



Mobile Apps in Migraine Management Among Urban Youth with Chronic Headaches in South Africa: A Review

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Abstract

Migraine is a prevalent chronic condition affecting urban youth in South Africa, with significant socio-economic implications. A comprehensive literature review was conducted using academic databases to identify relevant studies on the use of mobile health apps by urban youth with chronic headaches. Mobile health apps showed moderate effectiveness, particularly in symptom tracking and education modules, though user engagement varied widely. While mobile health apps have potential for improving migraine management among urban youth, further research is needed to enhance their efficacy and accessibility. Investigate the development of culturally tailored apps and conduct longitudinal studies to assess long-term benefits. Migraine, Urban Youth, Mobile Apps, Chronic Headaches, South Africa 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, Geographic, Smartphone, MobileHealth, Telemedicine, DigitalIntervention, ChronicDiseaseManagement

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