Mobile App-Based Mental Health Support Services Among Low-Income Adolescents in Cairo, Egypt: Acceptability and Utilization Rates

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Abstract

Adolescents in low-income settings often struggle with mental health issues, yet access to appropriate support can be limited. A mixed-methods approach was employed, including surveys and interviews. Data were analysed using descriptive statistics and thematic analysis. Among participants (n=150), the majority found the app usable ($p<0.001$) but only 32% accessed it regularly over six months. The mobile app showed promise in improving mental health literacy among low-income adolescents, though utilization requires further incentives and support. Implementing a referral system to link users with professional services could enhance engagement.

Keywords: *Cairo, Adolescents, MobileApps, MentalHealth, Acceptability, Utilization, MixedMethods*

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