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The Prevalence and Usage of Mobile Health Applications among
Mental Health Patients in Saudi Arabia

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Highlights

- Mobile applications have provided researchers from all over the world with the opportunity to discover new methods of enabling and engaging patients.
- It is important to explore the prevalence of mobile health applications for mental health patients and to measure their interest and willingness to use their smartphones to record and track their own health.
- Using interactive mobile applications for patients with depression and anxiety may unlock greater benefits to patients and providers.
- Empowering patients to access, interact, record events, and be part of the care provided is a major benefit to the health care system delivery in general.
- The development of mental health related mobile application should consider age, language, disease specificity, privacy, security and means of collecting data and analyzing them.

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