Mobile Apps in Sexual and Reproductive Health Education Among University Students in Lagos, Nigeria: An Investigative Study

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Abstract

Mobile applications (apps) are increasingly being used to educate university students about sexual and reproductive health (SRH). In Lagos, Nigeria, there is a need for such educational tools tailored to this demographic. A mixed-methods approach was employed, including surveys and interviews. Data were collected from a sample of 200 university students using validated questionnaires. Mobile app usage for SRH education was found to be significant among the surveyed students, with over 75% indicating improved knowledge after app use. Themes included privacy concerns and educational content relevance. The findings suggest that mobile apps can effectively enhance SRH education among university students in Lagos, Nigeria. Further research should explore long-term effects of these apps and their impact on behaviour changes related to SRH. mobile apps, sexual and reproductive health, university students, Lagos, Nigeria Treatment effect was estimated with $text\{logit\}(\pi)=beta\,0+\beta^{-}\,p\,X_i$, and uncertainty reported using confidence-interval based inference.

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