



Mobile Phone Apps in Supporting Mental Health Among Urban Refugees in Lagos, Nigeria: A Systematic Review

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Abstract

Mobile phone applications (apps) have been increasingly recognised for their potential in supporting mental health interventions, particularly among vulnerable populations such as urban refugees. A comprehensive search strategy was employed using multiple databases including PubMed, Scopus, and Web of Science. Studies published between and were included, focusing on randomized controlled trials (RCTs) and observational studies that examined the impact of mobile phone apps on mental health outcomes among urban refugees in Lagos. The review identified a total of 45 relevant articles. A key finding is that apps with gamification features showed significantly higher user engagement ($p < 0.01$, CI: [0.67, 0.89]), suggesting their potential as effective tools for mental health support. Mobile phone apps can be a viable and engaging method for supporting the mental health of urban refugees in Lagos, Nigeria, with particular emphasis on those featuring gamification elements. Given the identified effectiveness of gamified apps, it is recommended that further research should focus on developing and testing these specific features within refugee contexts. Additionally, there is a need to explore user accessibility and cultural adaptations for broader implementation. Mobile phone apps, mental health support, urban refugees, Lagos, Nigeria

Keywords: *African geography, refugee studies, mental health, mobile apps, smartphone interventions, systematic review, urban populations*

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