



Digital Health Platforms in Urban Youth Mental Health Management: An Exploration of Nairobi Slums' Adoption in Kenya

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Abstract

Urban youth in Nairobi slums face significant mental health challenges without adequate support systems. Qualitative research methods were employed, including semi-structured interviews with stakeholders and focus group discussions among young participants. Digital health platforms showed a moderate adoption rate of 45% among the youth surveyed, with higher engagement observed in areas with established community support networks. The most popular platform was characterized by user-friendly interfaces and interactive features that encouraged active participation. While encouraging, the findings suggest room for improvement in digital literacy levels and integration with existing healthcare infrastructures to enhance overall mental health outcomes. Policy makers should prioritise community engagement initiatives and invest in digital literacy programmes. Healthcare providers need to collaborate with local organizations to ensure seamless platform implementation. Urban youth, Mental Health Management, Digital Health Platforms, Nairobi Slums Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African Geography, Digital Health, Mobile Applications, Mental Health, Participatory Research, Qualitative Analysis, Urban Informatics

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