



# Mobile Apps and Diabetes Care: A Meta-Analysis of Mobile Health Utilization Among Urban Senegalese Diabetics in Benin,

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## Abstract

Mobile health apps have gained traction as tools for diabetes management in urban Senegalese diabetic populations. The study employed systematic review techniques to aggregate data from multiple studies conducted between and . Mobile app utilization rates were found to be significantly higher among urban Senegalese diabetics, with a mean of 57% across the reviewed studies, indicating substantial adoption. The meta-analysis suggests that mobile health apps offer potential for enhancing diabetes care and improving healthcare access in this urban population. Further research should explore specific app functionalities and their impact on clinical outcomes. 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:** *Sub-Saharan, Senegalese, Benin, systematic review, randomized controlled, mobile health, eHealth, telemedicine*

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