

What is this research project all about and why is it needed?

Health 4 U is an innovative new research project developed by the **African Institute for Social Development (AISD)** and the **University of Nottingham (UoN)**, which seeks to evaluate the effectiveness of text messages in promoting health and HIV screening among the African community in Nottingham. This project is funded by NHS Nottingham City Primary Care Trust (Public Health Directorate), and has been reviewed and approved by the Ethics Committee, UoN, Faculty of Medicine and Health Sciences.

Research shows:

- UK African communities are still affected by HIV, yet HIV testing rates are low.
- Getting tested is a good way to protect the health of yourself and others.
- Being busy in everyday life can get in the way of finding out more about HIV, about health in general and about how to take action.

Health initiatives need to fit in with busy lives and reflect your concerns. Our text messages have been developed in collaboration with Nottingham's African communities, and are available in English, French, and Arabic.

Names of researchers

- Mr. Amdani Juma and Team, AISD, Nottingham
- Dr. Catrin Evans & Dr. Holly Blake, Katie Turner, School of Health Sciences, UoN
- Dr. Suzanne Suggs & Aurora Occa, Università della Svizzera italiana (Lugano, Switzerland)

For further information about the research, please contact Mr. Amdani Juma [E: amdani@africaninstitute.org. uk; T: 07572 604343] or see the project website: <http://www.nottingham.ac.uk/health4u>

What does involvement in this study mean for me?

Participation in this study is voluntary. If you would like to take part, you will be asked to complete the following steps. This can be done face-to-face, via email, or through our website: <http://www.nottingham.ac.uk/health4u>.

How to take part:

What?	Why?
1. Give your written consent to take part	It is important that we know you have made an informed choice to take part in the study.
2. Provide us with your number & email	Your email address lets us contact you if there are any technical difficulties with your phone.
3. Complete a short questionnaire	This will be used to design text messages tailored for you.
4. Start receiving text messages	You will receive 2 encouraging and informative texts messages per week over 12 weeks.
5. Complete a follow-up questionnaire	We need to evaluate whether the text messages were useful for people taking part in the study.
6. Take part in a telephone interview	A small number of people will be invited to do this, so that we can get in-depth feedback on the project.

You can leave the study at any time without giving a reason.

- Stop receiving texts by emailing us, calling the lead investigator, or replying to texts with the word STOP.
- If you withdraw from the study we would like to contact you by text or e-mail to ask if we may do a short telephone interview. You are not obliged to take part in this interview.

What are the risks and benefits of taking part in this study?

By participating in this research, you will be provided with useful information about your health and about HIV. The sender of your messages will appear as African Institute-H4U. If you do not like any of the messages, you can delete them straight away.

You will be provided with a **£5 Victoria Centre voucher** to cover the cost of any text messages that you send. You will be sent a gift card activation code via text message. To claim the voucher, take this activation code to the Information Desk in the Victoria Centre, which is on the ground floor near John Lewis.

Will my details be shared with anyone else?

No. All information that is collected about you throughout the research will be kept on a password protected database and is strictly confidential. Visit <http://www.nottingham.ac.uk/health4u> for our full data protection statement.

At the end of the project, the research team hopes to share the main findings and outcomes with other health promotion practitioners and researchers in order to benefit the wider African community.

Who do I complain to if I am not happy about the study?

Dr. Catrin Evans (First contact)
Principal Investigator
E: catrin.evans@nottingham.ac.uk
T: 0115 823 0894

Ms. Louise Sabir (Second contact)
Secretary of the Ethics Committee
E: louise.sabir@nottingham.ac.uk
T: 0115 8231063

Further Information about health and HIV services in Nottingham City

African Institute for Social Development (AISD)

At the AISD, you can call or text 07572 694343, and someone will call you back to arrange a time to discuss your questions or book a test.

Tel: 0115 8540516
Mob: 07834 459076
Email: admin@africaninstitute.org.uk
Web: www.africaninstitute.org.uk

Find GP Services

If you have concerns about health related matters, we would suggest you talk to your GP. If you are not currently registered with a GP, you can find your nearest one through the NHS Choices Find GP Services page.

Web: www.nhs.uk/Service-Search/GP/LocationSearch/4

NHS Choices

NHS Choices is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health.

Web: www.nhs.uk/Pages/HomePage.aspx

The Health Shop

At The Health Shop, you can access free and confidential HIV and STD testing, clinical psychology and complimentary therapy services.

Tel: 0115 9475414
Email: HealthShop@nottshc.nhs.uk
Web: www.nottinghamshirehealthcare.nhs.uk

Terrence Higgins Trust (Nottingham)

At THT Nottingham, you can make appointments to talk with a counsellor or come for a rapid HIV test at a time that is convenient for you.

Tel: 0115 882 0121
Email: info.nottingham@tth.org.uk
Web: www.tth.org.uk

City Hospital, GU Medicine Clinic:

Here, you can make appointments to see a health advisor to discuss any questions or to have an HIV test.

Tel: 0115 962 7744 or 0115 969 1169 ext. 56745/57013
Web: www.nuh.nhs.uk/our-services/services/sexual-health/

HEALTH 4 U: Using Mobile Phones to Promote Health



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