



PROJECT TITLE: AFFECTING THE EPIDEMIOLOGY OF HIV IN UGANDA THROUGH OLDER ADOLESCENTS

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SPONSOR: NATIONAL INSTITUTES OF HEALTH

CONTENT ADVISORY TEAM ONLINE DISCUSSION GUIDE

[Note: This is a template. Questions will evolve based on the content of the discussions.]

Main Goal, Day 1: Confirm tone and content of healthy sexuality and HIV prevention messages

Main Goal, Day 2: Collect ideas for ITGenie messages; Get feedback on SMS Buddy messages

DAY 1, MORNING SESSION

1. Welcome to our online discussion!

Our names are Edgar and Emmanuel, and we will be leading the discussion. Over the next 1.5 days, we will be asking you your thoughts about the ITG program content that you reviewed this past week. We also would like your feedback on a few other parts of ITG that are still in the developing stages.

We want to start by thanking you all for the fantastic and helpful feedback that you have already given us about the program messages. Your ideas are really important and will help us make an HIV prevention program that will hopefully be interesting and relevant for other Ugandan young adults like you.

As you can probably see, you are one of many other young women taking part in this discussion. You all live in Uganda, and you care about doing what you can to help curb HIV in Uganda because you are here. You all have many things in common, so we anticipate a lively discussion!

Here is some basic information about how the next few days will go:

Please look at the entire list of topics for the day. Please answer all the questions, if you can, using the "REPLY TO THREAD" button. You can also reply to other people's remarks.

Also:

1. Three sets of questions will be posted: one set at 8 AM, the other at 1 PM, and the last one tomorrow at 8 AM.
2. You can also reply to other people's comments. To do so, click the orange button "Reply to this post" on the specific post you are addressing. Type your comment in the Quick Reply box, then click "Submit."
3. Please drop by and check this Board at least twice per day (more if you want to!). Throughout the day, we will be reading your posts, responding, and asking follow-up questions. We will keep it short but please check back and answer any follow-up questions we might add during the day.
4. If you have any problems at all with using this Board, or have questions, please let me know by calling the study coordinator Edgar at 0703902809 or emailing edgar@iskuganda.com
5. You will receive 5,000 shillings in data if you participate in all three sessions. **Participation means posting in all three sessions.**

Okay, let's get started!

Thread title: 2. Let's break the ice

Before we get into today's discussion, let's begin with a fun question:

1. To break the ice - tell us your favourite hobby!
2. What answer from someone else here do you like and why?

Thread title: 3. Overall program feedback

Thanks for sharing a bit about yourself. Now, let's talk about the sms message content that you read.

1. What were your overall thoughts about the tone of the messages?
2. How were the messages? Were they generally clear or not? And if not, where did they get confusing?
3. Were there sections that seemed repetitive? Messages that you thought were too similar to earlier ones?

Thread title: 4. Helpful program messages

1. How much did you feel like the messages were talking about you and things that you have experienced in your life? Provide ideas and solutions that might work for you and your friends.
2. What are things that we did not talk about in the program content that you think we should add?
3. What is one suggestion for how we can make the messages even better?

Thread title: 5. Feedback about information about HIV prevention

Ok, thanks for that.

Next, we would like to ask you about each week of messages. We will ask the same questions for each section to make things easier.

First, we'd like to hear about what you thought about the messages that talk about HIV prevention information. Here are some example messages from that week:

- a. Oral sex (when you use your mouth on a penis or clitoris) is very low risk for HIV. Only a few cases of HIV from oral sex have ever been reported.
- b. People think the withdrawal method works. It does not. Precum - the fluid on the tip of his penis - can have HIV. It also has sperm so you can get pregnant.
- c. I hope you hear this: Rates of HIV increase 300% from the time women who are 15-17 become 20-22 years old. This is real. It affects all of us

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable (we mean, you have enough information to know how to use the skills that the program talks about)? Is there a way to make the messages clearer?

Thread title: 6. Feedback about using condoms

Great. Now let's talk about messages that encourage you to get and carry condoms. Here are some examples:

- a. Some think condoms are the man's responsibility. Making healthy decisions are both the man and the woman's job - and this includes knowing how to use condoms.
- b. Pinch the entire tip at the top of the condom to make sure there's room for his semen (cum) before you roll the condom down his penis.
- c. And a sex tip: I know your man expects you to be wet. Lube only makes sex better. Tell him to experiment!

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable (we mean, did we give you enough information to know how to use the skills that the program talks about)? Is there a way to make the messages clearer?

Thread title: 7. Thank you! Instructions for the next session

That's it for this morning. Thanks for your time so far, you're doing a great job! Please log on again this afternoon any time after 1 pm for the afternoon session.

DAY 1, AFTERNOON SESSION

Thread title: 1. Welcome Back! Instructions for this afternoon

Welcome back!

Please be sure to go to the sections from this morning and check to see if there are posts that you missed.

Also, we may have asked you additional questions on this morning's boards so that we can better understand what you were saying. In the upper right corner, you will see a button that says "Notifications." Check to see if you have any.

And, please feel free to ask others for clarification or for examples, share your reaction to their comments, or add any new ideas that their answers may prompt. Your involvement is important for the success of the research – it ensures we have better, more meaningful conversations.

Let's get started with this afternoon's questions...

Thread title: 2. Feedback on getting and carrying condoms

Ok, onward. Let's talk about the messages that stressed the importance of using condoms every round, and what can sometimes get in the way of using them. Here are a few examples:

- a. Maybe you do not feel ready to buy condoms yet. If this is the case, go to the store and see what condom options they have. Check to see if they have lube too.
- b. Some people think that carrying condoms means they are definitely going to play sex. So if you are not planning to play sex, you do not need to carry condoms. Not true
- c. Some men think condoms are a disgrace and that it means their woman is unfaithful. Find a man who understands that condoms mean you care about and protect your health, every time.

For each message, please tell us:

- 1. What is your reaction to the sms message? Do you like it, love it, hate it?
- 2. How does the message sound to you? What is its tone?
- 3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
- 4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

Thread title: 3. Feedback on reasons young adults do and do not have sex

Alright. Let's now discuss the messages about reasons men do and do not have sex. Here are some examples:

- a. Sex can be a way to show your boyfriend you care. It is a big step in a relationship. While there are many ways to keep the love going, sex can be one of them.
- b. One woman told me: "Waiting gives me time to deal with your emotions visa viz what ought to be done because feelings can destroy if not dealt with properly."

c. Maybe someone is trying to convince you that it is ok to do something sexually when you know it is not what you want to do. Trust yourself. Be true to yourself.

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

Thread title: 4. Feedback on HIV testing

You are doing great! Let's move on to the section about HIV testing. Here are some example messages:

- a. Most Ugandans have been tested for HIV. In fact, more than 9 in 10 have, so if you have been tested for HIV - well done!
- b. You can get STDs from oral sex. So if you have sex with your mouth on a vagina, anus, or penis, make sure you ask the health provider to include STD tests for your mouth too.
- c. Speaking of STDs - many STDs do not have symptoms. You could be positive, it could be affecting your body, and you do not even know. That's why you need to test!

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

Thread title: 5. Feedback about healthy relationships

Ok – last one for today. Thanks for continuing to answer these questions! For this last session, we would like to hear your thoughts on healthy relationships. Here are some example messages:

- a. One sign of an unhealthy relationship is lack of trust. Some women believe however much they are in a relationship, a man has an eye on some other queen.
- b. As one woman shared: It is common mostly in complicated relationships where no one is minding abt the other bt dei r together jst to keep d relationship flowing in the eyes of the friends.
- c. If a woman is detoothing a man, she may get nice things, but it makes it hard to say no to sex when you do not want to play sex. Gifts cannot buy your health.

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?

3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

Thread title: 6. Thank you! Instructions for the next session

That is all of our questions for today. If you have answered them all, please remember to check back later to see if we have further questions for you or to comment on other people's responses.

Tomorrow's questions will be online by 8 am, so we'll "see" you then!

DAY 2, MORNING SESSION

Thread title: 1. Welcome Back! Instructions for today's session

Welcome back! Glad to see you. Yesterday was great. We are getting fantastic information and appreciate your detail.

Please be sure to go to the sections from yesterday and check to see if there are posts you missed.

Also, we may have asked additional questions on yesterday's boards so take a quick look to see if there's something there for you. And, feel free to ask others what they mean or ask for ideas and clarification.

Thread title: 2. Word choice

Now, on to today's questions! We would love your feedback on some of the words that we use in the program content:

1. Sometimes, we talk about "butts". How comfortable are you with this word? Is there another word we should use instead?
2. We also sometimes use the word "cum" instead of "orgasm" or "ejaculate", and "pre-cum" instead of "pre-ejaculate". How familiar are you with the word "cum"? What word do you think is best for us to use?
3. We also plan to match people in the actual program with each other and call the groups "Text Buddies". What do you think about this term? Is there a better name we can give these groups?
4. Finally, are there any other words that you remember being confused by? That you found uncomfortable or thought could be better said with different words?

Thread title: Your thoughts about the Text Buddy idea

We also would like to hear your ideas about the Text Buddy.

You might remember that the content talked about a "Text Buddy" that participants are paired with. This person is someone else in the program the participant can sms back and forth with. Buddies will not know each other face-to-face and will be from different parts of Uganda. The messages will be sent through the program to protect each buddy's privacy. The idea is that the two Buddies, although they will not know each other face-to-face, will provide support to each other and talk about the things that they are learning in the program.

Here are our questions:

1. In the first couple of days of the program, we offer to send an introduction message to your buddy if you do not want to. What information, if any, would you like us to share? For example, we could tell your Buddy how old you are. So something like:
Hey buddy - it's [name], your ITG Buddy. Happy to text-meet you! :) A bit about me: I'm [age] years old. You?

2. Next, here are some example messages we have that encourage people in the program to talk to their Buddy.

- a. Some girls fear that someone might find their condoms and think they are promiscuous (have many different sexual partners). Where can you keep them that feels safe to you? Text your Buddy for advice.
- b. Society tells us that girls are not supposed to talk about sex. You are stronger and smarter than that. Practise saying the words with your Buddy - it helps.
- c. What if you really like a man and want to ask him on a date? How would you get him interested? Text your buddy and swap ideas.

What is your reaction to these messages that encourage you to text your buddy? How likely do you think you would be to actually sms message him?

3. What other feedback do you have about the Buddy idea that would be helpful for us to know?

Thread title: 4. Your thoughts on ITGenie

People who are going through the program will have access to "ITGenie". This feature allows people to sms the program a question, and they will receive an automated sms message that answers their question. Examples of topics that you could message ITGenie about include: how to play sex without risks of STDs and other outcomes, how to impress your boyfriend, the importance of condoms and how to use them, masturbation, and what to do if your partner's parents don't like you.

To help us write these messages, we would like your advice:

1. What are some tips you would give to someone who is trying to get his partner's parents to like him?
2. What are things you suggest to your friends when they are trying to impress their girlfriends?
3. What are things about masturbation that would be helpful to know?

Thread title: 5. Ways to improve the CAT

Ok. We are almost done. We know there have been a lot of questions yesterday and today. You are doing great!

We would like to get your ideas on how to improve the CAT. As CAT members, you read all of the program messages last week.

1. Thinking back on the experience, what would be one suggestion you have about how could make the messages / experience better?
2. And what is one thing (if any) that you really liked about the content that we should keep / not change?

Thread title: 6. Discussion wrap up

Finally, we would like to get some feedback from you about how the messages affected the way you think about things now.

1. In what ways do you think your views have changed (if at all) as a result of reading through the program messages?
2. In what ways do you think your behavior might change (if at all) as a result of reading through the program messages?
3. Did you participate in this discussion on your phone or on a computer? Or a mix of both?

Thread title: 7. Thank you for your participation!

We have had such a great experience talking with all of you. We are sad to say our discussion is complete!

You have been great! We appreciate the time and effort you put into the discussion over the last couple days. As a last request, please take one final look over all the sections to make sure you did not miss any postings and to see if there are other comments you'd like to respond to. We'll leave the discussion board up through tomorrow so that you have enough time.

If you have participated fully answered all the questions, you will receive your incentive in a few days' time.

Thank you!