

**Additional file 1 - Semi structured interview guides for AYPLHIV and policymakers
(English version)**

5.4. Appendix 4: Key Informant Interview (KII) with Policy Maker on mental health service delivery in Zambia

This questionnaire aims to solicit for input from policy makers on their perspective on the use of mobile application technology as a tool to create linkages to mental health services among adolescents and Young People Living with HIV in Lusaka and Shibuyunji districts. The policy makers are selected based on their expertise in mental health services at national level, in Lusaka or shibuyunji district

5.4.1. Introductory Information and Preamble

Hello!

My name is Carlos Muleya, a PHD Student at the University of Zambia. I am carrying out a study on access to Mental Health Services among Adolescents and Young People living with HIV in Lusaka and Shibuyunji districts. I am reaching out to you as a respondent because you have been purposively selected as a policy maker in the mental health program. I would like to get your input in the study on the topic of access to mental health services among adolescents and young people living with HIV in Zambia.

If you have any questions, please contact Carlos Muleya on +260979863766 or email muleyacarlos@gmail.com.

You can also contact the UNZABREC on Telephone No.+260-211-256067 or by e-mail on unzarec@unza.zm.

Confidentiality

We will not ask you for your telephone number or any contact information. We will not share your personal information with other people in this study. We will keep all the personal information you share secret. We will not use any names in our notes or in any reports or presentations about this study to make sure that no one else can tell who provided these responses. We will use the signed consent forms only for this research. We will keep all the information in a locked cabinet.

We ask that the participants of this study keep the information shared during survey private.

Possible Risks

The survey questions will be discussed with the member of the research team. It is also possible that someone who walks by us will hear parts of our conversation. If someone comes close, we will stop talking until they are no longer within earshot. Please let me know if you would like to sit somewhere else other than here. It is also possible that some questions may embarrass you or may make you feel uncomfortable. You do not have to answer any question you do not want to and may stop participating in the discussion at any time. If you have any questions or concerns about any of the questions we ask, please let us know. If you feel sad or upset because of something that happened during the discussion and would like to talk with someone trained in counseling, please see the contact information provided in the resource list included in this consent process.

Benefits of the Study

Although you will not gain anything directly from participating in this survey, the information, and suggestions you provide will be used to make the access to mental health services for adolescents and young people living with HIV better. We hope the results of this study will help the wellbeing of adolescents and young people living with HIV in Zambia.

Alternatives to Participation

This is not a treatment or intervention study. Your alternative is to not participate in this research study. If you choose not to take part, you will not lose any benefits you currently have.

If you do not wish to participate in this study, your position or relationship with your organization will not be threatened.

Costs

It will not cost you anything to take part in this study.

Compensation

You will be compensated with 100 Kwacha for any study related expenses.

Voluntary Participation/Right to Withdraw from Study

Your participation is voluntary. You do not have to take part in this research. If at any point during the discussion, you do not want to continue, you are free to do so without giving any reason. You will not have any problems if you decide not to take part or if you do not want to continue the discussion at any time. Your role in society will not be impacted in any way if you choose not to participate in this study or if you do not want to continue at any point.

Questions or Concerns and Contact Information

Do you have questions about your rights as a research participant, or would like to talk with someone who is not a member of the research team about any questions, concerns or complaints about the research process?

IRB: UNZA Biomedical Research Ethics Committee Chairperson

Landline: 0211 256 067

Other tel: 0955 155 633, 0955 155 634

Email: unzarec@zamtel.zm

Location: Ridgeway Campus, Nationalist Road, Lusaka, Zambia

Do you have any questions?

In case you have any additional questions about this study at any time, you may contact

PI: Carlos Muleya

Tel: +260979863766

Email: muleyacarlos@gmail.com

Address: UNZA, School of Public Health, Department of Population Studies & Global Health, Lusaka, Zambia

If you feel sad or upset because of something that happened in this discussion and would like to talk with someone trained in counseling, please contact the principal investigator.

If you have questions, concerns, complaints, or believe you have been harmed through participation in this study because of researcher negligence, you can contact members of the IRB

to ask questions, discuss problems or concerns, obtain information, or offer input about your rights as a research participant. The contact information is below:

Contact List

1. Carlos Muleya

Principal Investigator

University of Zambia

Ridgeway Campus

School of Public Health

Department of Population Studies & Global Health

P.O. Box 50110

Lusaka, Zambia

2. The Chairperson

University of Zambia Biomedical Research Ethics Committee

Ridgeway Campus

P.O. Box 50110

Lusaka, Zambia

E-mail: unzarec@unza.zm

3. Director,

Directorate of Research and Graduate Studies

University of Zambia

P O Box 32379

LUSAKA

5.4.2. Consent

You must tell us if you wish to take part in this study.

Consent Form

This form has been read to me and the study has been explained to me by _____

[insert researcher's name]. I understand that I am being asked to take part in a study that is trying

to understand the Mental Health accessibility in Lusaka and Shibuyunji among adolescents and young people living with HIV. I understand and agree to take part in a survey as part of this study.

A copy of this form will be provided to me so that I can read the information later if I want to, contact someone about the study or about me being in the study if I need to, or just to keep for my records.

My questions and/or concerns have been answered to my satisfaction. I am taking part in this study because I want to take part in the study. I understand that I can decide not to take part at any time during the survey and that will not affect me in any way, nor will that affect any benefits I receive anywhere. I understand that the research team will not share the information shared during this discussion with anyone who is not part of the research team. I also understand that I must do my part and not share anything I say during this discussion with anyone.

Do you have any questions for me now?

☐ No

☐ Yes; (Researcher answer questions)

Do you agree to take part in the study?

☐ No.
END

☐ Yes (Proceed to interview)

I confirm that I have read the above form/ that it was read to me.

Name of Participant (Printed) _____

Signature of Participant: _____

Date: _____

Name of Researcher: _____

Participant's Signature: _____

Date: _____

IMPORTANT: Sign both copies: 1) must be retained on file by the interviewer in a folder marked with the unique identifier of the participant and 2) give to the participant if s/he wishes.

First Questions for the first Round of discussion with Mental Health Experts

5.4.3 Section 1: Current Barriers to Accessing Mental Health Services

1. How would you describe the Mental Health Program in Zambia?

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2. What, in your opinion and experience, are the primary socioeconomic barriers that hinder adolescents and young people living with HIV in Zambia from accessing mental health services?

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3. How do cultural and societal perceptions impact the willingness of adolescents and young people living with HIV in Zambia to seek mental health support? Could you elaborate on specific stigmas or cultural barriers affecting help-seeking behavior?

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4. In your view, what are the main reasons for the lack of awareness or education about mental health issues among adolescents and young people living with HIV in Zambia, and how does this impact their willingness to seek help?

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5. Could you detail any experiences or challenges related to the availability, affordability, or quality of mental health services for young people in both urban and rural areas of Zambia?

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6. How do existing healthcare policies or governmental support affect the accessibility and effectiveness of mental health services for the youth population in Zambia?

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7. To what extent has technology been adopted in improving access to mental health services among adolescents and young people in Zambia?

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8. What is your take on the use of mobile application to improve access to mental health services?

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5.4.4. Section 2: Crucial Features for an Effective Mobile Application

9. What specific features or functionalities should a mobile application offer to effectively provide linkage to quality mental health support to adolescents and young people living with HIV in Zambia, considering factors like ease of use, accessibility, and cultural sensitivity?

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10. How can a mobile application ensure confidentiality and privacy for young users seeking mental health assistance while adhering to data protection regulations in Zambia?

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11. In your experience, how can a mobile application technology leverage multimedia element (videos, interactive modules, etc.) to create engaging and educational content that resonates with young Zambians on mental health matters?

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12. How might a mobile application integrate and adapt to the linguistic diversity within Zambia to ensure inclusivity and understanding among the young population seeking mental health support?

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5.4.5. Section 3: Considerations for Cultural Nuances Specific to Zambia's Young Population

13. What cultural or traditional elements need to be considered in the design and content of the mobile application to ensure it is culturally relevant and sensitive to the diverse communities in Zambia?

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14. How might a mobile application incorporate and promote traditional practices or cultural beliefs while providing modern mental health services, ensuring respect for cultural diversity?

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15. Do you have any additional information to share on any consideration when thinking about improving access to mental health services through the private sector engagement?

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5.6. Appendix 6: In Depth Interview with Expert Client

5.6.1. Introductory Information and Preamble

Hello!

My name is Carlos Muleya, a PHD Student at the University of Zambia. I am carrying out a study on access to Mental Health Services among Adolescents and Young People living with HIV in Lusaka and Shibuyunji district. I am reaching out to you as a respondent to my study because you have been randomly selected to participate in the survey as an expert client who has had a known mental health condition in the past 24 month. I have engaged other respondents like you and hope to get consolidated feedback.

If you have any questions, please contact Carlos Muleya on +260979863766 or email muleyacarlos@gmail.com.

You can also contact the UNZABREC on Telephone No.+260-211-256067 or by e-mail on unzarec@unza.zm.

Confidentiality

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If you do not wish to participate in this study, your position or relationship with your organization will not be threatened.

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Compensation

You will be compensated with 100 Kwacha for any study related expenses.

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IRB: UNZA Biomedical Research Ethics Committee Chairperson

Landline: 0211 256 067

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Email: unzarec@zamtel.zm

Location: Ridgeway Campus, Nationalist Road, Lusaka, Zambia

Do you have any questions?

In case you have any additional questions about this study at any time, you may contact

PI: Carlos Muleya

Tel: +260979863766

Email: muleyacarlos@gmail.com

Address: UNZA, School of Public Health, Department of Population Studies & Global Health, Lusaka, Zambia

If you feel sad or upset because of something that happened in this discussion and would like to talk with someone trained in counseling, please contact the principal investigator.

If you have questions, concerns, complaints, or believe you have been harmed through participation in this study because of researcher negligence, you can contact members of the IRB to ask questions, discuss problems or concerns, obtain information, or offer input about your rights as a research participant. The contact information is below:

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P.O. Box 50110

Lusaka, Zambia

2. The Chairperson

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E-mail: unzarec@unza.zm

3. Director,

Directorate of Research and Graduate Studies
University of Zambia
P O Box 32379
LUSAKA

5.6.2. Consent

You must tell us if you wish to take part in this study.

Baseline Survey Form

This form has been read to me and the study has been explained to me by _____
[insert researcher's name]. I understand that I am being asked to take part in a study that is trying to understand the Mental Health accessibility in Lusaka and Shibuyunji among adolescents and young people living with HIV. I understand and agree to take part in a survey as part of this study. A copy of this form will be provided to me so that I can read the information later if I want to, contact someone about the study or about me being in the study if I need to, or just to keep for my records.

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Do you have any questions for me now?

☐ No

☐ Yes; (Researcher answer questions)

Do you agree to take part in the study?

☐ No.
END

☐ Yes (Proceed to interview)

I confirm that I have read the above form/ that it was read to me.

Name of Participant (Printed) _____

Signature of Participant: _____

Date: _____

Name of Researcher: _____

Participant's Signature: _____

Date: _____

IMPORTANT: Sign both copies: 1) must be retained on file by the interviewer in a folder marked with the unique identifier of the participant and 2) give to the participant if s/he wishes.

5.6.3. Section 1: Demographic Information

1. What is your age? (Choose one category)

1. <18
2. 18-20
3. 21-24
4. 25+

2. What is your gender? (Choose one)

1. Male
2. Female
3. Other

3. Where do you stay? (The name of your residential area)

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4. What is your level of education? (Choose one)

1. High school or below
2. Some college/technical training
3. Bachelor's degree
4. Master's degree or higher

5. What is your occupation? (Choose one or more)

1. Employed
2. Unemployed
3. Student/Pupil
4. Retired

5.6.4. Section 2: Mental Health Services in Zambia

6. Are you aware of any mental health services available in Zambia? (Choose one)

1. Yes
2. No

6. What are these services?

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7. Have you or someone you know ever accessed mental health services in Zambia?

1. Yes
2. No

8. Where were these services accessed? (Choose one or more)

1. Hospitals
2. Clinics
3. Community centers
4. Online platforms

9. Are there any challenges faced in accessing mental health services? (Choose one)

1. Yes
2. No

10. What are these Challenges?

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11. How would you rate the quality of mental health services in Zambia? (Choose one)

1. Excellent
2. Good
3. Fair
4. Poor

12. How do you describe the accessibility of mental health services in Zambia?

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5.6.5. Section 3: Barriers to Access for Adolescents and Young People Living with HIV

13. What do you perceive as the main barriers for adolescents and young people living with HIV to access mental health services in Zambia? (Choose one or more)

1. Stigma
2. Lack of information
3. Financial constraints
4. Limited resources
5. Others (Specify)

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14. Are there any cultural or societal stigmas related to mental health that hinder access to mental Health services? (Choose one)

1. Yes

2. No

15. What specific challenges do adolescents and young people living with HIV face when seeking mental health support?

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16. What resources do you believe are lacking for adolescents and young people living with HIV in accessing mental health services? (Choose one or more)

1. Counseling services
2. Educational materials
3. Support groups
4. Helplines
5. Others,(Specify)

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5.6.6. Section 4: Mobile Application Technology in Mental Health Access

17. Are you aware of any mobile applications offering mental health support in Zambia? (Choose one)

1. Yes
2. No

18. What is the name of the application?

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19. What is your perception of utilizing mobile applications for mental health support? (Choose one)

1. Beneficial
2. Neutral
3. Not beneficial

20. What potential barriers do you foresee in the use of mobile applications for mental health support among adolescents and young people living with HIV? (Choose one or more)

1. Lack of internet access
2. Privacy concerns
3. Limited smartphone availability
4. Technological literacy

21. What features or strategies might encourage young people to use such applications? (Choose one or more)

1. User-friendly interface
2. Confidentiality assurance
3. Interactive content
4. Personalized support
5. Others (specify)

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22. How effective do you think mobile technological applications can be in improving access to mental health services among adolescents and young people living with HIV? (Choose one or write your answer)

1. Highly effective
2. Somewhat effective
3. Not effective
4. Own answer

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23. What features or functions would make a mental health mobile application more appealing to adolescents and young people living with HIV? (Choose one or more)

1. Gamified elements
2. Social interaction features
3. Educational content
4. Crisis intervention tools
5. Others (specify)

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24. How can mobile technology be integrated into existing mental health services for better support? (Choose one or more)

1. Online counseling sessions
2. Remote monitoring tools
3. Educational webinars
4. Support group forums

5. Others (specify)

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25. What kind of support or training would be necessary for successful utilization of these apps?
(Choose one or more)

1. User tutorials
2. Peer support networks
3. Technical assistance helplines
4. Mental health literacy programs
5. Others (specify)

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5.6.7. Section 7: Societal and Cultural Factors

26. How do cultural beliefs or norms affect attitudes towards seeking mental health support in Zambia? (Choose one)

1. Positively
2. Negatively
3. No significant impact
4. Others (specify)

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27. Are there specific cultural factors that impact the willingness of adolescents and young people living with HIV to access mental health services? (Choose one)

1. Yes
2. No

28. If you answered 'yes' to the preceding question, what are these factors
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29. What role does societal perception or peer influence play in the utilization of mental health services by adolescents and young people living with HIV?
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30. Are there adequate support networks available for adolescents and young people living with HIV seeking mental health assistance in Zambia? (Choose one)

1. Yes
2. No

31. What kind of support networks or resources do you think would be most beneficial for adolescents and young people living with HIV? (Choose one or more)

1. Peer support groups
2. School-based counseling
3. Online communities
4. Community outreach programs
5. Others (specify)

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32. Where do adolescents and young people living with HIV usually seek information regarding mental health issues? (Choose one or more)

1. Internet
2. Family/relatives
3. School/educators
4. Health professionals
5. Others (specify)

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33. What information sources would be most effective in reaching out to adolescents and young people living with HIV? (Choose one or more)

1. Social media campaigns
2. School presentations
3. Mobile apps
4. Community workshops
5. Others (specify)

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5.6.8. Section 8: Educational Institutions and Mental Health Awareness

34. Are educational institutions in Zambia actively involved in promoting mental health awareness among adolescents and young people living with HIV? (Choose one)

1. Yes
2. No

35. What improvements, if any, do you suggest for incorporating mental health education into school curriculums? (Choose one or more)

1. Specialized mental health classes
2. Teacher training programs
3. Guest speakers/mental health professionals
4. Counseling services within schools
5. Others (specify)

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36. How equipped do you think educators are in addressing mental health concerns among their students? (Choose one)

1. Well-equipped
2. Somewhat equipped
3. Not equipped

37. What support or training do educators need to effectively assist students facing mental health challenges? (Choose one or more)

1. Mental health workshops
2. Access to mental health resources
3. Training on recognizing mental health issues
4. Support from mental health professionals
5. Others (specify)

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5.6.9. Section 9: Technology Usage and Preferences

38. What technology do adolescents and young people living with HIV commonly use in Zambia, and for what purposes? (Choose one or more)

1. Smartphones (social media, communication)
2. Computers (research, education)
3. Tablets (entertainment, gaming)
4. Others (specify)

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39. Are there any preferences or trends regarding mobile applications among this demographic? (Choose one)

1. Yes
2. No

40. What barriers do adolescents and young people living with HIV face in utilizing technology for mental health support? (Choose one or more)

1. Limited access to devices
2. Limited internet connectivity
3. Lack of digital literacy
4. Privacy concerns

41. How can these barriers be mitigated or minimized? (Choose one or more)

1. Providing free/affordable devices

2. Improving internet infrastructure
3. Digital literacy programs
4. Ensuring robust privacy measures
5. Others (specify)

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5.6.10. Section 10: Ethical and Privacy Concerns

42. What ethical considerations need to be considered when providing mental health support via technology to adolescents and young people living with HIV in Zambia? (Choose one or more)

1. Confidentiality
2. Informed consent
3. Data security
4. Disclosure of Therapist qualifications
5. Others (specify)

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43. How can ethical challenges in technology-based mental health support be addressed? (Choose one or more)

1. Clear user agreements
2. Regular ethical audits
3. Enhanced encryption methods
4. Ongoing professional oversight
5. Others (specify)

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44. What concerns might young individuals have about their privacy when using mental health support apps? (Choose one or more)

1. Data sharing/selling
2. Hacking/Security breaches
3. Identity exposure
4. Unauthorized access to conversations
5. Others (specify)

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45. How can these applications ensure confidentiality and privacy of user information? (Choose one or more)

1. End-to-end encryption
2. Strict data access protocols
3. Regular security updates
4. User-controlled data management
5. Others (specify)

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5.6.11. Section 11: Future Expectations and Recommendations

46. What improvements or changes do you expect to see in mental health services for adolescents and young people living with HIV in Zambia in the future? (Choose one or more)

1. Increased accessibility

2. Enhanced quality of services
3. Greater community awareness
4. More tailored support options
5. Others (specify)

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37. What recommendations would you provide to enhance mental health support through technology? (Choose one or more)

1. User feedback integration
2. Collaborations with tech experts
3. Continuous application improvement
4. Diversified service offerings
5. Others (specify)

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38. Any other insights or suggestions you have regarding the integration of technology in mental health services for young individuals in Zambia

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5.7. Appendix 7: Focus Group Discussion Guide for ALHIV age 18-19

5.7.1. Introductory Information and Preamble

Hello!

My name is Carlos Muleya, a PHD Student at the University of Zambia. I am carrying out a study on access to Mental Health Services among Adolescents and Young People living with HIV in Lusaka and Shibuyunji district. I am reaching out to you as a respondent to my study because you have been randomly selected to participate in the study as an adolescent living with HIV to learn more about your experience with accessing mental health services in Lusaka and Shibuyunji districts. The discussion will involve other adolescents living with HIV in your community and we hope to get views of the adolescents collectively.

If you have any questions, please contact Carlos Muleya on +260979863766 or email muleyacarlos@gmail.com.

You can also contact the UNZABREC on Telephone No.+260-211-256067 or by e-mail on unzarec@unza.zm.

Confidentiality

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Landline: 0211 256 067
Other tel: 0955 155 633, 0955 155 634

Email: unzarec@zamtel.zm

Location: Ridgeway Campus, Nationalist Road, Lusaka, Zambia

Do you have any questions?

In case you have any additional questions about this study at any time, you may contact

PI: Carlos Muleya

Tel: +260979863766

Email: muleyacarlos@gmail.com

Address: UNZA, School of Public Health, Department of Population Studies & Global Health, Lusaka, Zambia

If you feel sad or upset because of something that happened in this discussion and would like to talk with someone trained in counseling, please contact the principal investigator.

If you have questions, concerns, complaints, or believe you have been harmed through participation in this study because of researcher negligence, you can contact members of the IRB to ask questions, discuss problems or concerns, obtain information, or offer input about your rights as a research participant. The contact information is below:

Contact List

1. Carlos Muleya

Principal Investigator

University of Zambia

Ridgeway Campus

School of Public Health

Department of Population Studies & Global Health

P.O. Box 50110

Lusaka, Zambia

2. The Chairperson

University of Zambia Biomedical Research Ethics Committee
Ridgeway Campus
P.O. Box 50110
Lusaka, Zambia
E-mail: unzarec@unza.zm

3. Director,
Directorate of Research and Graduate Studies
University of Zambia
P O Box 32379
LUSAKA

5.7.2. Consent

You must tell us if you wish to take part in this study.

Focus Group Discussion Consent Form

This form has been read to me and the study has been explained to me by _____
[insert researcher's name]. I understand that I am being asked to take part in a study that is trying to understand the Mental Health accessibility in Lusaka and Shibuyunji among adolescents and young people living with HIV. I understand and agree to take part in a focus Group Discussion with my peers as part of this study.

A copy of this form will be provided to me so that I can read the information later if I want to, contact someone about the study or about me being in the study if I need to, or just to keep for my records.

My questions and/or concerns have been answered to my satisfaction. I am taking part in this study because I want to take part in the study. I understand that I can decide not to take part at any time during the discussion and that will not affect me in any way, nor will that affect any benefits I receive anywhere. I understand that the research team will not share the information shared during this discussion with anyone who is not part of the research team. I also understand that I must do my part and not share anything I say during this discussion with anyone, and I will keep the

information shared by my peers in the group confidential (will not share about anything said by any one in the focus group discussion by anyone with any one outside the focus group discussion).

Do you have any questions for me now?

☐ No

☐ Yes; (Researcher answer questions)

Do you agree to take part in the study?

☐ No.
END

☐ Yes (Proceed to interview)

I confirm that I have read the above form/ that it was read to me.

Name of Participant (Printed)_____

Signature of Participant: _____

Date: _____

Name of Researcher: _____

Participant's Signature: _____

Date: _____

IMPORTANT: Sign both copies: 1) must be retained on file by the interviewer in a folder marked with the unique identifier of the participant and 2) give to the participant if s/he wishes.

5.7.3. Section 1: Demographic Information

1. Capture demographic data for all participants on the separate sheet shared (age, gender, place of residence, level of education, and occupation)

5.7.4. Section 2: Mental Health Services in Zambia

2. Describe the mental health services available in your community

3. Discuss access of these services in your community

4. Describe any challenges in accessing mental health services

5.7.6. Section 4: Mobile Application Technology in Mental Health Access

3. Describe any mobile applications you have used or head of in accessing mental health services

6. Describe how easy the applications noted have enhanced access to mental health services in your area.

7. Describe any challenges anticipated in using the mobile application to enhance access to mental health services in your area.

8. Discuss the features that would help in enhancing the mobile application in improving access to mental health services

5.8. Appendix 8: Focus Group Discussion Guide for ALHIV age 20-24

5.8.1. Introductory Information and Preamble

Hello!

My name is Carlos Muleya, a PHD Student at the University of Zambia. I am carrying out a study on access to Mental Health Services among Adolescents and Young People living with HIV in Lusaka and Shibuyunji district. I am reaching out to you as a respondent to my study because you have been randomly selected to participate in the study as an adolescent living with HIV to learn more about your experience with accessing mental health services in Lusaka and Shibuyunji districts. The discussion will involve other adolescents living with HIV in your community and we hope to get views of the adolescents collectively.

If you have any questions, please contact Carlos Muleya on +260979863766 or email muleyacarlos@gmail.com.

You can also contact the UNZABREC on Telephone No.+260-211-256067 or by e-mail on unzarec@unza.zm.

Confidentiality

We will not ask you for your telephone number or any contact information. We will not share your personal information with other people in this study. We will keep all the personal information you share secret. We will not use any names in our notes or in any reports or presentations about this study to make sure that no one else can tell who provided these responses. We will use the signed consent forms only for this research. We will keep all the information in a locked cabinet. We ask that the participants of this study keep the information shared during survey private.

Possible Risks

The survey questions will be discussed with the member of the research team. It is also possible that someone who walks by us will hear parts of our conversation. If someone comes close, we will stop talking until they are no longer within earshot. Please let me know if you would like to sit somewhere else other than here. It is also possible that some questions may embarrass you or may make you feel uncomfortable. You do not have to answer any question you do not want to and may stop participating in the discussion at any time. If you have any questions or concerns about any of the questions we ask, please let us know. If you feel sad or upset because of something that happened during the discussion and would like to talk with someone trained in counseling, please see the contact information provided in the resource list included in this consent process.

Benefits of the Study

Although you will not gain anything directly from participating in this survey, the information, and suggestions you provide will be used to make the access to mental health services for adolescents and young people living with HIV better. We hope the results of this study will help the wellbeing of adolescents and young people living with HIV in Zambia.

Alternatives to Participation

This is not a treatment or intervention study. Your alternative is to not participate in this research study. If you choose not to take part, you will not lose any benefits you currently have.

If you do not wish to participate in this study, your position or relationship with your organization will not be threatened.

Costs

It will not cost you anything to take part in this study.

Compensation

You will be compensated with 100 Kwacha for any study related expenses.

Voluntary Participation/Right to Withdraw from Study

Your participation is voluntary. You do not have to take part in this research. If at any point during the discussion, you do not want to continue, you are free to do so without giving any reason. You will not have any problems if you decide not to take part or if you do not want to continue the discussion at any time. Your role in society will not be impacted in any way if you choose not to participate in this study or if you do not want to continue at any point.

Questions or Concerns and Contact Information

Do you have questions about your rights as a research participant, or would like to talk with someone who is not a member of the research team about any questions, concerns or complaints about the research process?

IRB: UNZA Biomedical Research Ethics Committee Chairperson
Landline: 0211 256 067
Other tel: 0955 155 633, 0955 155 634
Email: unzarec@zamtel.zm
Location: Ridgeway Campus, Nationalist Road, Lusaka, Zambia

Do you have any questions?

In case you have any additional questions about this study at any time, you may contact

PI: Carlos Muleya
Tel: +260979863766
Email: muleyacarlos@gmail.com
Address: UNZA, School of Public Health, Department of Population Studies & Global Health, Lusaka, Zambia

If you feel sad or upset because of something that happened in this discussion and would like to talk with someone trained in counseling, please contact the principal investigator.

If you have questions, concerns, complaints, or believe you have been harmed through participation in this study because of researcher negligence, you can contact members of the IRB to ask questions, discuss problems or concerns, obtain information, or offer input about your rights as a research participant. The contact information is below:

Contact List

1. Carlos Muleya

Principal Investigator

University of Zambia

Ridgeway Campus

School of Public Health

Department of Population Studies & Global Health

P.O. Box 50110

Lusaka, Zambia

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P O Box 32379

LUSAKA

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A copy of this form will be provided to me so that I can read the information later if I want to, contact someone about the study or about me being in the study if I need to, or just to keep for my records.

My questions and/or concerns have been answered to my satisfaction. I am taking part in this study because I want to take part in the study. I understand that I can decide not to take part at any time during the discussion and that will not affect me in any way, nor will that affect any benefits I receive anywhere. I understand that the research team will not share the information shared during this discussion with anyone who is not part of the research team. I also understand that I must do my part and not share anything I say during this discussion with anyone and I will keep the information shared by my peers in the group confidential (will not share about anything said by any one in the focus group discussion by anyone with any one outside the focus group discussion).

Do you have any questions for me now?

☐ No

☐ Yes; (Researcher answer questions)

Do you agree to take part in the study?

☐ No.
END

☐ Yes (Proceed to interview)

I confirm that I have read the above form/ that it was read to me.

Name of Participant (Printed)_____

Signature of Participant: _____

Date:_____

Name of Researcher: _____

Participant's Signature: _____

Date: _____

IMPORTANT: Sign both copies: 1) must be retained on file by the interviewer in a folder marked with the unique identifier of the participant and 2) give to the participant if s/he wishes.

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3. Discuss access of these services in your community

4. Describe any challenges in accessing mental health services

5.8.6. Section 4: Mobile Application Technology in Mental Health Access

4. Describe any mobile applications you have used or head of in accessing mental health services

6. Describe how easy the applications noted have enhanced access to mental health services in your area.

7. Describe any challenges anticipated in using the mobile application to enhance access to mental health services in your area.

8. Discuss the features that would help in enhancing the mobile application in improving access to mental health services

5.8.7. Section 7: Societal and Cultural Factors

9. Describe how cultural beliefs or norms affect attitudes towards seeking mental health support in in your area

5.8.8. Section 8: Technology Usage and Preferences

5. Discuss the commonly used mobile technology application and how they can enhance mental health access in your area

5.8.9. Section 9: Ethical and Privacy Concerns

10. Discuss any ethical concerns with accessing mental health services using a mobile application

5.8.10. Section 11: Future Expectations and Recommendations

11. Discuss any recommendations on how the mobile application can be designed to enhance access to mental health services
