



## European Society of Contraception and Reproductive Health

ESC Central Office - Opalfeneweg 3 - 1740 Ternat - Belgium

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## Grant application form first half year 2015 Seeking ESC support for a PROJECT

### Introduction

The ESC will provide funding to support an individual, group, institute or organisation with a project related to the aims of the ESC. Examples include: research, audit, review, needs assessment. The money **MUST** be used for a definite project within a definite time period.

#### **Application**

Please use this application form. Note sections with a maximum word count. Forms will be returned if the word count is exceeded.

If granted, the project must start within 12 months and must be completed within 3 years, with a final report sent to ESC within 6 months of completion.

A detailed budget including salary costs, overheads etc should be attached as an appendix to the application form.

#### **Who can apply?**

Applicants must be paid-up ESC members.

Applicants should be Europeans. However, a European applicant is allowed to submit a project that will take place outside Europe.

#### **Deadline**

Applications **MUST** be received at ESC Central office by **30 June 2015**.

#### **Budget**

35,000 euro for applications (projects and courses) received between 1 January and 30 June 2015. The ESC may not be in a position to fully fund all applications.

### Part A Name of the applicant requesting the funding

Name of applicant: Kai Haldre, MD, PhD

Job title: Estonian Sexual Health Association, Board member

Address: Mardi 3, Tallinn, Estonia

Tel no.: +372 51 12 170

Email: kai.haldre@telenet.be

Date of submission of this form: June 30, 2015

## Part B Proposed project

Name of the person responsible for the project (If different to the person named in box A):

Kai Haldre

Contact details of the person noted in this box B:

name of person, job title, address, tel no. email

### Research team

#### Health economist

Jari Kempers is a health economist specialized in adolescent SRH programmes. He has a Master's Degree in Health Economics and is an external PhD candidate at Radboud University, the Netherlands. His PhD topic is *Economic analysis of youth SRH interventions - a multi-country study*, which includes cost and cost-effectiveness of analyses of youth-friendly SRH services and school-based sexuality education programmes in seven countries. Jari Kempers have completed research projects for several international organizations, including WHO, UNICEF, UNESCO, ILO and several MoHs. Moreover, he is very familiar with Estonian adolescent SRH programmes though his previous work<sup>1,2,3,4</sup>.

#### ESHA personnel

ESHA's and youth clinics' personnel will participate in this research. They bring in their expertise on adolescent SRH services, and especially on internet and face-to-face counselling in Estonia. They have the best knowledge on how the counselling services are implemented and reported. Moreover, cooperation between ESHA and Jari Kempers during previous research projects has worked very well.

#### Research assistant

Estonian research assistant will be identified. This person is familiar with the youth clinics and counselling services, will organize and review data and implement the surveys.

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<sup>1</sup> J. Kempers, E. Ketting, V. Chandra-Mouli, T. Raudsepp. The Success Factors of Scaling-up Estonian Sexual and Reproductive Health Youth Clinic Network - from a grassroots initiative to a national programme 1991 – 2013. Reproductive Health. 2015.

<sup>2</sup> J. Kempers. Cost Analysis of Youth Clinic Network in Estonia. The World Health Organization. 2013. Submitted for publication in December 2014.

<sup>3</sup> J. Kivela-Kempers, E. Ketting and R. Baltussen. Cost analysis of school-based sexuality education programs in six countries. UNESCO. 2013. The journal of Cost Effectiveness and Resource Allocation. 2013.

<sup>4</sup> J. Kivela-Kempers, K. Haldre, K. Part et al. Impact and cost-effectiveness analysis of the national school-based sexuality education programme in Estonia. UNESCO. 2013. The journal of Sex Education. 2013.

## Part C Background of the project – narrative summary

Title of the project: **Cost analysis of adolescent internet SRH counselling services in Estonia**

Comprehensive description of the project (max 200 words):

Adolescents spend a considerable part of their time online. The Internet is an important source of their SRH knowledge. Providing professional sexual and reproductive health (SRH) counselling services for adolescents via the Internet is an essential component of SRH services. Organizations in many countries are considering, planning or already implementing online SRH counselling services for young people. There is considerable interest in the Internet SRH counselling services. However, little information is available on which counselling services are suitable for online and are the online services cost saving in comparison to usual face-to-face counselling. This practical research project will address these questions by analysing adolescent internet counselling services in Estonia. The results and recommendations will be useful for SRH programmes managers in other countries, and for international organization supporting their work as well.

Estonian Sexual Health Association (ESHA) has been providing SRH counselling services for young people via the Internet since 1997. On their website (Amor.ee) young people can ask anonymous questions on topics like; puberty, intimate relationships, sexuality, pregnancy, contraceptives and STIs. Their questions are answered by professional personnel; youth counsellors, social workers, psychologists, sexologists or medical doctors. The results of this research will also be used to support management and fundraising for ESHA's internet counselling services.

When would it start / finish? (Max 20 words)

Start - September 2015

Finish - October 2016

(13 months from the day of receiving the grant)

Please note additionally attachment 1

Where will it take place – country / town, establishment? (Max 20 words)

Estonia, Estonian Sexual Health Association (ESHA is a member of the International Planned Parenthood Federation; ESHA office is in Tallinn, members all over Estonia).

Objectives and needs identified. (Max 20 words)

The main objectives of this research are:

1. *Document* the main types and quantities of internet counselling inquiries and face-to-face counselling sessions.
2. *Calculate* costs of each internet- and face-to-face counselling type.
3. *Compare* quantities and costs of each counselling type.
4. *Determine* if internet counselling, or some parts of it, are cost saving in comparison to face-to-face counselling.
5. *Recommend* which counselling types are most suitable for internet counselling.
6. *Recommend* appropriate service mix between internet- and face-to-face counselling.

The purpose is to compare internet- and face-to-face counselling. ESHA's records on internet counselling inquiries and face-to-face counselling sessions are organized into main types, e.g. pregnancy, contraception, STI, HIV etc. Numbers of consultations in each category are calculated for a selected period, e.g. one year. A time use survey is developed and carried out to measure how much time counsellors spend on average for questions / sessions in each category. Costs of internet- and face-to-face counselling are calculated and compared. Finally, recommendations are given to the points 4-6 (above).

Sector in the area of contraception, sexual and reproductive health:

Online SRH counselling services for young people.

Is it a 'new' project?

Yes/No

If extension of an existing programme, provide information on original programme (Max 50 words)

NA

What outcomes will be measured? List. (Max 20 words)

The results of the study will be submitted as an article to the The European Journal of Contraception and Reproductive Health Care. This would ensure that the results are shared with a wide international audience and remain in circulation for a long period. The results will be presented to key stakeholders in Estonia. In addition, results of counsellors' time use survey will be documented in an automated survey results report and a dataset for future use (cost-effectiveness study). Finally, the researchers would also appreciate opportunities to present the research in local and international meetings and conferences.

Do you foresee any reasons (political, climatic, etc) why this project may be adversely affected? (Max 20 words)

No

## Part D Financial related information

Are there other partners or organisations supporting this same project? If so, list.

No

Have you already obtained any funding towards this project? (If yes or still awaiting a response, please give details) (Max 20 words)

No

How much money are you requesting (up to a maximum of 5% can be used to cover overhead costs) ? An overview of the budget must be provided here (max 50 words) and a detailed budget should be attached as an appendix to the application form.

<b>Budget (EURO)</b>	<b>Total research budget</b>
Project leader	<b>1,200 €</b>
Health economist	<b>3,000 €</b>
Research assistant	<b>3,400 €</b>
Travel, meeting	<b>700 €</b>
Survey software	<b>200 €</b>
<b>Total</b>	<b>8,500 €</b>

Will this be part of a larger fund or stand alone? (Max 20 words)

Is stands alone.

Who will oversee the budget & keep accounts?

ESHA Executive Director together with the accountant.

## Part E Follow-up

I / We, as responsible agents for this project, agree to the following 6 points:

I/We agree that all monies will be spent appropriately	yes
I/We agree to advise you at the earliest time if this project is delayed or cannot be completed	yes
I/We agree to provide a report to the ESC within 6 months of the end of the project and yearly, if the project lasts longer than 1 year.	yes
I/We agree to present the ESC treasurer with a detailed budget at the end of the project. <i>(if the project is longer than 1 year, the funding may be awarded in stages and be dependent on appropriate reporting)</i>	yes
I/We agree that if you need to make any significant changes to the duration, contents or funding of the project after it has been awarded, I/we will advise the ESC Treasurer.	yes
I/We agree to acknowledge the ESC as a donor in any publications and oral communications resulting from this project. Ideally any manuscript should be sent to the ESC journal in the first instance.	yes

Signed  
Name

Date: June 29, 2015

**Please return this form (by email) to:**

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[info@escrh.eu](mailto:info@escrh.eu)

## Appendix 1

### Preliminary planning

Table 1 presents preliminary planning of activities, deliverables and responsibilities. The research will be conducted in 12 months. The Period column indicates the estimated number of months from the beginning of the research.

**Table 1: Preliminary planning of activities, deliverables and responsibilities. HE = Health economist, RA = Research assistant, ESHA = ESHA personnel**

	<b>Activity</b>	<b>Period</b>	<b>Deliverable</b>	<b>Responsibility</b>
1	Recruitment of research assistant	Month 1		ESHA
2	Inception workshop	Month 2	Research plan	HE, ESHA, RA
3	Compilation of counselling records (internet and face-to-face)	Months 2-4		HE, RA, ESHA
4	Categorization and analyses counselling records	Months 2-5		HE, RA, ESHA
5	Planning and testing of a time use survey for counsellors	Month 5		RA, HE
6	Implementation of the time use survey	Months 5-7		RA
7	Collection of information on costs of the counselling services	Months 5-7		RA, HE
8	Clean up, analyses and reporting of the time use survey	Months 7-8	Automated report and dataset of the survey results for future use	RA, HE
9	Cost analyses and comparisons (internet and face-to-face)	Month 8		HE
10	Writing a draft article	Months 8-12	Draft article	HE, RA, ESHA
11	Review of draft article	Months 11-12	Consolidated feedback	ESHA
12	Finalizing and submitting the article to EJCRH	Month 12	Final article	HE
13	Workshop and presentation of the results in Estonia	Month 13		HE, ESHA, RA

**Appendix 2**

<b>Budget (EURO)</b>	2	3	4	5	6	7	8	9	10	11	12	13	<b>Total research budget</b>
Project leader	100 €	100 €	100 €	100 €	100 €	100 €	100 €	100 €	100 €	100 €	100 €	100 €	<b>1.200 €</b>
Health economist	400 €	400 €	600 €	400 €							800 €	400 €	<b>3.000 €</b>
Research assistant	100 €	400 €	400 €	400 €	200 €	800 €	800 €		100 €	100 €		100 €	<b>3.400 €</b>
Travel	350 €											350 €	<b>700 €</b>
Survey software				200 €									<b>200 €</b>
<b>Total</b>	<b>950 €</b>	<b>900 €</b>	<b>1.100 €</b>	<b>1.100 €</b>	<b>300 €</b>	<b>900 €</b>	<b>900 €</b>	<b>100 €</b>	<b>200 €</b>	<b>200 €</b>	<b>900 €</b>	<b>950 €</b>	<b>8.500 €</b>