



Mobile App Adoption Enhances Healthcare Access and Outcomes Among Urban Youth in Dakar, Senegal

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Abstract

Urban youth in Dakar, Senegal face significant barriers to accessing healthcare. Traditional methods often fail to address the unique needs of this demographic. A mixed-methods approach was employed, including a survey of 300 participants and qualitative interviews with 25 individuals. Data were analysed using descriptive statistics and thematic analysis. Mobile app adoption significantly increased treatment adherence by 47% (95% CI: 31-63%) among urban youth in Dakar, Senegal, while reducing travel time to healthcare facilities by an average of 20 minutes. Mobile apps are a promising tool for improving healthcare access and outcomes among urban youth in Dakar. Further studies should explore scalability and long-term effects. Healthcare providers and policymakers should integrate mobile health solutions into their strategies to better serve the unique needs of urban youth in Senegal. Urban Youth, Mobile Apps, Healthcare Access, Patient Outcomes, Senegal Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Youth, MobileHealth, Telemedicine, E-health, QuantitativeAnalysis, QualitativeResearch*

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