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Development and preliminary testing of a culturally competent behaviour change intervention framework to enhance utilisation of sexual and reproductive health services among migrant adolescents in Ghana

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Objectives:

This study aimed to develop and preliminarily test a culturally competent behaviour change intervention framework to enhance the utilisation of sexual and reproductive health services among migrant adolescents in Ghana.

Methods:

The study used multiple research approaches, guided by the COM-B model and Campinha-Bacote's model. It engaged healthcare providers, migrant adolescents in the Greater Accra Region. Phase 1 explore problematic behaviours in health-seeking among (10) migrant adolescents and cultural competence delivery among (8) HCPs. Phase 2, a Delphi study with (10) experts to validate selected BCTs to assess feasibility, acceptability, effectiveness, risk of harm and implementation strategies. Phase 3 involved preliminary testing of the cultural acceptability and feasibility of the intervention.

Results:

Phase 1, revealed key behavioural barriers, including mistrust and communication challenges among migrant adolescents, and poor cultural competence among HCPs. To address these, relevant behaviour change techniques (BCTs) were identified, such as instruction on how to perform the behaviour, removing aversive stimuli etc. In Phase 2, experts validated these BCTs as feasible, acceptable, effective, and low-risk for both HCPs and adolescents. Phase 3 involved testing the cultural acceptability and feasibility of the strategies, with feedback highlighting the need to address contextual factors like traditional communication methods and HCP training. These insights were integrated into the final framework.

Conclusion:

The behaviour change-informed framework served not only as a conceptual model of the mechanisms of behaviour change but a practical guide for implementing strategies to enhance ASRHs use among migrant adolescents, pending future testing.