



# Mobile Health Monitoring Platforms Among Urban Youth with Chronic Diseases in Egypt: A Feasibility Study

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## Abstract

Urban youth in Egypt face significant health challenges due to chronic diseases such as diabetes and hypertension. Current monitoring methods are often insufficiently accessible or effective for this demographic. A mixed-methods approach including surveys, interviews, and pilot testing was employed to evaluate user experience and platform functionality. Data were analysed using descriptive statistics and thematic analysis. Among the 150 participants surveyed, 82% expressed willingness to use mobile health monitoring platforms for their chronic conditions, highlighting a high potential for acceptance in urban youth settings. The system's reliability was tested with a mean error rate of  $\pm 3\%$ , indicating acceptable precision. The preliminary results suggest that mobile health monitoring platforms are viable and well-received by urban youth living with chronic diseases in Egypt. Further research is warranted to validate these findings and explore scalability. Future studies should focus on developing culturally adapted versions of the platform, conducting larger-scale trials, and exploring integration with existing healthcare systems. Urban Youth, Chronic Diseases, Mobile Health Monitoring, Feasibility Study, Egypt

Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Egyptian, Urbanization, Adolescents, MobileHealth, Telemedicine, Surveillance, Intervention*

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