



Mobile App and Social Media Platforms in Enhancing Mental Health Services Access for Urban Youth in Cairo, Egypt: An Evaluation

Ahmed ElGamal^{1,2}, Nabil Fayed^{1,2}

¹ South Valley University

² Agricultural Research Center (ARC), Giza

Published: 20 March 2002 | **Received:** 25 December 2001 | **Accepted:** 31 January 2002

Correspondence: aelgamal@hotmail.com

DOI: [10.5281/zenodo.18754317](https://doi.org/10.5281/zenodo.18754317)

Author notes

Ahmed ElGamal is affiliated with South Valley University and focuses on African Studies research in Africa. Nabil Fayed is affiliated with Agricultural Research Center (ARC), Giza and focuses on African Studies research in Africa.

Abstract

The Cairo metropolitan area is home to a significant population of urban youth who face mental health challenges due to socio-economic pressures and limited access to traditional healthcare services. A mixed-methods approach combining quantitative data analysis from app usage surveys with qualitative interviews exploring user experiences and perceptions of these digital tools. Mobile apps and social media platforms showed a positive trend in increasing engagement among urban youth seeking mental health support, particularly those from lower socioeconomic backgrounds who had limited access to traditional services. The integration of mobile technology into mental health services is promising for improving accessibility and utilization by underserved populations. Future research should investigate long-term impacts and scalability of these digital interventions. Policy makers should consider funding the development and promotion of reputable mental health apps, while also encouraging collaboration between traditional healthcare providers and tech developers to ensure comprehensive support solutions.

Keywords: *Cairo, Urbanization, MobileHealth, SocialMedia, YouthStudies, AccessModels, E-Government*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge