



Mobile Apps in Mental Health Tracking and Early Intervention in Central African Republic: An Intervention Study

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Abstract

Mental health disorders are prevalent in Central African Republic (CAR), where access to mental healthcare is limited and fragmented. A randomized controlled trial was conducted with participants using a smartphone app designed by local designers. Data on symptom severity and engagement rates were collected over six months. Participants showed an average improvement in symptom management of 20% (95% CI: 15-25%) compared to baseline, indicating positive outcomes from the intervention. Mobile apps can be a viable tool for mental health tracking and early intervention in CAR, with potential for broader implementation. Further research should explore scalability and sustainability of mobile app interventions within CAR's healthcare system. Mental Health, Mobile Apps, Central African Republic, Early Intervention Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, mobile interventions, mental health, randomized control trial, telehealth, stigma reduction, cultural adaptation*

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