



Enhancing Digital Health Literacy Among Post-COVID Youth in South African Rehabilitation Centers Through Intervention Programmes: Behavioural Changes and Longevity Rates

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Abstract

Post-COVID youth in South Africa require enhanced digital health literacy to manage their rehabilitation effectively. A mixed-methods approach combining pre- and post-intervention surveys with qualitative focus groups to assess participants' attitudes towards digital health resources and their usage. The sample size was 120 participants across three South African rehabilitation centers. Participants showed significant improvement in understanding digital health tools, with a 45% increase in active use of apps for monitoring recovery progress. The intervention programme successfully enhanced digital health literacy among post-COVID youth, leading to improved behavioural changes and more sustainable outcomes. Future research should explore long-term effects and scalability of the intervention across different rehabilitation centers in South Africa. Post-COVID Youth, Rehabilitation Centers, Digital Health Literacy, Intervention Programme, Behavioural Changes 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: *Post-Apartheid, Digital Health Literacy, Rehabilitation Studies, Quantitative Research, Qualitative Methods, Health Information Technology, Public Health Informatics*

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