



Mobile Application Usage Framework for Diabetes Self-Management Among Urban Youth in South Africa: An Integrative Theoretical Model

Sithole Motshega^{1,2}, Ntlakhane Mathebula³, Mhlanga Tshabalala^{1,2}

¹ University of KwaZulu-Natal

² Department of Research, University of the Witwatersrand

³ Department of Advanced Studies, University of KwaZulu-Natal

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Correspondence: smotshega@outlook.com

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Author notes

Sithole Motshega is affiliated with University of KwaZulu-Natal and focuses on African Studies research in Africa. Ntlakhane Mathebula is affiliated with Department of Advanced Studies, University of KwaZulu-Natal and focuses on African Studies research in Africa.

Mhlanga Tshabalala is affiliated with Department of Research, University of the Witwatersrand and focuses on African Studies research in Africa.

Abstract

The prevalence of diabetes among urban youth in South Africa is on the rise, necessitating effective self-management strategies. An integrative review of existing literature and theoretical models from health informatics and behaviour change theory. This framework highlights key components that can enhance user engagement and effectiveness in diabetes self-management using mobile applications. Developers should prioritise clear communication, personalized features, and community integration to maximise the impact of diabetes management apps on urban youth.

Keywords: *Africanization, Cultural Competence, Digital Divide, E-Government, Health Informatics, Mobile Technology Adoption, Socioeconomic Factors*

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