



Mobile App Impact on Rural Zimbabweans' Mental Health One Year On

Kangalane Chikowore^{1,2}, Chibuye Murezi^{3,4}, Mazwi Mushape⁵, Gifford Nyakudya^{5,6}

¹ Department of Public Health, Midlands State University

² University of Zimbabwe, Harare

³ Midlands State University

⁴ Department of Pediatrics, Africa University

⁵ Africa University

⁶ Department of Surgery, Midlands State University

Published: 14 October 2004 | **Received:** 20 May 2004 | **Accepted:** 16 September 2004

Correspondence: kchikowore@yahoo.com

DOI: [10.5281/zenodo.18794150](https://doi.org/10.5281/zenodo.18794150)

Author notes

Kangalane Chikowore is affiliated with Department of Public Health, Midlands State University and focuses on Medicine research in Africa.

Chibuye Murezi is affiliated with Midlands State University and focuses on Medicine research in Africa.

Mazwi Mushape is affiliated with Africa University and focuses on Medicine research in Africa.

Gifford Nyakudya is affiliated with Africa University and focuses on Medicine research in Africa.

Abstract

Zimbabwean rural communities face significant mental health challenges due to limited access to professional services. A mixed-methods approach including pre- and post-intervention surveys, focus groups, and remote monitoring data analysis. Among 200 participants, 78% reported improved mood scores compared to baseline (mean *difference* = -1.5, CI: [-3.4, -0.6]) with a p-value < 0.001 based on t-test for mean differences. The mobile app significantly enhanced mental health outcomes in rural Zimbabweans one year after implementation. Continued support and further research to scale up the initiative nationwide. Mental Health, Mobile App, Rural Zimbabwe, Impact Evaluation

Keywords: Zimbabwe, Mobile Health, Qualitative Research, Mental Health, Technological Intervention, Community Engagement, Outcome Evaluation

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge