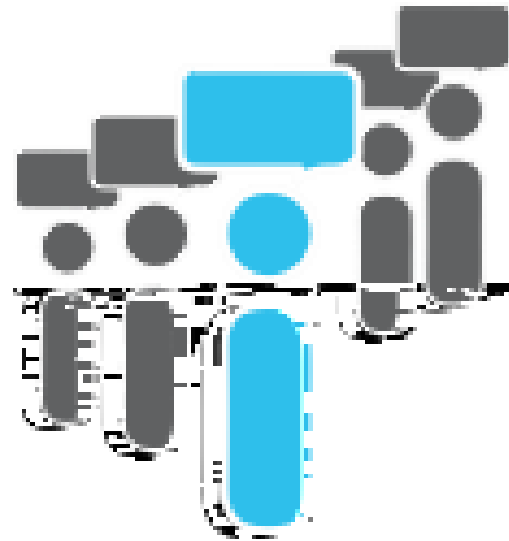


Tweet: #160Characters @SHMFoundation @UCLGlobalHealth



Background to 160 Characters Project



mobile phone support initiative

power of small groups



Who are the adolescents that we are working with?

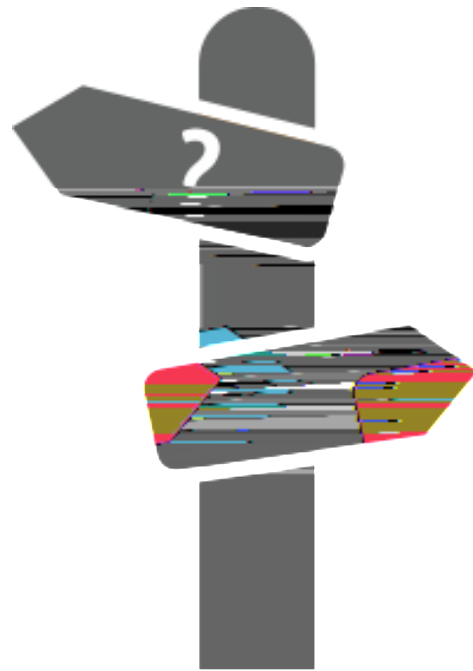
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Understanding the needs of ALWHIV

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unique insight

design appropriate interventions

Aim of the 160 Characters Project

- *to develop an interdisciplinary arts, health and humanities methodology for understanding the attitudes of adolescents towards their own health; and subsequently, to develop strategies, techniques and solutions to serve their needs.*
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160 Characters Methodology

- *can we create a different way of looking at the Khuluma text messages?*
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Six Approaches

Literature	Medical Science	Implementation	Participatory	Technology	Social Science
<p>Language <i>What do patterns of language indicate about effective support?</i></p>	<p>Evaluation <i>How can we measure the hard and soft outcomes of the model?</i></p>	<p>Behaviour Change <i>How do you get people to change what they do?</i></p>	<p>Insights <i>What worked or didn't work for you about Khuluma?</i></p>	<p>Product Design <i>What is the ideal outcome of the model, and how can we get there?</i></p>	<p>Community Building <i>How do you leverage communities to improve mental health?</i></p>
<p>Dialogue <i>How and why do certain social dynamics evolve, and which ones are effective?</i></p>	<p>Review <i>What can we learn from past research as we design for the future?</i></p>	<p>Infrastructure <i>What are the resources and technical expertise required to scale the model?</i></p>	<p>Participatory Design <i>How would Khuluma evolve to suit your needs?</i></p>	<p>Mathematics <i>How can we describe systems that might be used to approach the data?</i></p>	<p>Context <i>What are the social, political and economic factors that impact the efficacy of the model?</i></p>

Co-designing 160 Characters methodology with the Khuluma mentors



Pretoria workshop

- *Adolescent Lives Grand Challenges*
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Effective conversations:

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Thematic Analysis

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An example of the thematic analysis: Self & Identity

Literature	Medical Science	Implementation	Participatory	Technology	Social Science
<i>There is a lot of machismo, tough guy speak, in contrast to the weakness of their disease</i>	<i>What does 'well' mean for these adolescents, physically and emotionally?</i>	<i>No matter how many adherence clubs we have, there will always be a moment where these kids are alone. This group is in the right place at the right time.</i>	<i>We are in a relationship to ourselves and must communicate to ourselves</i>	<i>Its great they're talking about hopes and dreams, but sometimes it feels utopian, giving them false hope</i>	<i>Individuals can pose their problems to the group to collectively problem solve</i>
<i>They seem to be on the way to an authentic voice, but there is a lot that is said that is inauthentic and just repeated</i>	<i>The text messages are an unsolicited source of data on what they think is important</i>	<i>Its like being a 'mystery shopper' reading this data, providing the kinds of insights we can't get elsewhere</i>	<i>Honesty and self acceptance mean increased confidence to be ourselves, and to reveal our HIV status.</i>	<i>Sometimes I think it would be useful if they had a change to be more slow and thoughtful in their responses</i>	<i>Its like in the groups they have an alternate subjectivity or sense of self</i>

Policy Implications

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8. Next Steps