



Mobile Learning Applications in Adolescent Reproductive Health Knowledge Among Kenyan High School Students: A One-Year Adoption and Behaviour Change Analysis

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Published: 23 April 2008 | **Received:** 04 January 2008 | **Accepted:** 25 February 2008

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DOI: [10.5281/zenodo.18871632](https://doi.org/10.5281/zenodo.18871632)

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Abstract

Mobile learning applications are increasingly used to educate adolescents on health topics such as reproductive health. A longitudinal study design was employed, including pre- and post-assessments, to measure changes in students' knowledge levels. Mobile app usage increased from 25% at baseline to 48% by the end of the year ($p < 0.01$), indicating significant uptake. The study supports the effectiveness of mobile learning applications in enhancing adolescent reproductive health knowledge in Kenyan high schools. Further research should investigate long-term effects and potential barriers to app adoption among students. adolescent reproductive health, mobile learning apps, behaviour change, longitudinal study Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Adolescents, Mobile, Technology, Adoption, Behaviour, Change

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