Mobile Apps for Adolescent Reproductive Health in Kenyan Schools: Adoption and Behaviour Change

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Abstract

Adolescent reproductive health (ARH) education is crucial for young people's well-being in Kenya and globally. Mobile learning applications offer a convenient way to deliver ARH knowledge, but their adoption rates and effectiveness are not fully understood. A mixed-methods approach was employed, including surveys (
$N=300) ¿ assess\, app\, usage \wedge attitudes\, before \wedge after\, implementation , \wedge interviews (n=25) with\, school\, administr$
her insights into the mobile learning environment. The one-year adoption rate of the ARH mobile apps in Kenyan schools was found to be 68%, indicating moderate uptake. Pre- and post-intervention surveys showed a significant increase in students' knowledge about ARH ($p<0.05$, Cohen's d=0.72). Mobile learning applications for ARH have shown promise in Kenyan schools, with notable improvements in student knowledge. Further research should explore the long-term effects and potential scaling of these apps across different school settings.

Keywords: *Kenya, Mobile Apps, Adolescent Health Education, mHealth, Behaviour Change Theory, Qualitative Research, Quantitative Analysis*

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