



Telemedicine Access Adoption Among Urban Youth in Accra, Ghana: A User Adoption Study

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Abstract

Urban youth in Accra, Ghana face barriers to accessing mental health services, particularly telemedicine which can offer flexibility and convenience. A mixed-methods approach including surveys ($N=150$) \wedge interviews ($n=20$). Users expressed strong interest in telemedicine, with a majority preferring its convenience over traditional face-to-face consultations (78%). However, concerns about technical issues were reported by 45%. Telemedicine shows promise for mental health services among urban youth but requires addressing technological barriers and enhancing user trust. Immediate telemedicine training sessions should be organised to address user concerns and improve digital literacy. Tailored solutions for overcoming technical issues are needed.

Keywords: *Urban, Ghana, Telemedicine, Youth, Access, Adoption, Mobile Health*

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