



User Satisfaction with Mobile Health Apps in Enhancing Tuberculosis Treatment Adherence among Rural Tanzanian Patients

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Abstract

Tuberculosis (TB) remains a significant public health concern in rural Tanzania, where adherence to treatment regimens is often suboptimal. A mixed-methods approach was employed, including a survey of 200 TB patients using mobile health apps and qualitative interviews with 15 app users. Data were analysed using descriptive statistics for quantitative findings and thematic analysis for qualitative insights. Users reported high satisfaction (mean score = 8.5 out of 10) with the mobile health apps, particularly regarding medication reminders and symptom tracking features. However, technical issues and privacy concerns were common barriers to use. Mobile health apps show promise in enhancing adherence to TB treatment among rural Tanzanian patients, but improvements are needed to address technical difficulties and ensure user trust. Developers should prioritise robust app functionality and incorporate user feedback for future updates. Healthcare providers can support patient engagement by providing training on the use of these tools. Tuberculosis, mobile health apps, adherence, rural Tanzania, user satisfaction

Keywords: Tanzania, Geographic Information Systems (GIS), Mobile Health (mHealth), Patient Engagement, Outcome Evaluation, Qualitative Research, Quantitative Research

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