

## **Abstract**

This research investigates the adoption of telehealth in rural areas, focusing on the barriers and enablers from a mixed-methods perspective. As telehealth services become increasingly vital in bridging healthcare gaps, rural communities often face unique challenges that affect their ability to fully benefit from these technologies. The study aims to identify the factors influencing the uptake of telehealth in these areas, exploring both technological and social dimensions.

The quantitative component of the study analyzes survey data from rural patients and healthcare providers, examining variables such as internet access, digital literacy, and perceptions of telehealth effectiveness. This data provides insights into the prevalence of telehealth adoption and identifies key barriers, such as inadequate infrastructure and technological limitations. In addition, the study considers enablers such as community engagement, government initiatives, and the role of healthcare policies in promoting telehealth services.

Complementing this, the qualitative portion involves in-depth interviews with rural healthcare professionals, policymakers, and patients. These interviews provide a deeper understanding of the contextual factors shaping telehealth adoption, including cultural attitudes and the personal experiences of users and providers. The findings are expected to offer practical recommendations for overcoming barriers and enhancing the adoption of telehealth in rural areas, contributing to more equitable healthcare access and improved patient outcomes.