



Mobile Phone-Based Platform for Migraine Management in Rural Ethiopia: Educational Outcomes and Compliance Study

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Abstract

Migraine is a prevalent neurological disorder in rural Ethiopia, impacting patients' quality of life significantly. A mixed-methods approach was employed, including qualitative interviews and quantitative assessments to gather data from participants using the app over six months. Data were analysed descriptively with no inferential statistical models due to limited sample size. Amongst 150 participants who used the platform for at least four weeks, a significant proportion (78%) reported an improvement in their migraine symptoms compared to baseline levels. The mobile phone-based platform demonstrated potential as a tool for enhancing patient education and compliance with migraine management strategies among rural Ethiopian communities. Future studies should focus on expanding the user base, refining educational content, and exploring longer-term effects of using such platforms in managing migraines in rural areas. migraine, mobile phone app, Ethiopia, patient education, compliance Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Ethiopia, Mobile Health, mHealth, Telemedicine, Geographic Information Systems (GIS), Qualitative Research, Randomized Controlled Trials (RCTs)

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