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Mobile Health Apps in Rural Mozambique: A Meta-Analysis of Formative Research on Chronic Disease Progression Tracking

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Abstract

Recent advancements in mobile health (mHealth) applications have shown promise in rural settings for chronic disease management and tracking. A systematic review approach was employed, including an extensive search strategy through academic databases. Studies were included based on predefined criteria related to study design, outcome measures, and population demographics. Mobile health apps were found to be generally accepted by rural Mozambicans for tracking chronic disease progressions, with a significant proportion (45%) reporting improved symptom management compared to traditional methods. The use of mHealth apps in rural Mozambique holds promise for enhancing chronic disease management, but further research is needed to identify optimal features and user engagement strategies. Future studies should explore the long-term efficacy and impact of these applications on patient outcomes and healthcare resource utilization. mHealth Apps, Chronic Disease Tracking, Rural Mozambique, Mobile Health, Formative Research Treatment effect was estimated with $text{ logit }(\pi)=beta 0+\vec{\beta} p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, rural, digital health, qualitative synthesis, mobile technology, chronic disease management, geographical analysis*

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