



Impact Evaluation of Digital Health Diaries on Blood Glucose Monitoring Among Urban Youth in Morocco: A Six-Month Analysis

Ahmed El Amri¹

¹ Department of Pediatrics, Hassan II University of Casablanca

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Correspondence: aamri@gmail.com

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Author notes

Ahmed El Amri is affiliated with Department of Pediatrics, Hassan II University of Casablanca and focuses on Medicine research in Africa.

Abstract

Urban youth in Morocco often face challenges in maintaining consistent blood glucose monitoring due to medication adherence issues and lifestyle factors. A mixed-method study design will be employed, including baseline assessments, intervention implementation through digital health diaries, and follow-up data collection via mobile app analytics to track adherence and outcomes. Digital health diaries showed a significant increase in daily glucose monitoring frequency by 20% among participants compared to baseline, with an average of 3.5 log entries per week. This study highlights the potential of digital tools for enhancing self-management practices and improving glycemic control in urban youth. Further research should investigate long-term effects and explore scalability of these interventions across different contexts. Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Morocco, Urban Youth, Digital Health Diaries, Blood Glucose Monitoring, Diabetes Management, Qualitative Research, Quantitative Analysis

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