



# Mobile Application in Urban Youth Mental Health: User Engagement and Impact Evaluation

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## Abstract

Urban youth in Cape Town, South Africa face significant mental health challenges, underserved by existing resources. A mixed-methods approach was employed, including qualitative interviews to understand app design preferences and quantitative surveys assessing user engagement and mental health outcomes. User engagement rates were high at 78%, with themes indicating a preference for interactive features over informational content. Preliminary data suggest an improvement in mental well-being among users compared to baseline levels ( $p < 0.05$ , Cohen's  $d = 0.45$ ). The mobile application demonstrates potential as a tool for enhancing mental health awareness and support among urban youth. Further research should investigate long-term effects and scalability of the intervention. Mental Health, Mobile Application, Urban Youth, Cape Town, South Africa

**Keywords:** *African, Mobile, Application, Intervention, Youth, Engagement, Mental, Health*

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