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EFFECTIVENESS OF A DIGITAL HEALTH EDUCATION PLATFORM COMBINED WITH A SELF-CARE KIT ON MENTAL AND PHYSICAL WELL - BEING AMONG TRANSGENDER WOMEN: A QUASI-EXPERIMENTAL STUDY.

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Background: Transgender women often experience compromised mental and physical well-being due to stigma, social exclusion, and limited access to healthcare, leading to reduced quality of life. These challenges contribute to increased psychological distress, reduced physical health status, and poor quality of life. Barriers such as lack of awareness, financial constraints, and fear of discrimination further prevent timely healthcare utilization. In recent years, digital health interventions have emerged as innovative tools to bridge gaps in healthcare delivery by providing accessible, confidential, and cost-effective health education. When combined with practical self-care strategies, such as self-care kits, these interventions can empower individuals to take an active role in managing their physical and mental health. Despite this potential, there is limited evidence on integrated approaches targeting both mental and physical well-being among transgender women.

Purpose: To evaluate the effectiveness of a digital health education platform combined with a self-care kit in improving mental and physical well-being among transgender women, and to assess changes in quality of life following the intervention.

Methods and Materials: A quasi-experimental study was conducted among 40 transgender women selected through convenience sampling. Participants were provided access to a structured digital health education platform along with a self-care kit. Mental well-being was assessed using the WHO-5 Well-Being Index, and physical health was evaluated using the SF-36 questionnaire. Pre- and post-intervention scores were compared for significance.

Results: There was a statistically significant improvement in both mental and physical well-being following the intervention ($p < 0.001$), indicating the effectiveness of the digital platform and self-care approach.

Conclusion: The intervention was effective in enhancing overall well-being. Digital health education platforms, combined with self-care strategies, can serve as a scalable and cost-effective approach to promote holistic health among transgender women.

Keywords: Transgender women, digital health, mental well-being, physical health, Self care kit.