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## CyberSenga Dissemination Meeting

### SESSION 3: CYBERSENGA – THE PROGRAM

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\* Thank you for your interest in this presentation. Please note that analyses included herein are preliminary. More recent, finalized analyses may be available by contacting CiPHR for further information.

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*Decoding how technology influences and can improve public health*



## CyberSenga – The Program

### A BRIEF OVERVIEW OF THE INTERNET PROGRAM

## CyberSenga – The Program

### MAIN RESULTS FROM THE CYBERSENGA TRIAL

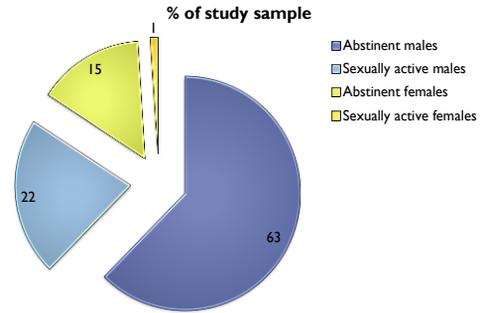
## Methods

- 366 adolescents were recruited from 4 secondary schools
- 183 were randomized to the CyberSenga program, 183 to a control group
  - Half of youth randomized to the CyberSenga program were randomly selected to receive a 'booster' lesson in July, 2011
- Data were collected in:
  - March, 2011 (baseline),
  - June, 2011 (3-month follow-up), and
  - September, 2011 (6-month follow-up)

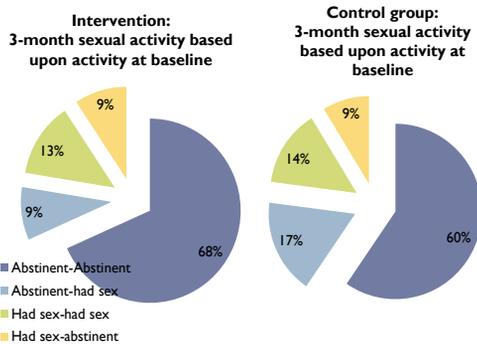
## Participant characteristics

Participant characteristics at baseline	Intervention	Control
<i>Demographic characteristics</i>	<i>M (SD)</i>	<i>M (SD)</i>
Age (years; range: 13-19)	16.0 (1.4)	16.2(1.5)
	<i>n (%)</i>	<i>n (%)</i>
Male	152 (83%)	155 (85%)
Current grade	58 (32%)	56 (31%)
S.1	1 (1%)	0 (0%)
S.2	47 (26%)	50 (27%)
S.3	72 (39%)	58 (32%)
S.4	63 (34%)	75 (41%)
Father is university graduate	63 (34%)	71 (39%)
Mother is university graduate	52 (28%)	59 (32%)
Ever had sex vaginal or anal sex	58 (32%)	56 (31%)
Had sex in the past two years	47 (26%)	45 (25%)

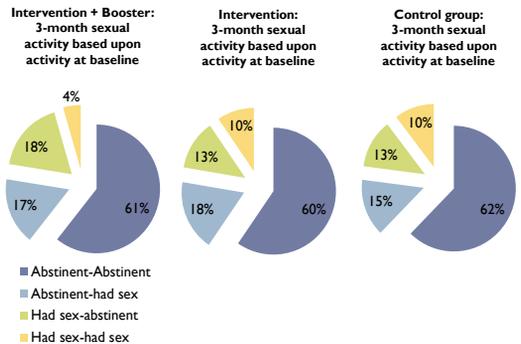
## Baseline sexual experience



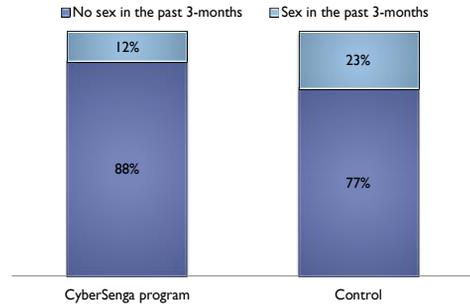
## Sexual activity at 3-months



## Sexual activity at 6-months

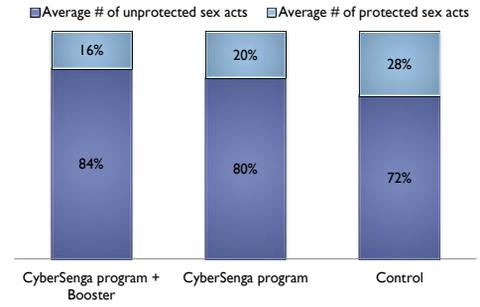


### 3-month outcomes: Among youth who were abstinent at baseline



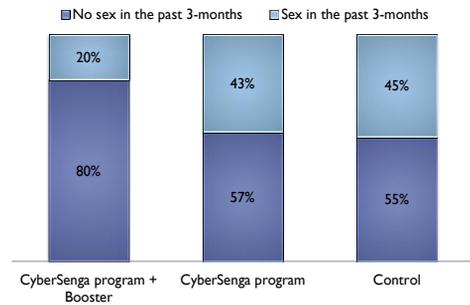
$\chi^2(1) = 5.7, p = 0.02$

### 6-month outcomes: Among youth who were abstinent at baseline who became sexually active during the 6-months



$\chi^2(2) = 0.23, p = .79$

### 6-month outcomes: Among youth who were sexually active at baseline



$F(2) = 3.9, p = 0.15$

### Conclusions: Short term

The CyberSenga program is associated with increased odds of continued abstinence among those who are abstinent

## Conclusions: Longer term

There is suggestion that:

- The CyberSenga program + booster was associated with secondary abstinence among youth who were sexually active at the beginning of the program
- The CyberSenga program was associated with increased condom use among youth who became sexually active during the program

## Take away

The CyberSenga program is associated with sustained abstinence in the short-term among youth abstinent at baseline;

And is suggestive of affecting HIV preventive behavior among sexually active youth in the longer term.

CyberSenga – The Program

**DISCUSSION:  
BRINGING IT ALL TOGETHER**

CyberSenga – The Program

**AFTER CYBERSENGA  
– THE NEXT STEPS**

## Short term plan

The CyberSenga program will be freely available online at [www.CyberSenga.com](http://www.CyberSenga.com) by August, 2012

We will be seeking funding to follow these youth over time to see if the influence of the program stays over time

## Long term plan / questions

How do we encourage young people to use the website / complete the program?

Is there room / a role for an adult 'support' program that gives adults the skills to talk to youth about sex and HIV, and also how to use CyberSenga as a tool in this effort?

## Acknowledgements

- We would like to thank the entire CyberSenga Study team from Center for Innovative Public Health Research, Internet Solutions for Kids – Uganda, Mbarara University of Science and Technology, the University of Colorado, and Harvard University, who contributed to the planning and implementation of the study. Finally, we thank the schools and the students their time and willingness to participate in this study.