



# Adoption Rates and Outcomes of Digital Mental Health Platforms in Treating Depression Among Urban Youth in South Africa: An Analysis

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## Abstract

Depression among urban youth in South Africa is a significant public health concern, with limited access to traditional mental health services. A mixed-methods approach combining quantitative survey data and qualitative interviews was employed to assess user engagement and platform effectiveness. Among 500 participants, 37% adopted the digital platform. The average improvement in depressive symptoms post-intervention was found to be 24%, with a confidence interval of (18%, 30%). Digital mental health platforms show promise for treating depression among urban youth in South Africa but require further customization and user engagement strategies. Tailored digital interventions should incorporate culturally relevant content to enhance user acceptance and effectiveness. 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, urbanization, digital psychiatry, mental health services, e-mental health, adolescent depression, mixed methods, longitudinal studies*

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