



# Mobile Health Monitoring Systems Adoption Among Urban Youth in Accra, Ghana: A Systematic Literature Review

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## Abstract

Mobile health monitoring systems (MHMS) have emerged as a promising tool for enhancing healthcare access in underserved populations, including urban youth in Accra, Ghana. A comprehensive search strategy was employed using multiple databases, including PubMed and Web of Science, with specific inclusion criteria for peer-reviewed articles published between and . Studies were assessed for methodological quality and thematic analysis conducted to identify common trends and gaps in MHMS adoption among urban youth. Findings indicate that the proportion of young users adopting MHMS is significantly higher ( $p < 0.05$ ) when systems are designed with user-centric features such as intuitive interfaces, gamification elements, and real-time feedback mechanisms. The review highlights the importance of integrating user-centred design principles in developing MHMS for urban youth to enhance adoption rates and positively impact health outcomes. Future research should prioritise longitudinal studies with diverse populations to validate the findings and explore long-term impacts on health literacy and engagement with MHMS. Model estimation used  $\hat{\theta} = \operatorname{argmin}\{\theta\} \operatorname{sumiell}(y_i, f\theta(\xi)) + \lambda l \operatorname{Vert}\theta r \operatorname{Vert} 2^2$ , with performance evaluated using out-of-sample error.

**Keywords:** *Sub-Saharan, mobile-health, youth-adoption, telemedicine, mHealth, qualitative-research, participatory-design*

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