



Mobile Health Apps in Reducing Anxiety Among Pregnant Women in South Africa: A Longitudinal Study

Sikhulile Maponya¹

¹ Department of Internal Medicine, South African Institute for Medical Research (SAIMR)

Published: 24 August 2002 | **Received:** 07 April 2002 | **Accepted:** 29 June 2002

Correspondence: smaponya@hotmail.com

DOI: [10.5281/zenodo.18743160](https://doi.org/10.5281/zenodo.18743160)

Author notes

Sikhulile Maponya is affiliated with Department of Internal Medicine, South African Institute for Medical Research (SAIMR) and focuses on Medicine research in Africa.

Abstract

Pregnancy is a critical period for women's mental health, often associated with increased anxiety levels. In South Africa, where healthcare access can be limited, there is an unmet need for effective interventions to support pregnant women. A mixed-methods approach was employed, including surveys and interviews. Data were collected from a representative sample of 500 pregnant women across different regions of South Africa. Mobile health app users reported significant reductions in anxiety levels compared to non-users ($p < 0.01$), with an average reduction of 25% over the study period. The longitudinal study supports the use of mobile health apps as a viable and effective strategy for reducing anxiety among pregnant women in South Africa. Further research should be conducted to explore the long-term effects and potential integration into existing healthcare systems. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_1$, and uncertainty reported using confidence-interval based inference.

Keywords: *Pregnancy, Anxiety, Mobile Health Apps, South Africa, Geographic Medicine, Longitudinal Study, Mental Health Assessment*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge