



Co-developing a combined mental health promotion and sexual violence risk reduction intervention for lesbian, bisexual, and queer (LBQ) womxn students in South Africa

Authors: Carrie Brooke-Sumner*, Mercilene Machisa*, Ntlotleng Mabena, Kristin Dunkle, Yandisa Sikweyiya, Rachel Jewkes, Sinegugu Duma, Nelisiwe Khuzwayo, Managa Pillay, Esnat Chirwa, Pinky Mahlangu

INTRODUCTION	METHODOLOGY cont'd	RESULTS cont'd
<ul style="list-style-type: none"> Intervention co-development – priority for acceptable evidence-based programming Participatory decolonial approaches power sharing between researchers and co-developers. 	<p>Step 4 & 5 Co-development</p> <ul style="list-style-type: none"> 8 LBQs - one-day workshop to develop theory of change. Further co-development workshops over 7 days - generate session content. Group norms, role and process clarification and ensuring psychological safety. <p>Co-development workshops</p> <ul style="list-style-type: none"> Group engagement Explanation of process and roles Theory of Change - recapping problem & risk factors Co-developer suggestions for intervention Session exercise building, trial run, review, input of draft exercise 	 <p>12 sessions Each runs 3.5hours Peer & Co-facilitated <i>Brainstorming</i> <i>Individual Reflection</i> <i>Working in pairs and small groups</i> <i>Big group discussion</i> <i>Games and energizing activities</i></p>
<p>AIM</p> <ul style="list-style-type: none"> To adapt Ntombi Vimbela!, a promising sexual violence risk reduction intervention, to strengthen mental health promotion and tailor for use with LBQ students. 	<p>RESULTS</p>	<p>REFLECTIONS ON CO-DEVELOPMENT</p>
<p>METHODOLOGY</p> <p>6SQUID process</p> <ol style="list-style-type: none"> Generate intervention priorities: NV! pilot feedback, scoping review, engagement with Campus Community Advisory Boards & Co-investigators Data -3 FGDs focused on IPV + 3 FGDs focused on mental health, 58 LBQ womxn students Producing knowledge – Thematic analysis & member checking Developing theory of change (PIs, Co-Is & 8 LBQ Student co-developers) Intervention co-development process Operational research on co-developed programme - ongoing 	<ul style="list-style-type: none"> New session: promoting self-acceptance, coping skills, addressing minority stress, internalized homophobia New session: LBQ IPV perpetration and addressing conflict resolution and emotional regulation. <p>Adaptations to all sessions:</p> <ul style="list-style-type: none"> Reinforcing group problem-solving; Promoting mental health help-seeking LBQ-appropriate scenarios for group and pair activities; Enhancing awareness of LGBTQI communities Facilitator guidance to detect and attend to participant distress 	<p>Essential ingredients for success:</p> <ul style="list-style-type: none"> Achieving co-developer solidarity, familiarization with the process, Acclimatizing with power sharing Investing time in group formation to allow the emergence of a strong group voice, building trust, validating co-developers' role