

GloCal Health Fellowship Career Development Webinar Series

Philip J Smith PhD.

Senior Scientist, Desmond Tutu Health Foundation

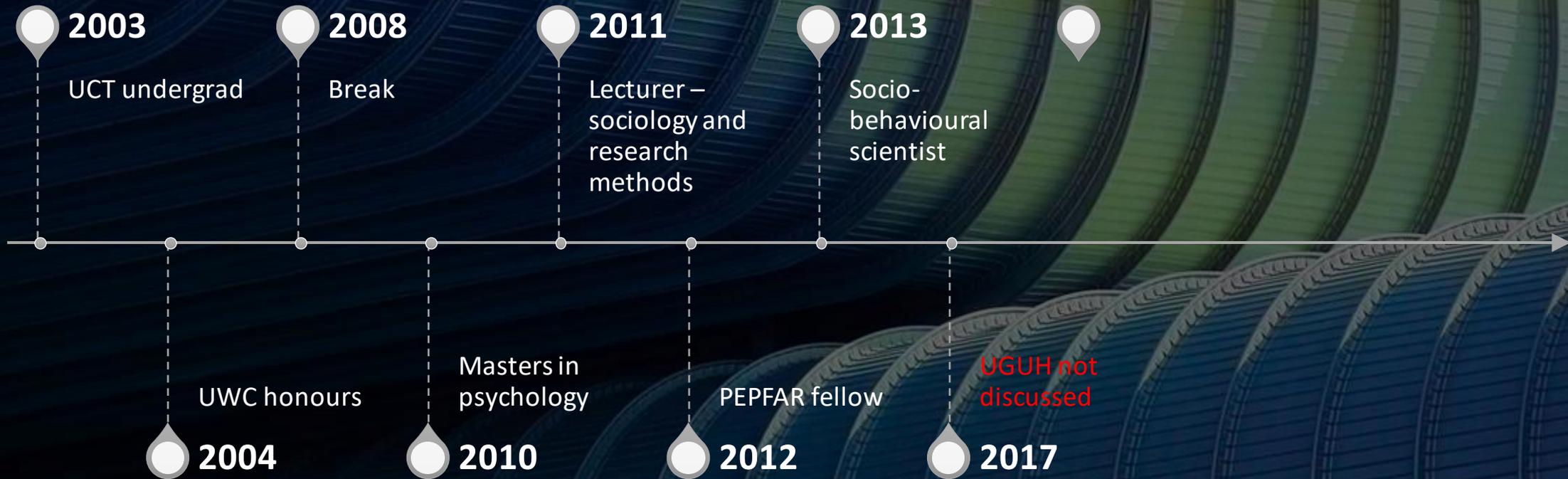
Senior Lecturer, University of Cape Town, Department of Medicine



Career timeline

Education

Timeline



University of Cape Town (2003)



Broad understanding of psychology



Psychodynamic, social, cognitive
psychology

University of Western Cape (2004)

- UWC was a base for anti-apartheid icons
- Emphasis on research and community-based psychology
- Why do people do what they do when they do it?
- Thesis: Othering HIV on group based identity – race, religion, sex, age

How it happened.

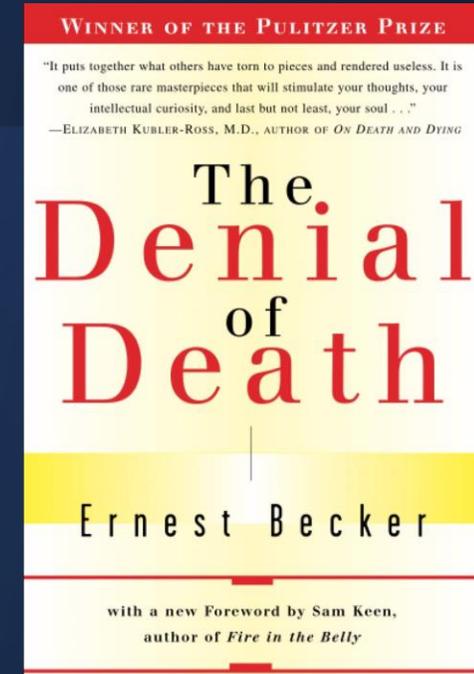
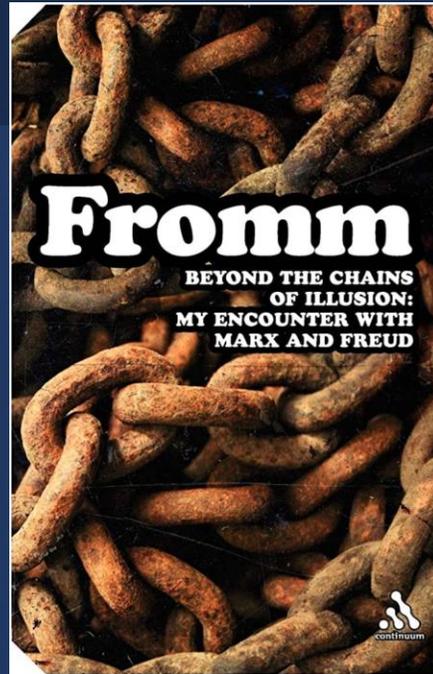
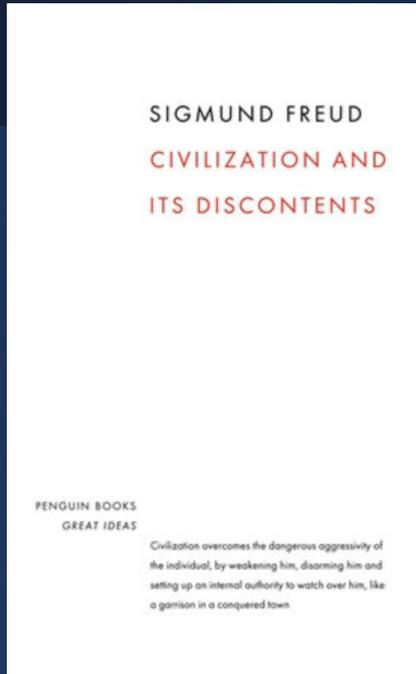
Bush College (So They

In 1959, Parliament passed legislation establishing the University College of the Western Cape as a constituent college of the University of South Africa for people classified as "Coloured". One year later, in 1960, UWCW opened its doors, offering limited training to students for lower secondary schools, the civil service and other institutions - exclusively in Cape Town. In that first year, the student body was only 166 strong, and the teaching staff numbered only 10, all white, except for the philosopher/writer/activist Albert Aschmann. But in institutions like UWC, apartheid government laid the seeds of its own demise.



“A few years ago I graduated from UKWK, then a “Bush college” designated for coloureds - even one with average marks, like myself,” recalled UWC alumna (and one of the most significant authors of late-apartheid and post-apartheid South Africa), Prof Zoë Wicomb, while receiving an Honorary doctorate from her alma mater. “There was a stigma attached to the Bush - and justifiably so. “But the apartheid university policy consumed itself from within, and produced a generation of students who, gathered together, we questioned the silence of our parents, cowed by draconian laws. But we could speak to each other about the racial inferior-superior opposition that apartheid fostered. Thus education asserted itself after all: The students themselves against the vision of apartheid.”

Influential works



University of Cape Town: Masters (2010)

Psychoanalytic theory – drive towards continued survival in the service of reproduction

Experimental social psychology

Thinking about personal mortality (versus a control group who thought about dental pain) significantly increased vulnerability denial through othering HIV

Information presentation matters: motivation vs psychological defence

Design messaging around drives and desires

University of Cape Town: PhD (2019)



THREATENING PEOPLE HAS
LIMITATIONS



DESIGN AROUND DESIRE



BEHAVIORAL ECONOMICS CAN
INCREASE HEALTH BEHAVIOR



DRINK
LESS

QUIT
SMOKING

JOIN
GYM

LOSE
WEIGHT

GET
FIT

FIND
NEW JOB

PAY
OF
DEBTS

SAVE
MONEY

HELP
OTHERS

FIND
LOVE

TAKE
A TRIP

ENJOY
LIFE

- We often know what's good for us



...but may have difficulty sticking to our decisions



overeating

A close-up photograph showing a hand pouring a clear liquid from a bottle into a glass. The bottle is tilted, and the liquid is captured mid-pour, creating a dynamic splash in the glass. The background is dark and out of focus, emphasizing the action of pouring. The text 'alcohol abuse' is overlaid in white, centered on the image.

alcohol abuse



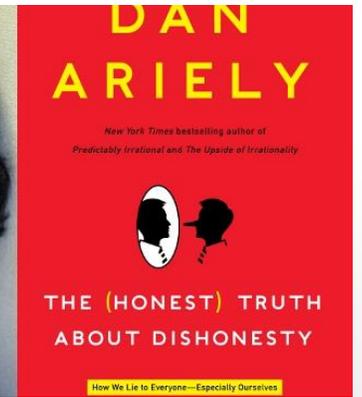
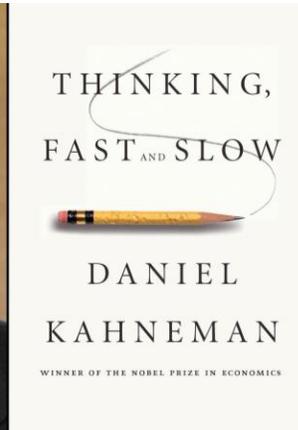
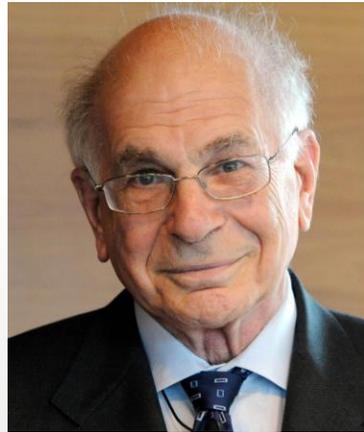
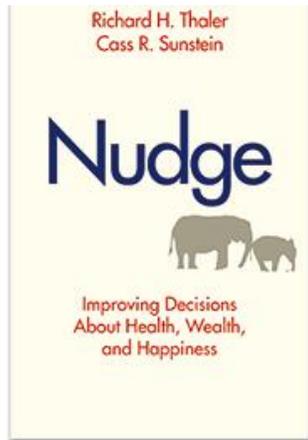
sedentary behavior

A black and white photograph of a hand holding a lit cigarette. The cigarette is held in the lower right corner, with a glowing tip and a small amount of ash. A large, billowing plume of white smoke rises from the cigarette, filling most of the frame against a solid black background. The smoke has a wispy, ethereal quality. In the center of the image, the word "smoking" is written in a clean, white, sans-serif font.

smoking

- We often know what is good for us
- But we often have difficulty sticking to decisions
- Behavioral economics can explain why motivation often does not translate into action





University of Cape Town: PhD



Ask young people
what they want and
pilot test?



Friendly



Convenient



Health, wellness,
flourishing



Increase uptake
among young people

University of
Cape Town:
PhD



GloCal: Post-doctoral training



Background



[Int J MCH AIDS](#). 2015; 3(1): 53–62.

PMCID: PMC4948171

PMID: [27621986](#)

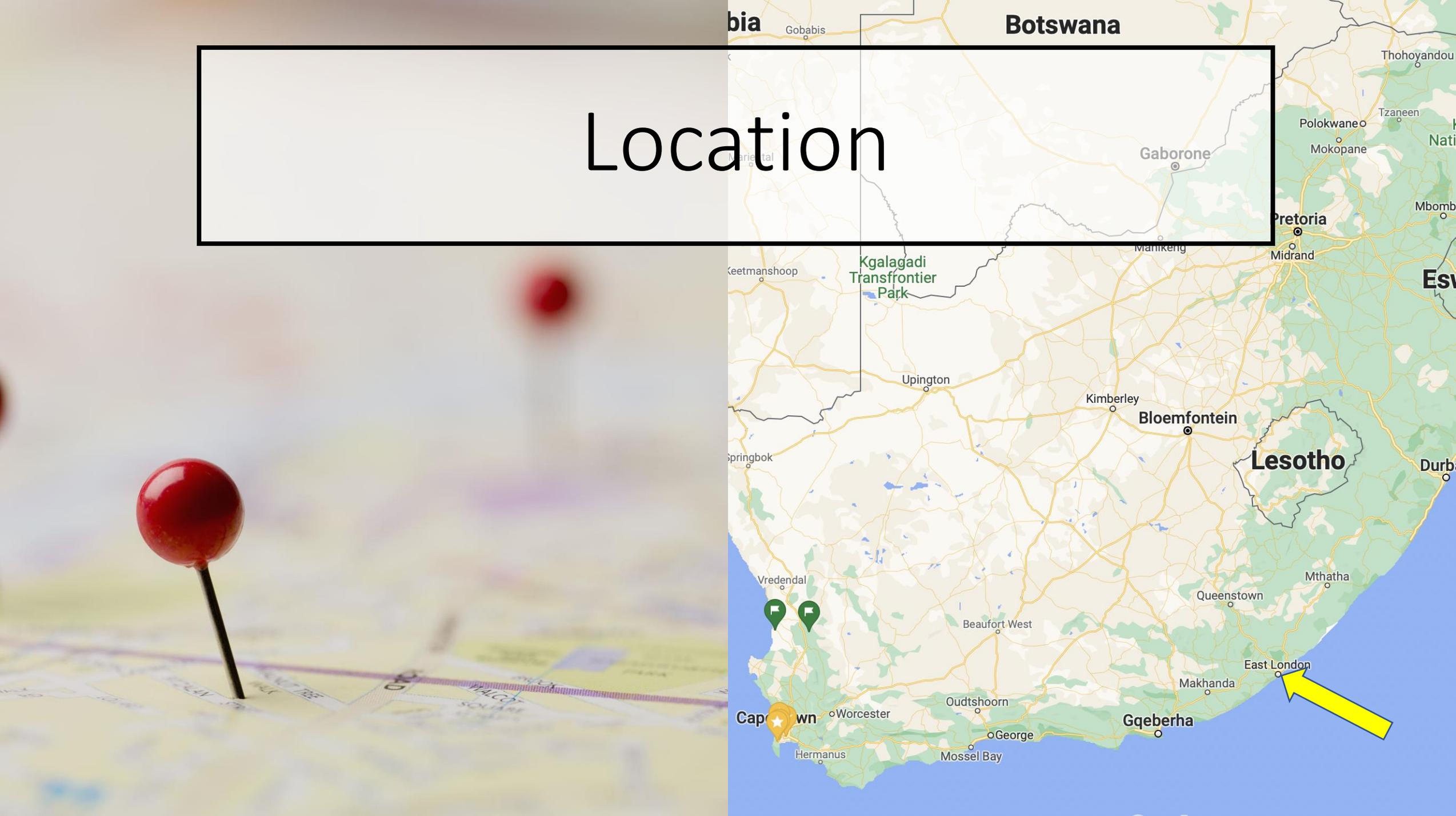
Global Inequalities in Youth Mortality, 2007-2012

[Gopal K. Singh](#), PhD,^{1,*} [Anagha Lokhande](#),² and [Romuladus E. Azuine](#), DrPH, RN¹

- Men and mortality in SA
 - YM in South Africa have the highest rates of premature mortality worldwide
 - Young men 15-34 years old at high risk for HIV
 - HIV 2nd leading cause of death for young men
- Men and HIV
 - less likely to know their HIV status (78% vs 89%)
 - less likely to be on antiretroviral treatment (68% vs 72%)
 - less likely to be virally suppressed (82% vs 90%)
 - less likely to survive on treatment



Location



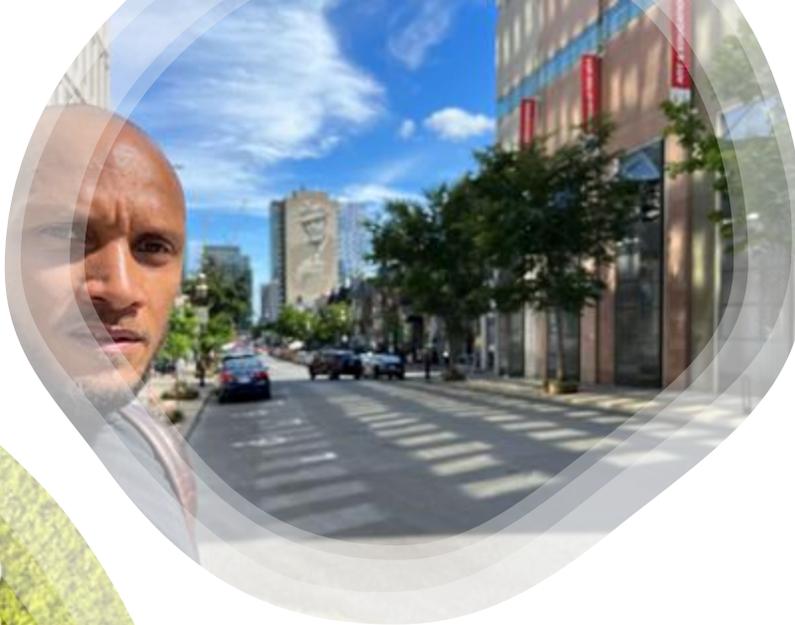
Post-doctoral research & training

- What motivated men to start PrEP? A cross-section of men starting PrEP in Buffalo City Municipality, South Africa
- Qualitative research methods training
- Network individual resource model
 - Tangible resources
 - Mental resources





Palais des congrès de Montréal



...status (70% vs 93-94%),
...vention services. To achieve
...in high disease burden settings,
...ive interventions to improve the
...sting and retention in HIV care,
...and prevention services must also
...cis-gendered, heterosexual men.
...ately, there is limited understanding of
...men's needs and wants, especially with
...to the uptake of pre-exposure prophylaxis
...).

Methods
...ult men accessing HIV testing at a community-
...sed testing site outside Buffalo City, Eastern
...pe, and who received a negative HIV test
...ult, were offered same-day PrEP initiation, and
...nsented to participate in a study investigating
...PrEP uptake, adherence, and HIV prevention
...eds. A trained research assistant interviewed
...participants. Interview guides were developed
...ving the Network-Individual-Resources model.
...e interview explored men's perceived HIV
...quisition risk, prevention needs, and
...ferences for PrEP uptake. Interviews were
...o-recorded, transcribed, double-coded by two
...rchers, and analyzed using a constant
...omparison approach.

Results
...Twenty-two men (mean age=28 years) were
...enrolled and interviewed. Men reported elevated
...HIV acquisition risk associated with alcohol use,
...condom-less sex with multiple partners, and
...enthusiasm to initiate PrEP due to their perceived
...elevated risk for HIV. Men anticipated receiving
...social support from family members, main sexual
...partner, and close friends for PrEP use. Other men
...were important sources of support for starting
...PrEP. Nearly all men expressed positive views
...generally of people using PrEP. However,
...participants believed that HIV testing would be a
...barrier to PrEP initiation for other men. Men
...highlighted the need for convenient, rapid,
...community-based, non-conventional clinic PrEP
...initiation and support.

Motivation to initiate PrEP: HIV acquisition risk associated with alcohol use, condom-less sex with multiple partners
...years ("I would say it is very high [HIV risk], because they like alcohol, and we as men have this tendency, we are drunk, we like
...have sex. So, others take that advantage that they are drunk now, so we must have sex. So, that is the reason I say the rate of HIV is
...the influence, because everything they do they are not in their right minds because of alcohol, so they do whatever they want to do.")

"When we are drunk, we are men that just do thing without considerations. Too much because the minute you have alcohol you
...up saying that my partner is not here and I can do this, no one is going to see me, do you understand? So that is when we end up
..."

Men are hearing about PrEP from others
...e a female friend who told me about PrEP, but I didn't take her seriously because I thought it was used by girls only.
...he mention, my girlfriend, she once told me about PrEP but she told me about its side effects, how she felt when she
...felt like she was going to vomit and dizzy."

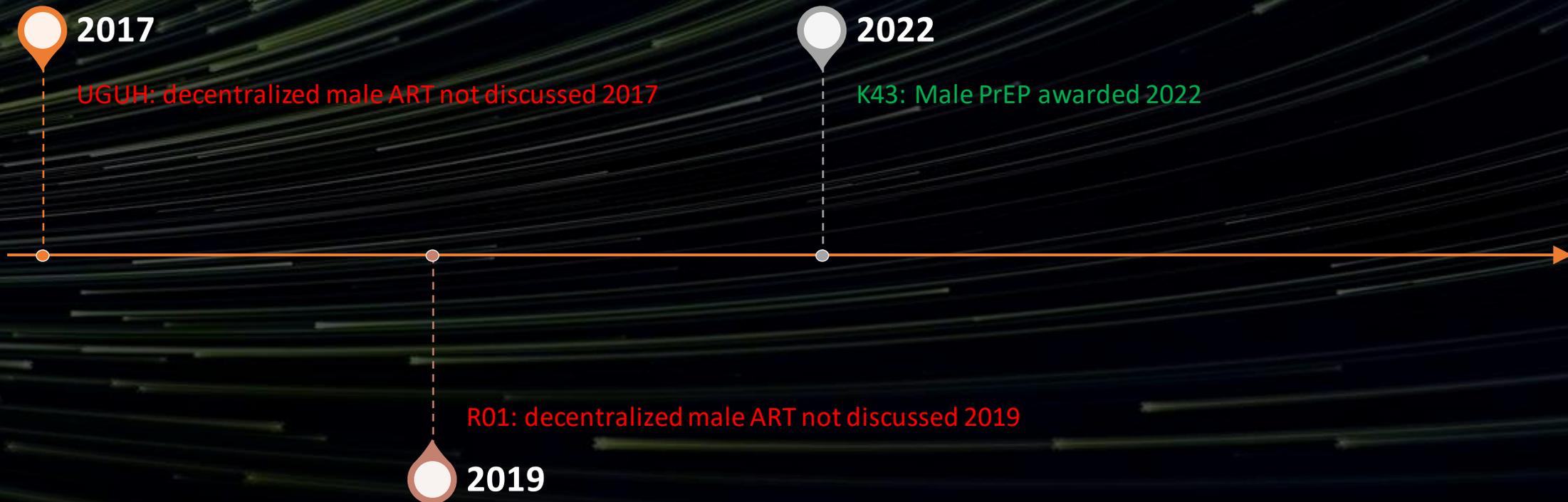
"...he talking about PrEP, and in most cases it's gay men. What were they saying, uh, in a way people that are
...to each other and I hear them talking about that, and maybe they are talking and saying PrEP is available
..."

Testing and conventional clinics would be a barrier to PrEP initiation for other men
...all, as a result men don't want to go to clinic because it is not safe. The main problem
...getting any help."

"...outcomes, for example having sex without a condom
...to know."

AIDS2022 in Montreal, Canada
Post-doctoral poster
presentation

Failing forward



Preparing a K award



Start early – set an upload date for 2 weeks prior to deadline



Balancing training and research



Be precise in the training plan



Choose expert mentors who are invested in training and research



Use successful K applications



Use diagrams and tables

K43 Fogarty/NIMH Emerging Global Leader



Behavioral insights



Participatory model



Prototype messaging

K43 PI: Smith, P – Male Access to Sexual Health Services & PrEP

Subject Area	Mentor	Role	Expertise
Behavioral economics intervention design	Dr. Bутtenheim	Primary US mentor	Behavioral economics interventions and assessment
Clinical Trials Design & Implementation	Dr. Bekker	Primary SA mentor	PrEP trials in SA, Implementation
Quantitative research, men's health	Dr. Medina-Marino	SA co-mentor	Epidemiology
Qualitative and mixed methods research	Dr. Daniels	US co-mentor	Qualitative tool design and analysis



K43: Male Access to Sexual Health Services & PrEP (PI Philip Smith)

- Why is this project important? **Men and HIV mortality in SA**
 - South African men have the highest rates of premature mortality globally ¹
 - Young men (15-34 years) at high risk for HIV acquisition and mortality ²
 - HIV 2nd leading cause of death for young men ³
- **Men are willing to engage in HIV services but these services present obstacles** ⁵
 - Gender norms and gendered care designed for women ⁶
- Aims
 - **Explore PrEP uptake, sustained use**, attrition, declination over 9 months (Jan 2023)
 - Assess predictors of adherence demographics, stigma, SES, alcohol, use, disclosure
 - Use qualitative methods to understand barriers, facilitators, and patterns of PrEP use
 - **Use behavioral economics to prototype a messaging intervention** (R34/ R01) to improve PrEP uptake and adherence among men

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Thank you

