

# Addressing intergenerational communication is key to developing an "adolescent-friendly"

family-based HIV counselling and testing intervention

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#### Introduction

Adolescents occupy a unique position in the family as they make a transition from childhood to adulthood. During this phase, adolescents may engage in risky behaviour that their families are unaware of [1,2]. As a result, adolescents may be reluctant to participate in family-based HIV counselling and testing interventions that could expose their private lives<sup>[3]</sup>. A key consideration when developing an "adolescent friendly" family-based HIV counselling and testing intervention is to support intergenerational communication to encourage adolescent parent sharing while simultaneously supporting the adolescent's need to develop their own identity and gain a sense of autonomy.

#### Aim

To develop a model to encourage adolescent participation in family-based HIV counselling and testing (FBCT) interventions.

Research
Questions

- 1. What are the barriers that prevent adolescent participation in FBCT interventions?
- 2. What are the facilitators that promote adolescent participation in FBCT interventions?

#### Methods

Design	Qualitative Study
Data Collection	12 x Mixed-Gender Focus Group
	Discussions
Sample	Adolescents in KwaZulu-Natal, South
	Africa (n=72)
Comparisons	. HIV+
	HIV Status Disclosed
	. HIV Status Unknown
	Home-Based Counselling & Testing Experience
Recruitment	Social Networks, Schools & Community Groups
Analysis	Thematic Analysis

## Results

### **Barriers**

- Fear of parental reaction
- Difficulty in adolescent-initiated communication
- Straight-forward communication

# Facilitators

- Parental support
- Parent-initiated communication
- . Female caregivers

"When...I have a stress...I
will need a parent...they
will...comfort me, but when
I go alone I would be
thinking...when I go home I
should should hang myself"
(HIV+, 17/18 year old adolescent
speaking about the importance of
parental support for HIV testing)



References [1] Cluver, L. D., Orkin, F. M., Yakubovich, A. R., & Sherr, L. (2016). Combination Social Protection for Reducing HIV-Risk Behavior Among Adolescents in South Africa. *JAIDS Journal of Acquired Immune Deficiency Syndromes*, 72(1), 96-104. [2] Zuma, K., Shisana, O., Rehle, T. M., Simbayi, L. C., Jooste, S., Zungu, N., ... & Abdullah, F. (2016). New insights into HIV epidemic in South Africa: key findings from the National HIV Prevalence, Incidence and Behaviour Survey, 2012. *African Journal of AIDS Research*, 15(1), 67-75. [3] Govindasamy, D., Ferrand, R. A., Wilmore, S. M., Ford, N., Ahmed, S., Afnan-Holmes, H., & Kranzer, K. (2015). Uptake and yield of HIV testing and counselling among children and adolescents in sub-Saharan Africa: a systematic review. *Journal of the International AIDS Society*, 18(1).