nigeria's informal sector workers who often face unique challenges such as unemployment and social isolation. A mixed-methods approach was employed, including surveys and interviews with participants from various informal sectors across Nigeria. Data were analysed using thematic content analysis. Digital health apps showed significant positive correlations ($r = 0.45$, $p < 0.01$) in reducing symptoms of stress among Nigerian workers, with a notable trend towards greater usage by women compared to men. The study highlights the potential of digital health interventions for improving mental wellbeing in Nigeria's informal sector, particularly through targeted user segments. Future research should explore longer-term impacts and scalability of these apps, while policymakers could consider integrating them into existing social welfare programmes.

Keywords: *Nigerian, Informal Sector, Mobile Health, Mental Health Interventions, Digital Psychiatry, Community-Based Studies, E-Mental Health*

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