

# Digital Health Solutions for Black Adolescent Girls: Improving Access to Accurate Sexual and Reproductive Health Information

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### Research Question

What are adolescent girls’ experience in obtaining SRH information from caregivers and how researchers, healthcare providers, and youth workers can supplement SRH information?

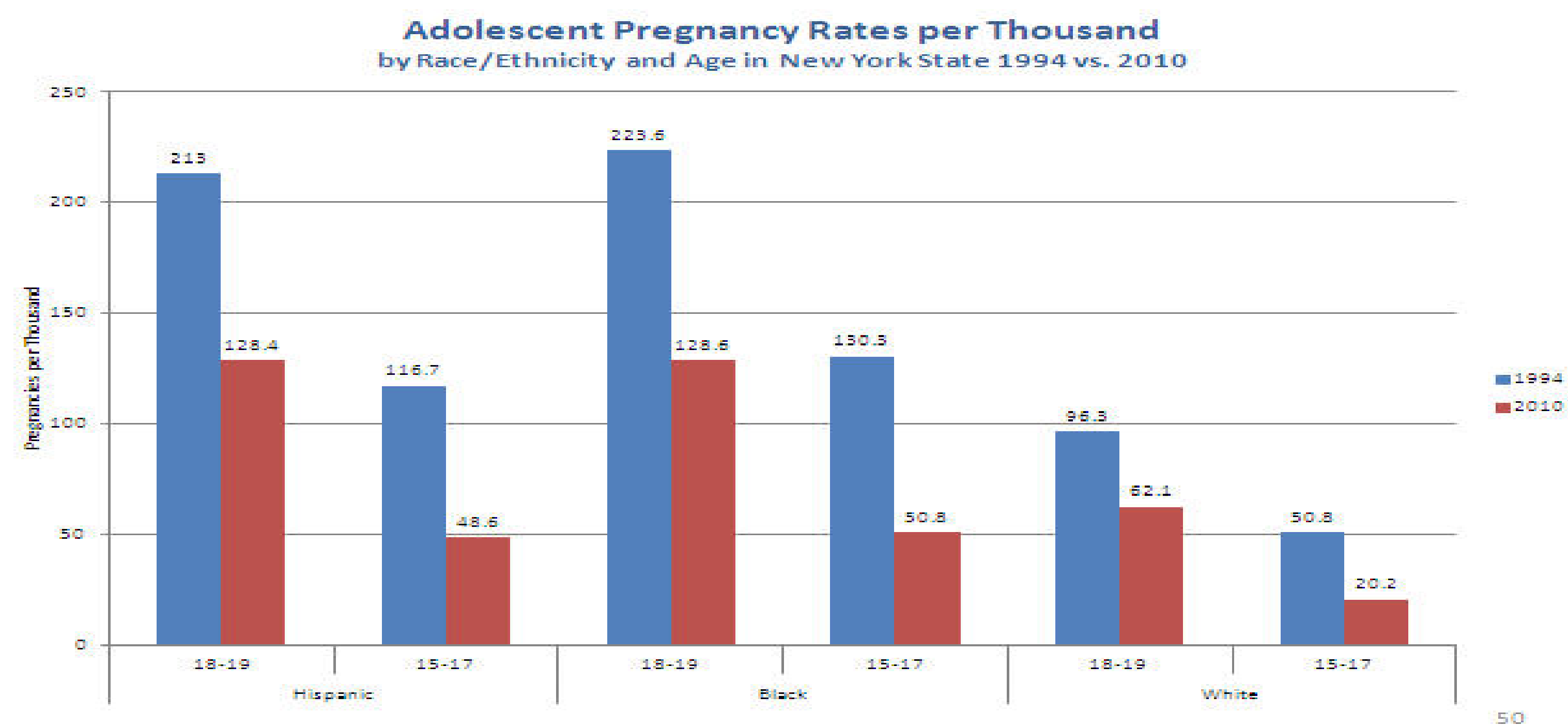
### Purpose

This study was conducted to evaluate

- adolescent girls' sources of sexual and reproductive health information (SRH)
- perspectives on digital health interventions for their SRH needs.
- how culturally sensitive digital applications can improve SRH outcomes.

### Introduction

- Black adolescent girls continue to experience sexual and reproductive health (SRH) disparities, leading to disproportionate rates of unintended pregnancies and sexually transmitted infections.
- Adolescents struggle with accessing information about SRH and rely on the internet for information
- Previous studies show digital intervention can prevent adverse health outcomes, indicating a need for culturally sensitive digital health interventions to promote adolescents’ SRH.



Reference available upon request

### Procedure/Methods

- This study used a convergent mixed methods parallel design to explore how 35 Black female adolescents aged 18-23 obtain SRH information from caregivers and how professionals can supplement it.
- Quantitative surveys assessed SRH knowledge, self-efficacy, and communication behaviors,
- qualitative focus groups explored participants’ experiences with caregiver-provided SRH information and barriers to access.
- both data types were analyzed and integrated to develop a comprehensive understanding of SRH access challenges (Creswell & Plano Clark, 2011).

### Results

Sources of SRH Information	Challenges to obtain SRH information	App Approval	App Disapproval
Internet	Religious Beliefs	Accessible	Legality of Period trackers
- "Although, realistically, for myself, I had unlimited Internet access as a kid, . But because I did, I learned everything. " Said by Jaz	- "We're Pentecostal Christian...So it was never a conversation brought up in my house at all. " said Abby	"I think overall it's a really good app. It's easy to navigate, and it has the main points. So, like, basic information, resources, a question, portion." – Lily	- "maybe a warning label or the disclaimer for users. I feel like if that's not possible, then it probably shouldn't be on the app for right now because of everything happening. " – Ava
Digital media		Detailed learning modules	Potential fee for the app

### Implications

Understanding adolescent girls’ perspectives and preexisting knowledge of SRH provides a basis for providers to address deficits and misinformation in clinical practice. Promoting open communication pertaining to menstruation, sexual activity, contraception, and other frequently stigmatized SRH topics via an accessible digital application may allow for the minimization of disparities and adverse outcomes that result from knowledge gaps.

