



Digital Health Literacy Programmes and Chronic Disease Self-Management Among Urban Nigerian Adults: Six-Month Outcomes

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Abstract

This study addresses a current research gap in Medicine concerning Evaluation of Digital Health Literacy Programs on Chronic Disease Self-Management among Urban Nigerian Adults: Six-Month Implementation Outcomes in Nigeria. The objective is to formulate a rigorous model, state verifiable assumptions, and derive results with direct analytical or practical implications. A mixed-methods design was used, combining survey and interview data collected over the study period. The results establish bounded error under perturbation, a convergent estimation process under stated assumptions, and a stable link between the proposed metric and observed outcomes. The findings provide a reproducible analytical basis for subsequent theoretical and applied extensions. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Evaluation of Digital Health Literacy Programs on Chronic Disease Self-Management among Urban Nigerian Adults: Six-Month Implementation Outcomes, Nigeria, Africa, Medicine, original research This work contributes a formal specification, transparent assumptions, and mathematically interpretable claims. 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: *African geography, Digital health literacy, Chronic disease self-management, Public health intervention, Qualitative research, Quantitative analysis, Health education*

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