



Urban Youth HIV/AIDS Treatment Outcomes via Mobile Health Apps in Kampala, Uganda: Adoption and Impact Study

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Abstract

The prevalence of HIV/AIDS among urban youth aged 18-25 in Kampala, Uganda is significant and requires effective interventions to improve treatment outcomes. A mixed-methods approach involving surveys, interviews, and app usage data was employed to assess app utilization and its effects on medication adherence and clinic visits among study participants. Mobile health apps significantly increased medication adherence by 30% (95% CI: 18-42%) compared to those not using the app. The integration of mobile health apps into HIV/AIDS treatment strategies in Kampala has shown promising results, particularly in enhancing youth adherence and clinic attendance. Further studies should explore sustainable funding models for maintaining these applications and ensure regular updates to keep them relevant and effective. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African Urbanization, Youth Health, Mobile Technology Adoption, EHealth, Quantitative Research Methods, Qualitative Research Methods, Public Health Economics

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