



# Mobile Apps in Chronic Disease Management among Urban Malawi Populations

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## Abstract

Chronic diseases such as diabetes and hypertension are prevalent among urban populations in Malawi, where access to healthcare services is limited. A mixed-methods approach was employed, including surveys ( $n = 500$ )  $\wedge$  app usage data analysis (duration of use, frequency of  $\check{i}$ ns). Mobile health apps were found to increase adherence to medication regimens by an average of 30% among diabetic patients compared to non-users. Mobile apps show promise in enhancing chronic disease management in urban Malawi populations, particularly for diabetes and hypertension. Healthcare providers should promote the use of mobile health apps as a complement to traditional care methods. Chronic diseases, Mobile Health Apps, Urban Malawi, User Engagement, Disease Management

**Keywords:** Sub-Saharan, MobileHealth, mHealth, Geospatial, Qualitative, Quantitative, Interventions

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