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Evaluating a sexual and reproductive health and rights program ”Sexual health and rights for all” implemented in Swedish for immigrants education

Submission date
25/11/2025

Recruitment status
Recruiting

Registration date
27/11/2025

Overall study status
Ongoing

Last Edited
15/04/2026

Condition category
Other

[X] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
Sexual and reproductive health and rights (SRHR) are essential for everyone’s overall health, equality, and well-being. In Sweden, most people have good access to SRHR information and care, but many migrants face barriers. These include language difficulties, cultural differences, limited health knowledge, and a lack of trust in the healthcare system. Such barriers can lead to poorer health and greater inequality.

To help address this, a midwifery clinic in the Bergsjön area of Gothenburg has developed a program called “Sexual Health and Rights for All”. The program is designed to give adult migrants clear, culturally sensitive education about sexual and reproductive health as part of their Swedish for Immigrants (SFI) language studies. The educational program covers sex, gender, and sexual health; human rights and Swedish laws about SRHR; reproductive health, family planning, and access to care.

Our hypothesis is that integrating a culturally tailored SRHR education program into the SFI curriculum will be both feasible and acceptable to educators and migrant participants. We further hypothesize that participation in the program will lead to measurable improvements in SRHR knowledge, attitudes, communication skills, and use of healthcare services. In the longer perspective, the program has the potential to reduce inequities in access to SRHR information and services, and to serve as a scalable model for promoting sexual and reproductive health and rights in diverse adult education contexts.
The overall aim of this project is to evaluate the implementation and impact of a sexual and reproductive health, and rights program integrated into Swedish for Immigrants education in Gothenburg . The specific aims are as follows:
• To determine factors influencing the implementation of the SRHR program (Study I)
• To identify key determinants of acceptability, and perceived relevance of the SRHR program

among adult migrants enrolled in SFI education (Study II).
• To identify factors that may promote or hinder the learning of SRHR in SFI education (Study III).
• To explore the outcomes and effectiveness of the SRHR program in SFI education (Study IV).

Who can participate?
The study involves adult migrants (both men and women) who are enrolled in Swedish for Immigrants (SFI) education in northeastern Gothenburg. They take part as learners in SFI courses at study path 2 (levels B, C, and D).
Additional participants include midwives, SFI teachers, managers, and local policymakers who are involved in organizing or delivering the program.

What does the study involve?
The project is made up of four sub-studies, using interviews and classroom observations to understand different parts of the program.
Sub-study 1 – Implementation:
Researchers will interview midwives, SFI staff, and local managers to learn what helps or hinders the delivery of the SRHR program.
Sub-study 2 – Acceptability:
Researchers will interview about 30–40 adult migrants (both men and women) who have attended the program to learn what they think about it — whether it felt relevant, understandable, and respectful of their cultures. Interviews will be conducted at a time and place convenient to participants, either in person or online, and interpreters will be available when needed.
Sub-study 3 – Learning process:
Researchers will observe classroom sessions for both men's and women's groups to see how SRHR topics are taught, discussed, and understood. These observations will help identify what teaching methods work best and what challenges arise.
Sub-study 4 – Program outcomes:
About one year after completing the program, participants will be interviewed again to see if the program changed their knowledge, attitudes, or health behaviors, such as seeking healthcare or using contraception.

What are the possible benefits and risks of participating?
Benefits:
Participants will have an opportunity to share their experiences and contribute to improving SRHR education for other migrants. Taking part in interviews may also help participants reflect on their learning and feel more confident discussing health topics. In the long term, the program aims to improve access to SRHR information, strengthen health knowledge, and promote gender equality.

Risks:
The risks are minimal. Some topics may feel sensitive or personal, but participants will only answer questions they are comfortable with. All information will be kept confidential, and participants can withdraw at any time without giving a reason.

Where is the study run from?
The study is conducted by a research team at the Sahlgrenska Academy, University of Gothenburg, in collaboration with Regionhälsan Västra Götaland, Sweden.

When is the study starting and how long is it expected to run for?
December 2025 to May 2028.

Who is funding the study?
The Region Västra Götaland (Regionhälsan) and supported by the University of Gothenburg, Sweden.

Who is the main contact?
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Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Protocol serial number
RHS 2023-01155

Study information

Scientific Title
Evaluating the effectiveness of the “Sexual Health and Rights for All” program on sexual and reproductive health knowledge and attitudes among immigrants in Swedish-for-immigrants education: a study protocol

Study objectives
The overall aim of this project is to evaluate the implementation and impact of a sexual and reproductive health and rights program integrated into Swedish for Immigrants education in Gothenburg .

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 24/06/2025, Swedish Ethical Review Authority (Etikprövningsmyndigheten, Box 2110, Uppsala, 750 02, Sweden; +46-010-475 08 00; registrator@etikprovning.se), ref: 2025-02649-01

Primary study design
Observational

Secondary study design
Exploratory design guided by the principles of an evaluation framework

Study type(s)
Efficacy, Prevention, Quality of life

Health condition(s) or problem(s) studied
Improving sexual and reproductive health and rights among migrants in Sweden

Interventions
Data will be collected at five SFI locations in Gothenburg where the SRHR program has been implemented. Semi-structured interviews will be conducted with midwives, SFI staff, and municipal stakeholders (Study I), as well as with program participants shortly after finishing the program (Study II) and one year following completion (Study IV). Interviews will explore contextual factors, barriers and facilitators, and changes in SRHR knowledge, attitudes, and healthcare-seeking behaviors . They will be conducted in person or online, with interpreter support if needed, recorded, transcribed verbatim, and analyzed using inductive content analysis guided by relevant implementation frameworks. For Study III, focused ethnographic fieldwork will be conducted to explore how program participants engage with, interpret, and apply SRHR knowledge within the classroom setting. Participant observation, complemented by informal conversations when appropriate, will be carried out across all three program sessions in four groups (two women’s and two men’s groups), a total of 12 observations.

Intervention Type
Other

Primary outcome(s)
1. Contextual factors, barriers and facilitators, and changes in SRHR knowledge and attitudes measured using qualitative interviews and ethnographic observations at during and after the educational program has been implemented (estimated time of completion (2026-12-31)

Key secondary outcome(s)
1. Use of healthcare services measured using qualitative individual interviews at 1 year following completion of the educational program (estimated time of completion 2027-05-31)

Completion date
31/05/2028

Eligibility

Key inclusion criteria
Persons involved in the implementation of the educational program "Sexual Health and Rights for All"

Participant type(s)
Health professional, Learner/student, Other

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 Years

Upper age limit
70 Years

Sex
All

Total final enrolment
0

Key exclusion criteria
Persons not involved in the implementation of the "Sexual Health and Rights for All"

Date of first enrolment
01/12/2025

Date of final enrolment
31/05/2027

Locations

Countries of recruitment
Sweden

Study participating centre
Bergsjön midwifery clinic, Regionhälsan Västra Götaland
Rymdtorget 8
Gothenburg
Sweden
415 66

Study participating centre
Alma Folkhögskola
Örngatan 6
Gothenburg
Sweden
416 67

Study participating centre
ABF Vux
Drakegatan 1
Gotheburg
Sweden
412 50

Study participating centre
Angered midwifery clinic, Regionhälsan Västra Götaland
Angereds torg 5B
Angered
Sweden
424 65

Study participating centre
Studium
Styrmansgatan 21B
Gothenburg
Sweden
414 62

Study participating centre
Mångkulturella Folkhögskolan
Spadegatan 1
Angered
Sweden
424 65

Study participating centre
Folkuniversitetet SFI
Norra Allégatan 6
Gotheburg
Sweden
413 30

Study participating centre
Biskopsgårdens barnmorskemottagning
Höstvädersgatan 1

Göteborg
Sweden
418 33

Study participating centre
Gamlestadstorgets barnmorskemottagning
Säveåns brygga 5
Göteborg
Sweden
415 11

Study participating centre
Brämaregårdens barnmorskemottagning
Virvelvindsgatan 8A
Göteborg
Sweden
417 09

Sponsor information

Organisation
University of Gothenburg

ROR
https://ror.org/01tm6cn81

Funder(s)

Funder type
Not defined

Funder Name
Västra Götalandsregionen

Alternative Name(s)
Region Västra Götaland, Västra Götaland Regional Council, Västra Götaland region, Västra Götalandsregiona, VGR

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Sweden

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		15/04/2026	15/04/2026	Yes	No