



# Adoption Patterns of Mobile Health Apps Among Urban Poor Communities in Nigeria: A Sociotechnical Analysis

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## Abstract

Mobile health (mHealth) apps have gained popularity in urban communities worldwide for their convenience and accessibility to healthcare information. A mixed-methods approach combining quantitative survey data ( $N = 120$ ) with qualitative interviews ( $n = 15$ ). Data were analysed using thematic content analysis and regression models to assess predictors of app adoption. Among the surveyed participants, 65% reported using mHealth apps for symptom monitoring, while only 40% used them for medication reminders. Regression analyses revealed significant predictors including age ( $p < 0.01$ ) and perceived health literacy (CI95: -0.23 to -0.17). Sociotechnical barriers such as smartphone ownership, internet access, and app functionality influenced adoption decisions in this population. Tailored mHealth interventions should be developed considering sociocultural contexts and technological accessibility. mHealth, urban poor, Nigeria, adoption patterns, sociotechnical analysis

**Keywords:** *African Urbanization, Mobile Health, Sociotechnical Systems, Informal Economy, Quantitative Research, Qualitative Inquiry, Digital Divide*

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