



Mobile Health Tracking Apps in Monitoring Chronic Disease Patients in South African Communities: An Exploratory Study

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Abstract

Chronic diseases such as diabetes and hypertension are prevalent in South African communities, requiring continuous monitoring to manage effectively. A mixed-methods approach was employed, including surveys and interviews with community members and healthcare providers. Findings suggest a significant improvement ($p < 0.05$) in patient adherence to medication schedules when using mobile apps compared to traditional methods. Mobile health tracking apps show promise for enhancing chronic disease management, though further research is needed to validate these findings. Further studies should be conducted with a larger sample size and longer follow-up periods to confirm initial results. Chronic Diseases, South Africa, Mobile Health Apps, Community Monitoring Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, African, Mobility, Telemedicine, Qualitative, Quantitative, Integration*

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