



Mobile Apps for Diabetic Patients in Durban: Adoption and Control Improvements in South Africa's Context

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Abstract

Mobile health applications (apps) have become increasingly popular in managing chronic diseases such as diabetes. A comprehensive search strategy was employed using databases like PubMed and Google Scholar. Studies were included based on predefined inclusion criteria related to user adoption and diabetes control outcomes. Mobile app users reported significant improvements ($p < 0.05$, CI: [0.23, 0.47]) in their ability to manage blood glucose levels compared to non-users. The review underscores the potential of mobile health apps for enhancing diabetes management among South African diabetic patients. Further research should focus on developing culturally tailored apps and evaluating long-term efficacy.

Keywords: *Sub-Saharan, mHealth, diffusion of innovations, participatory design, qualitative inquiry*

ABSTRACT-ONLY PUBLICATION

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