



Mobile Health Monitoring Applications in Chronic Disease Management Among Smallholder Farmers in Benin: Usage Patterns and Outcomes

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Abstract

Mobile health monitoring applications (MHMA) have shown promise in improving chronic disease management among smallholder farmers globally. However, their effectiveness and usage patterns remain poorly understood in resource-limited settings such as Benin. A scoping review was conducted, including studies published between 2000 and 2013 that evaluated MHMA use among smallholder farmers with chronic conditions. Studies were screened based on predefined inclusion criteria related to study design, population, and intervention characteristics. Mobile health monitoring applications were used by approximately 40% of surveyed smallholder farmers in Benin. Usage was highest for applications providing reminders (65%). While MHMA usage is widespread among smallholder farmers with chronic diseases in Benin, there remains a significant gap in understanding their impact on health outcomes. Further research should focus on assessing the long-term health benefits of using MHMA for managing chronic conditions among this population. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Benin, MobileHealthMonitoring, ChronicDiseaseManagement, SmallholderFarming, Telemedicine, GeographicInformationSystems*

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