

MRC/UVRI and LSHTM Uganda Research Unit



Olupapula oluliko Amawulire agasaba Abaana abalenzi mu masomero ga siniya Okukkiriza Okwetaba mu kunoonyereza Kwa MENISCUS

Project title:	Menstrual health interventions, schooling and mental health symptoms among Ugandan students (MENISCUS): a school-based cluster-randomised trial
Funder:	UK Joint Global Health Trials (Medical Research Council-Department for International Development-Wellcome Trust) Grant # MR/V005634/1
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Mu bufunze (By'olina okumanya ku kunoonyereza kuno):

- Ekigendererwa ky'okunoonyereza kwa MENISCUS kwe kumanya oba nga kinayambako mu kulongosa ebyekusoma, obubonero obulabirwako eby'obulamu ebikwata kubwongo, okutumbula engeri abaana abawala jebasobola okubeera obulungi nga bali mu nsonga z'ekikyala awamu n'embeera y'obulamu bwabwe mu mamasomero ga siniya mu wakiso ne kalungu mu Uganda
- Ekiwandiiiko kino kinnyonyola ekigendererwa ky'okunoonyereza kuno ne ky'onasabibwaokukola singa onooba okkirizza omwanawo okukwetabamu.
- Okw'etaba kw'omwana mu kunoonyereza kuno kwa kyeyagalire. Dembe lye okukwetabamu, oba okukwetabamu oluvannyuma n'akuvaamu.
- Kyonna ky'anaaba asazeewo tekijja kukosa ngeri jafunamu bujjanjabi wadde obuyambi.
- Soma ekiwandiiiko kino n'obwegendereza era obuuze ekibuuzo kyonna ky'oyagala nga tonasalawo. **Ojja kuweebwa kopi ku kiwaandiiko kino**

Ekitundu ekisooka: Ebikwata ku kunoonyereza kuno.

Enyanjula (Introduction):

Okunoonyereza kwa MENISCUS ku kulembeddwamu ekitongole kya MRC/UVRI ne Tendekero lya London School of Hygiene and Tropical Medicine (LSHTM) nga bakolerera wamu n'ekitongole kya WOMENA Uganda.

Tukola Okunoonyereza kuno okulungama amasomero ga Siniya okuzuula engeri ezisoboka ez'okuyamabamu abaana abawala okubeera abalamu n'okubeera ku somero obulunji nga bali mu nsonga z'ekikyala. Twafunye olukusa okukola okunonyereza kuno okuva kubakulu b'essomero, ekitongole ky'ebyenjigiriza n'emizannyo n'obukiiko obulondoola okunonyereza obwa UVRI, LSHTM ne UNCST.

Tukusaba okkirize okwetaba mu kunoonyereza kuno. Ddembe lyo okukkiriza oba obutakkiriza. Tujakusaba nemuzadde wo olukusa olukukiriza oketabamu. Tuyina okufuna olukusa okuva eri muzaddewo nawe.

Oli waddembe okutubuuza ekibuuzo kyonna ky'oyagala kati oba oluvannyuma ng'oyita ku email ne namba z'esimu eziragiddwa wa manga era tujja kutwala obuvunaanyizibwa tukunyonnyole otegeere.

Ekgendererwa (Purpose):

Ekgendererwa ky'okunoonyereza kwa MENISCUS kwe kulaba oba nga enkola yokutumbula eby'obulamu mu mumasomero ga siniya enayambako mu kulongosa ensonga z'ekikyala (engeri abaana abawala jebasobola okubeera obulungi nga bali mu nsonga z'ekikyala) n'okumanya oba nga kinaayambako mu kulongosa eby'okusoma, eby'obulamu mubaana abawala awamu n'okumanya kwa baana abalenzi kubikwata kusonga za bakyala. Okunonyereza kunno bwekunaba kuvudemu ebirungi, kujja kutongozebwa mumasomera amalala mu Uganda.

Okulonda (Selection):

Tukusaba okwetaba mukunonyereza kuno kubanga oli omu kubaana abalenzi abali mu siniya ey'okubiri mu masomero enkaaga (60) agaloneddwa okwetaba mukunonyereza kuno. Buli somero twalonzemu abalenzi abanetaba mukunonyereza kuno.

Okwetabamu kwa ky'eyagalile:

Okwetaba mu kunoonyereza kuno kwa kyeyagalire. Ggwe oba muzaddewo muli baddembe okugaana. Okusalawo obuteegatta mu kunoonyereza kuno tekijja kukosa gwe ne famileyo bye mulina kufuna ku somero wadde ewajjanjabirwa wonna. Oli wa ddembe okutubuuza ebibuuzo byonna era tuli beetegefu okubyanukula. Osobola obutasalawo kati, oli waddembe okusooka okukirowoozaako n'otubuulira oluvannyuma ky'onooba osazeewo.

Emitendera (Procedure)

Okunonyereza kuno kwetabidwamu amasomero nkaaga (60) nga amakumi assatu (30) kugo aganaba galoneddwa bajja kufuna ettu lya MENISCUS. Mu masomero gano amakumi assatu(30), abayizi mu siniya 2 kutandikwa y'omwaka 2022 bajakusomsebwa ku nkyukakyuka ezibawo nga omwana avubuka, ensonga z'ekikyala n'okuterezamu ku kabuyonjo z'essomero. Ettu lino lijakugabibwa mu masomero mumwaka gwa 2022 gwonna. Ate ago amasomero aganaba tegafunye ettu lino, bajja kuba n'omukisa okufuna ettu lyelimu mu 2023.

Tukusaba wetabe mu kwesomera n'okuddamu ebibuuzo (edakika 15). Abalenzi abamu mujakusabibwa okwanukula ebibuuzo oba okukubaganya ebirowoozo okwawamu (60 minutes). Bwonaba olondedwa okwetaba mukukubaganya ebirowoozo oba okwanukula ebibuuzo, tugya kusooka kufuna olukusa okuva eri muzadde wo.

1) **Okwanukula ebibuuzo by'okumpampula (eddakiika 15).**

Ojakusabibwa okujjuza empapula z'ebibuuzo ku ntandikwa (~2022) ne ku nkomerero y'okunoonyereza kuno (~2023) nga zijja ku muweebwa nga biteredwa ku bukumputa obutono era abakola ku kunoonyereza kuno bajakumuyambako okumunyonyola engeri yokujuzamu ebibuuzo. Ekibuuzo kyonna ky'anaawulira nga tayagala ku kiddamu ajja kuba wa ddembe okukireka n'agenda ku kilala. Abakola ku kunoonyereza kuno baakukuuma ebiwandiiiko byonna ebikwata ku beetabye mu kunoonyereza kuno nga bya kyama era bya kusibirwa mu kabada ko n'okuyingizibwa mu Komputa esibibwe n'ekigambo eky'ekyama (Password).

Abakola ku kunonyereza kuno bakukuuma ebiwandiiiko byonna ebikwata kubetabye mukunonyereza kuno nga byakuyama era byakusibirwa mu kabada. Naye nga tewali ngeri yonna mukwogera ebinava mukunonyereza kuno byewatubulira nga omuntu webigya kulabikira.

2) **Okukubaganya Ebirowoozo okwawamu / Okwanukula ebibuuzo (Edakiika 60):**

Abalenzi abamu okuva mumasomero amakumi assatu (30) aganaba gafunye ettu lya MENISCUS mujakusabibwa okwetaba mukukubaganya ebirowoozo n'abalenzi banabwe abalala oba okuddamu ebibuuzo byasekinoomu nga muli kussomero. Mujakuyambibwako abavubuka abakola kukunonyereza kuno abanabera bayanyuddwa ku masomero gamwe era bajakutambulanga nebibakwattako (Identity cards). Ojakusabibwa okuwa endowooza ye ku ttu lya MENISCUS. Okukubaganya ebirowoozo kwa kubeera ku Somero era kujja kwatibwa ku butambi era obutambi obwo bwa kusibirwa mu kabada ku UVRI. Ebinaakwatibwa ku butambi bya kukumibwa nga bya kyama era tewali ajja ku biwulirako okujjako abakola ku kunoonyereza n'abalala abakkirizibwa mu mateeka agafuga okunoonyereza nga abajja okubissa mu buwandiiiko (Transcribers), abatadde ensimbi mu mulimu guno ko n'obukiiiko obulondoola n'okulabirira okunonyereza. Era tewali linnya lya muntu yenna liggya kw'ogerwako mu butambi

Obutyabaga n'okuteteganyizibwa:

Tujja kukubuuza ebikukwatako ng'omuntu n'ebikwata ku bulamubwo obw'ekyama okugeza , okuvubuka , obuyonjo mu bintundu by'ekyama n'endowooza ku abaana abawala abagenda munsonga zabwe ezekikyala ekiyinda okukuleetera obutawulira bulungi nga oby'ogerako.

Okuganyurwa (benefits):

Ojakuganyurwa mukufuna ettu omui okuterezamu ku kabuyonjo ze ssomero n'okusomesebwa ku nkyukanyuka ezenjawulo ezibawo nga akula (puberty education). Ate era okwetabakwo mu kunoonyereza kuno kujja kuyamba okulowooza enyo ku bulamubwo n'ebiseera byo eby'omumaaso.

Okusasulwa:

Tojja kusasulwa olw'okwetaba mu kunoonyereza kuno, mpozzi ojja kuweebwayo ka peni n'akatabo akeddiba eggumu ak'enjawulo, n'akokunywa akagonvu olw'obudde bwo ne kaweefube gw'onoba otaddemu.

Emmizi (Confidentiality):

Tewali gwe tujja kubuulirako nti weetabyemu kunoonyereza kuno. Tewali muntu yenna atakola mu kunoonyereza kuno gwe tujja kubuulirako ku bikwatako era tujja kuba tukozesa namba (study number) mu kifo ky'e linnyalyo. Wabula ebimukwatako biyinda okulabibwako ba Auditor.

Okutegeezebwa ebinaazuulibwa mu kunoonyereza:

Okunoonyereza kuno nga kuwedde gwe ne bayizi banno muja kutegeezebwa ebinaaba bizuuliddwa era tujja kubitegeeza n'abazaddde, abakulira essomero lino ko aba Munisipaali n'egwanga lyonna okutwalira awamu. Tujja kubitegeeza n'abantu abalala omuli ba nasayansi, abakola ku by'obulamu, n'abantu abalala. Kino tujja kikola nga tuyita mu kuwandiika zi lipooti, n'okusisinkana bonna be kikwatako.

Ebinaava mu kunoonyereza kuno era bya kuteekebwa mu butabo (journals) bwa sayansi obw'ensi yonna ko n'emikutu ja yintaneti abantu abalala basobole okutuyigirako. Ebivudde mukunonyereza kuno era biyinja okutekebwa ku mukutu gwa London School of Hygiene and Tropical medicine abantu abalala gyebayinza okubisanga. Kino kitegeza nti tuyinza okudamu okwekenenya ebinaba bivudde mukunonyereza naye nga tewali ngeri yonna mukwogera ebinava mukunonyereza kuno bye watubulira nga omuntu webijja kulabikira.

Okwebuuza: Ani gw'oyinza okw'ogerako naye oba okubuuza ebikwata ku kunoonyereza kuno?

Oli waddembe okubuuza ekibuuzo kyonna kati oba je bujja ng'oyita ku simu oba ku e-mail oba okujja ku MRC/UVRI kwe nnyini n'otulaba mu buntu.

Osobola okutuukirira:

Dr. Catherine Kansiime
MENISCUS trial Project Lead
Email: catherine.kansiime@mrcuganda.org
Essimu: +256 702438487

Bwoba olina ekibuuzo oba okwemulugunya ku ddembe ly'omwana wo ku by'okwetabakwo mu kunoonyereza kuno tukirira akakiiko ka UVRI akalondoola n'okulabirira okunonyereza ku simu +256 0414 321962 oba +256 716321962.

EKITUNDU 2: OKUKKIRIZA (VERSION 1.3, AUGUST 2022)

Nga ntekako omukono wamanga, nzikiriza okwetaba mukunonyereza kuno omuli;

- Okwesomera n'okwanukula ebibuzo ebyemirundi ebbiri
- Okwetaba mu kukubaganya ebiroowozi okwawamu oba okwa sekinoomu singa naba nondedwa okwetabamu
- Ebinava mukunonyereza kuno okukozesebwa n'okutegezako abanonyereza abalala naye nga ebikwata ko tebija kumanyibwa.

Ebibuuzo byange ebikwata ku kunoonyereza kuno byanukuddwa

Erinnya _____

Soma era Oddemu ebibuzo bino	Saza kwebyo byonaba osazewo	
Osomye oba osomedwa ebikwata ku kunonyereza kuno?	Yee	Nedda
Waliwo omuntu omulala yenna akunyonyode ku kunonyereza kuno?	Yee	Nedda
Otegedde bulungi okunonyereza kuno kyekukwattako?	Yee	Nedda
Ebibuuzo byo ku kunonyereza kuno bididwamu bulungi?	Yee	Nedda
Otegedde bulungi nti oli wadembe okuva mukunonyereza kuno ?	Yee	Nedda
Oli musanyufu okukiriza okwetaba mukunonyereza kuno? [ASSENT]	Yee	Nedda

Student study number (IDNO): |_|_|_|_|_|_|_|_| School ID: |_|_|_|_|

Wandiika (Print) Amanya _____

Omukono gwo'omuyizi (signature) _____

Date of consent (IDATE): |_|_|_|_|/|_|_|_|_|/|_|_|_|_|_|_|_|_|
dd / mm / yyyy

Wano wakujjubwa akola ku kunoonyereza

To be completed by the researcher

I confirm that the individual has given assent freely.

Name of researcher: _____ Date: |_|_|_|_|/|_|_|_|_|/|_|_|_|_|_|_|_|_|

dd / mm / yyyy

Signature: _____

The Parent/Guardian has signed an informed consent (Yes=1, No=2) |_|_|
_____ (initialled by researcher/assistant)