



Adoption and Outcomes of Mobile Health Monitoring Apps among Diabetic Patients in Rural Ethiopian Villages,

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Abstract

Mobile health monitoring apps have been increasingly adopted by patients in urban settings to manage chronic conditions such as diabetes. However, little is known about their adoption and outcomes among rural diabetic patients in Ethiopia. Qualitative research methodology was employed, including semi-structured interviews with 50 diabetic patients from four randomly selected rural villages. Data were analysed using thematic analysis. Among the interviewed participants, 32% reported using mobile health monitoring apps regularly for diabetes management. Common themes included ease of use and improved self-management skills, though some faced challenges related to connectivity issues and app functionality limitations. Mobile health monitoring apps show promise as a tool for enhancing diabetic patient care in rural Ethiopia, particularly among those with good internet access and stable mobile networks. Further research should explore the long-term effectiveness of these apps on diabetes management outcomes. Policymakers could consider subsidizing app usage or improving infrastructure to support wider adoption. Diabetes, Mobile Health Monitoring Apps, Rural Ethiopia, Qualitative Study

Keywords: *African geography, rural development, qualitative research, health informatics, community engagement, anthropological methods, social determinants of health*

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