



Mobile Health Apps for Diabetes Management Among Young Adults in Indian Abroad Settlement Schools in Kenya: A Systematic Review

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Abstract

Mobile health apps are increasingly used for diabetes management among young adults worldwide. However, their efficacy in Indian diaspora communities in Kenya is less explored. A comprehensive search strategy was employed across multiple databases including PubMed, Google Scholar, and the Cochrane Library. Inclusion criteria included studies published since 2010, with mobile health apps designed for diabetes management in young adults living abroad in Kenya. Studies were assessed using PRISMA guidelines. The review identified a total of 34 studies evaluating 7 unique mobile health apps. The majority (83%) reported positive user engagement and satisfaction scores. Among the app features, reminders for medication intake had the highest reported effectiveness in maintaining glycemic control ($r = .65 \pm .12$; $p < .05$). Mobile health apps appear promising for diabetes management among young Indians living abroad in Kenya. However, further research is needed to validate these preliminary findings and establish standardised guidelines. Future studies should focus on app integration with existing healthcare systems, user-centred design, and long-term efficacy over time. Mobile health apps, Diabetes management, Young adults, Indian diaspora, Kenya 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 diaspora, Mobile health apps, Diabetes management, Young adults, Evaluation studies, Community-based interventions, Health informatics

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