

Mobile phone App for Adolescents and Youth in Nepal

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Project Overview

- Creation of an **Android mobile App**
- Attractive, Attention grabbing and has very Informative contents
- App name is “**Mero Lagi**” meaning “**For Me**” in Nepali
- App will educate Adolescent and Youth on Sexual and Reproductive Health




Life


Saving

Commodities


Improving access,
saving lives



Know Yourself




Relationships




Contraceptives



HIV/AIDS and other STIs



Quiz



Myth or Fact



आफुलाई चिन्नु होस्



सम्बन्धहरु



गर्भ निरोधक उपायहरु



एच. आई. भी र अन्य यौन रोगहरु



हाजिर जवाफ



ठिक वा बेठिक

Use of I-Kit Resource

- I-Kit helped in organizing the project
- Focused on increasing demand for priority commodities on reproductive health
- Include information on access and use of three out of thirteen life saving commodities
 - i. Female condoms
 - ii. Emergency contraceptive pills
 - ii. Contraceptive implants
- Very useful for content development with following suggestion
 - Involving young people in all key activities
 - Involving people from diversified background
 - Content sensitive to local culture



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Key Activities

1. Research

- Literature Review
- Focus Group Discussion

2. Content Development and App Design

- Consultation with experts inside and outside the organisation



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Key Activities

3. App Development

- Continuous Revision on Design of the app

4. Pre-testing with user group

- The prototype pre-tested to get feedback on likability, design, content, navigability, potential of recommending to friends



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Key Activities

5. Addition of a section and App Release

- Addition of interactive section after suggestion from pre-testing group
- Release of App in google play



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Project Highlights

(Findings)

- Literature Review :
 - use of smart phones and mobile applications is on rise worldwide but the intervention study is still limited.
 - Most literature was on **text message** intervention
 - Suggested **positive SRH** related behaviour



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Project Highlights

(Findings)

- Focus Group Discussions :
 - Most adolescent own smart phones (mostly android)
 - Like exploring new apps
 - Knowledge on SRH was limited
 - Suggested for an Interactive App that could answer their queries



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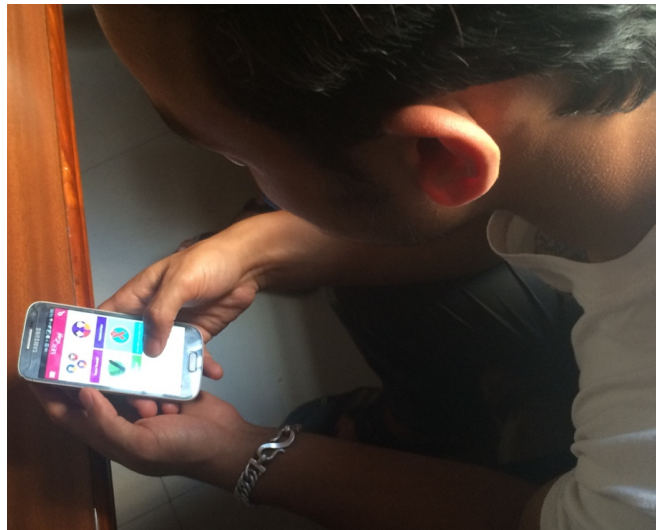
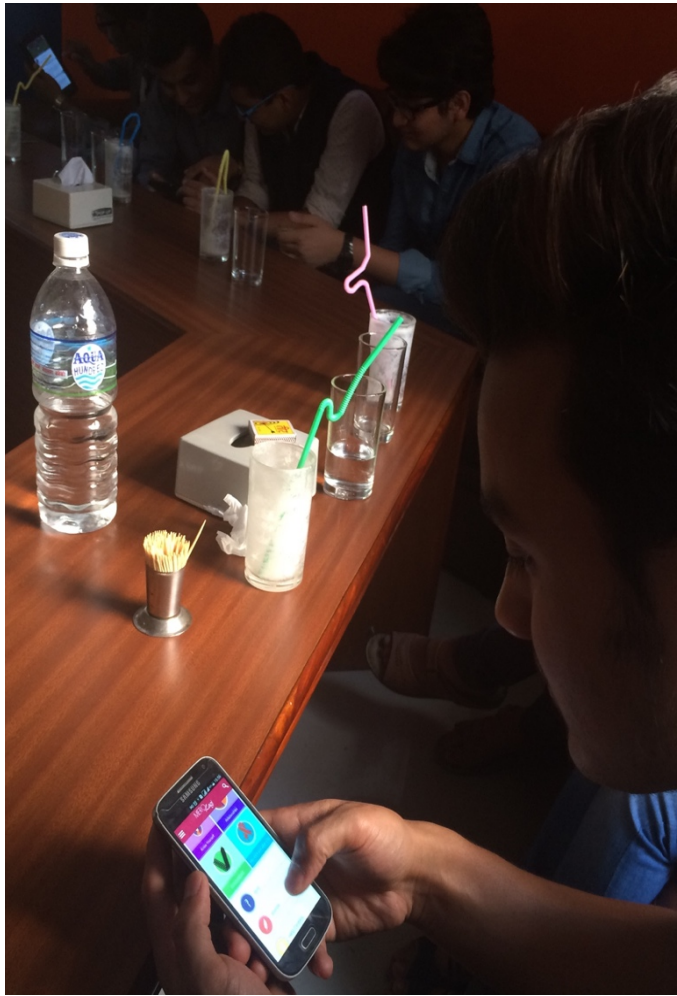
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Project Highlights (Findings)

- Pre-testing:
 - Liked the name, contents, design and user interface
 - Asked for a section where they can ask questions to an expert





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Mero Page

Saved

Ask Question

What is a female condom?



It is a condom usually made of polyurethane, to be used by females. It acts as barrier during sexual intercourse and prevents exchange of body fluids including semen. Female condom is inserted inside the vagina and it covers vagina and cervix. ...



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Is HIV treatable?



HIV infection is not treatable. But there are a group of drugs called anti-retroviral drugs (ARV) that helps to slow down the replication of HIV virus in the body. Someone infected with HIV must take ARV everyday throughout their life time. ...



MEROPANI

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Relationships with elders



Adolescence is a complicated time for all of us. The relationships with your parents and elders might seem more complicated. You might not like everything they tell you. Sometimes they might treat you like a child, when you feel like an adult. Other times, they might treat you like an adult...



Mero Page

Saved

Ask Question

Ask your Question

Type your question related to sexual health in the box below and give us your email id. As soon as our experts answer your question, we will send it in your email. The question will also be updated in Mero Page.

Type your question...

Type your email...

Submit

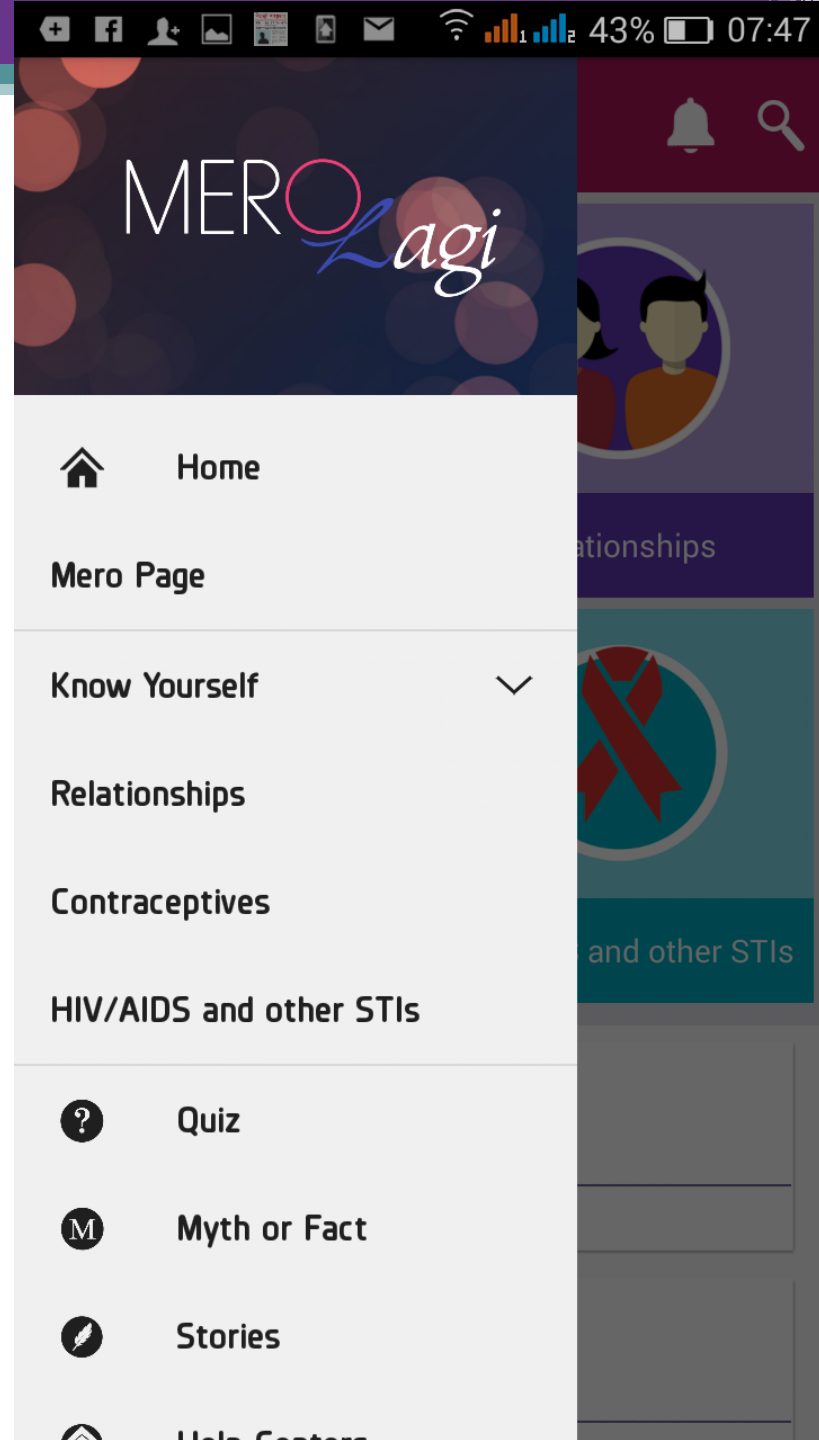
Project Highlights (Results)

- Development of App “Mero Lagi”
 - Continuous work with app developers was done regarding design and presentation



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Video

Please contact Anuroop (his contact information is at the end of this presentation) or view the recorded webinar in order to watch the video of the app.



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Project Highlights

(Key findings, results or recommendations)

Recommendation

- Use I-Kit
- Consult continuously with user groups
- Review and revise continuously



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