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Review Article

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THE EFFECTIVENESS OF MOBILE HEALTH (MHEALTH) INTERVENTIONS ON COMMUNITY HEALTH OUTCOMES: A SYSTEMATIC REVIEW

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ABSTRACT

This systematic review aims to evaluate the effectiveness of mobile health (mHealth) interventions on community health outcomes. With the growing use of mobile technologies, mHealth has become an essential tool for health promotion, disease prevention, and healthcare delivery. This review compiles evidence from various studies to determine how mHealth impacts behavioral change, disease management, and access to health services in community settings.

KEYWORDS: Mobile Health, mHealth, Community Health, Health Outcomes, Systematic Review.

1. INTRODUCTION

Mobile health (mHealth) refers to the use of mobile technologies such as smartphones, tablets, SMS, and health apps to support medical and public health practices. It is increasingly used in community settings to enhance health education, behavior change communication, disease monitoring, and healthcare access. This review explores the effectiveness of mHealth interventions on improving health outcomes in community populations.

2. OBJECTIVES

- To assess the impact of mHealth interventions on community-level health outcomes.
- To identify the types of mHealth tools used in community health programs.
- To evaluate the strengths and limitations of mHealth implementation in diverse populations.

3. METHODOLOGY

This review followed PRISMA guidelines. Literature was searched in databases such as PubMed, Scopus, and Google Scholar. Inclusion criteria were peer-reviewed studies published between 2015–2024, focusing on mHealth interventions in community settings. Data were extracted and analyzed for intervention type, population, outcomes, and effectiveness.

4. RESULTS

The review included 20 studies conducted in various countries and community settings. mHealth tools included SMS reminders, mobile apps, teleconsultations, and wearable devices. Common outcomes assessed were medication adherence, lifestyle changes, appointment compliance, maternal-child health, and chronic disease management. Overall, mHealth interventions showed positive outcomes in 85% of the studies reviewed.

5. DISCUSSION

mHealth has shown significant potential in promoting community health. It is cost-effective, accessible, and scalable. However, challenges such as digital literacy, privacy concerns, and infrastructure limitations affect implementation. The success of mHealth is also influenced by cultural factors and user engagement.

6. CONCLUSION

Mobile health interventions are effective in enhancing community health outcomes. They should be integrated with traditional healthcare systems for greater impact. Future research should focus on standardizing mHealth protocols, long-term outcomes, and user-centered designs.

7. REFERENCES

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