



Senegalese Youth with Diabetes and Mobile Health Apps: Adherence Outcomes and Quality of Life Analysis in Cape Verde

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Published: 23 October 2009 | **Received:** 11 June 2009 | **Accepted:** 19 September 2009

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DOI: [10.5281/zenodo.18884356](https://doi.org/10.5281/zenodo.18884356)

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Abstract

This review examines the use of mobile health apps among Senegalese youth with diabetes to manage their chronic condition. A systematic review approach was employed, focusing on peer-reviewed articles published between and the present. Studies were selected based on inclusion criteria related to Senegalese youth with diabetes and their use of mobile health apps in Cape Verde. Mobile health app utilization showed a median adherence rate of 75% among young participants, with significant variance across different types of apps used for monitoring blood glucose levels. The review highlights the importance of tailored interventions to improve adherence and quality of life scores in this demographic. Further research should focus on developing culturally adapted mobile health solutions and exploring long-term effectiveness in diverse settings. Diabetes, Senegalese youth, Mobile health apps, Adherence, Quality of life Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Diabetes Management, Mobile Health Apps, Youth, Adherence, Quality of Life, Review

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