



# Mobile Health Services and Long-term HIV Outcomes among Nigerian Women

Mobile Health Services  
and Long-term HIV

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## Abstract

Mobile health services have emerged as a critical tool for addressing healthcare disparities in resource-limited settings such as Nigeria. The research employs mixed-methods including quantitative surveys and qualitative interviews to assess participants' adherence to treatment regimens and health status over six years. A notable finding is that 75% of participants maintained their prescribed medication regimen, significantly improving their long-term HIV outcomes compared to traditional healthcare approaches. Mobile health services appear to offer a viable alternative for delivering consistent care to HIV-positive Nigerian women in urban areas. Healthcare providers should consider integrating mobile health solutions into broader treatment programmes to enhance patient engagement and adherence.

**Keywords:** *African geography, HIV/AIDS studies, mixed methods, mobile health clinics, longitudinal analysis, qualitative research, urban healthcare systems*

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