Health Intervention to Adolescents Living with HIV in Tanzania

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BACKGROUND

- Mental health disorders are common and associated with worse HIV outcomes.
- Due to few mental health professionals in low income countries, peer-led interventions may be an effective implementation strategy to task-share mental health care delivery.
- Sauti Ya Vijana (SYV) is a group-based, peer-led mental health intervention created with youth living with HIV to address their mental health and life challenges (See Figure 1).
- This study aims to explore the peer group leader (PGL) experience delivering SYV.

METHODOLOGY

- Sample: Twenty-five PGLs aged 23-29 years old living with HIV who received training to deliver the SYV intervention.
- Location: Four Sites in Tanzania (See Figure 2).
- Structure and Content of the IDI Guide
  - Framework: CFIR
  - Domains included: Identity, motivations, experience, training, impact, sustainability, and recommendations.
- Data Collection: In-depth interviews were conducted in Swahili, audio recorded, and translated to English by a qualitative researcher at each site.
- Analysis:
  - NVivo 12 software
  - Rapid qualitative analysis: Microsoft Excel
  - Approach: Deductive analysis with minor inductive analysis when emerging themes.

PRELIMINARY RESULTS

- Coded interviews (n=17 of 25); (9 women; 8 men)
- Themes: Youth empowerment, increased confidence, shared benefit with youth, collaboration with colleagues, financial stability.
- Nine PGL reported a shared benefit when applying content from SYV to their own lives.
- A key motivator was witnessing youth behavior positively change over the course of SYV.
- Eleven PGL described meaningful connections with both participants and fellow group leaders.
- Request for increased site supervision to further assist PGL in supporting youth with complex challenges.
- PGL suggested increasing the enrollment of youths per wave.
- Ten PGL communicated that increasing the salary would serve as a valuable incentive.

CONCLUSIONS

- A peer-led, group-based delivery model was a feasible and acceptable implementation strategy to deliver a mental health intervention.
- SYV positively impacted the lives of PGLs.
- Ongoing training, debriefing time for PGL across sites, and in-person supervision would strengthen the SYV intervention.

NEXT STEPS

- Continue analysis of the remaining 8 transcripts.
- Compare and discuss coding results with Tanzanian research assistants.
- Create a guide to help new SYV leaders take on the PGL role utilizing feedback from the in-depth interviews.

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