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## Appraising the Knowledge of Nigerian Women on the Use of Mobile Health Applications

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**ABSTRACT** This study appraises the awareness and usage patterns of mobile health (mHealth) applications among Nigerian women. Six Nigerian women from different locations participated in the focus group discussion (FGD), in which purposive sampling was used to get informed consent and record the participants' responses for analysis. The results showed different levels of awareness about mHealth, emphasising the need for more education to improve acceptance and understanding. Personalised medical counselling, better menstrual cycle management, and the promotion of general well-being were among the main benefits of mHealth. On the other hand, difficulties with device accessibility, connectivity, and possible over-dependency were mentioned. The study concluded that mHealth positively impacts women's health decisions and practices, emphasising the need for inclusive design, equitable access, and integrated care approaches to optimise mHealth implementation. These results emphasise the importance of focused efforts to address gaps and improve healthcare outcomes for Nigerian women through mHealth technologies.