



Adoption and Outcomes of Mobile Health Monitoring Apps for Diabetes Management Among Urban Youth in Accra, Ghana,

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Abstract

This study examines the adoption rates of mobile health monitoring apps for diabetes management among urban youth aged 18-25 in Accra, Ghana. A mixed-methods approach combining quantitative surveys with qualitative interviews was employed to gather data from a representative sample of urban youth in Accra. Findings indicate that while approximately 30% of the surveyed participants reported using mobile health monitoring apps, there is a significant disparity in app usage across different socio-economic groups. Despite initial enthusiasm, the majority of users found the apps to be less effective due to technical issues and lack of comprehensive support services. Healthcare providers should invest in training sessions and improve user-friendly features on mobile health apps to enhance their efficacy for diabetes management among young urban populations.

Keywords: *Sub-Saharan, African, Socioeconomic, Qualitative, Telemedicine, Youth, Literature*

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