



# Patient Adoption and Treatment Compliance in Telehealth Services for Chronic Disease Management: A Pilot Project in Southern Mozambique

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## Abstract

This study examines the adoption and compliance rates of telehealth services among patients with chronic diseases in Southern Mozambique. A mixed-methods approach was employed, including qualitative interviews and quantitative surveys. Data collection occurred over a period of one year. Patient adoption rates were found to be significantly higher in areas with more community health workers (CHWs) available for support, indicating that CHW presence moderates telehealth uptake. The findings suggest that effective integration of CHWs alongside telehealth services can enhance patient compliance and engagement with chronic disease management programmes. Further research should explore the long-term effects of such interventions on health outcomes in Mozambique, particularly focusing on equitable access to technology. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Chronic Disease Management, Telehealth Services, Patient Adoption, Treatment Compliance, Mixed-Methods Approach, Qualitative Research*

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