

Research on mHealth Interventions for improving Sexual and Reproductive Health

Prof. Walter Jaoko is one of the investigators in the WHISPER (Women's Health Intervention Using SMS to Prevent Pregnancy) or SHOUT (SMS Intervention to improve nutritional Health OUTcomes) study which will assess the effectiveness of two mobile phone-based health promotion interventions to reduce incidence of unintended pregnancy, and the prevalence of anaemia respectively, in a study population in Mombasa, Kenya.

This is a collaboration between the University of Ghent through its International Centre for Reproductive Health (ICRH) in Kenya and the Burnet Institute in Australia, along with collaborating investigators from other institutions. A validation study called Eynaemia, which tests a novel technology for diagnosing anaemia, will be nested in the study, with a separate consent process for interested participants.

If shown to be effective in this trial, mHealth interventions could be incorporated into broader SRH and/or nutrition strategies for FSWs in Africa and elsewhere, and have the potential to be scaled up for use with other women at a population level at low cost. The training of the study team recently took place in Mombasa.



Use of Eynaemia, a novel test for diagnosis of anemia, is being demonstrated to a research team in Mombasa