

## Supplementary file 1 – Example text messages

### A Example Safetxt intervention text messages

Examples of text messages for safetxt intervention arm participants listed by topic and by day post enrollment (selected messages are some of those sent to men having sex with men with chlamydia infection at baseline):

#### Treatment and 7 days abstinence after treatment

**Day 1** You made the right decision to get a test. Getting treated quickly means you are less likely to have any problems.

Chlamydia is a common bacterial infection that's easy to treat with antibiotics. To treat the infection, take the tablets and then don't have any kind of sex (even with a condom) for 7 days while the infection clears.

#### Telling partner (after initial diagnosis)

**Day 1** Most people who have an infection don't know. Your partner(s) could be infected so it's important to tell them that they need treatment too.

**Day 2** There's no exact way to let them know they need treatment but it helps to think about what you're going to say. You could stick to facts, like: it's easy to treat and you can have it without knowing, so no-one can really tell who had it first.

Here are a few examples of how others told their partner: "I said 'I don't really want to tell you this but I have to- I found out I have chlamydia.' It's awkward to tell people but it's not right not to, is it? They may not know. You can't just let them walk round with an infection."

"I just couldn't tell some partners so the clinic offered to do it for me. They gave me the option of keeping my name out of it." **Text 23 to hear more.**

***[If texted 23:***

"For people I didn't see any more I just texted them."

"I said 'chlamydia is common and most people don't know they have it, so there is no way of knowing who had it first.'" **Text 24 to hear more.]**

***[If texted 2:***

"I just said how it was - that I'd been to a clinic and found out I had chlamydia and got treated."

"I told them getting tested and treated is free, you won't need an examination."]

**Day 3** If you can't tell your partner you tested positive for chlamydia because you are worried they might hurt you, you can call this free phone confidential helpline: 0808 801 0327 (the Men's Advice Line)

You might be thinking about how they'll react when you tell them. You could try practising what you're going to say.

The best way to prevent chlamydia spreading is to tell anyone you have had sex with in last 6 months that they need treatment. If it's not doable, you can ask the clinic to contact them for you and they won't mention your name.

### How others felt after positive STI test

**Day 4** Here are how others felt when they found out that their test was positive: "I never thought I'd get chlamydia. I'll use a condom in the future or get a check-up with them first." **Text 25 to hear more.**

**[If texted 25:**

"I didn't know who to talk to at first so I just looked it up on the Internet. It was like the clinic told me- really common and easy to treat."

"I was angry with my partner because they had had other partners and I hadn't. But it was better to know and get treated." ]

### Preventing re-infection, info on specific STI (depending on type of STI participants had at baseline)

**Day 2** It's common to get re-infected with chlamydia. To avoid getting it again, the next steps are: 1) get treated 2) tell the person you're having sex with to get treated 3) don't have any kind of sex (even with a condom) for 7 days after you and your partner(s) have been treated.

**Day 5** Chlamydia is common so it's worth thinking about how you can make sure you don't get it in the future.

Most people who have an infection don't know. You can't tell if someone has an infection just by looking at them or by how well you know them.

### Condom use

**Day 6** Ask yourself if having anal sex without a condom is worth taking the risk.

It saves a lot of trouble in the end if you and your partner(s) get tested before you have sex.

**Day 7** Think back to a time (or times) when you had anal sex with a condom. Think about the situation and why you used a condom.

Think back to a time (or times) when you had anal sex without a condom. Think about why you didn't use one. Ask yourself how you could do things differently next time.

**Day 9** Some people say they didn't use a condom because their partner didn't want to use one. Here are some examples of how other people convinced their partner to use one: "I said using a condom was about respecting each other." **Text 26 to hear more.**

***[If texted 25:***

"I say if we're not going to use a condom it's not your night then."

"I explained that it's not them that I don't trust, it's the people that they've been with before."

**Day 11** Think about when, where and how you will talk to your partner about condoms and lube and how you could start the conversation.

Some couples enjoy one partner putting the condom on the other.

**Day 12** A lot of the time, sex isn't planned. So it's best to always have a condom on you. Find a time to put a few in your wallet. You could also keep a supply in places where you have sex (bedroom, partner's house, car).

**Day 13** If you want a quick refresher on the best way to put a condom on, check out this LINK. <https://www.brook.org.uk/your-life/condoms>

**Day 14** If condoms aren't comfortable, you could try a different brand or kind. Some men find they can feel more with thinner condoms (which are still safe).

**Day 16** If you have had problems with condoms splitting or coming off, it may be to do with how you are using them. Check out this LINK. <https://www.brook.org.uk/your-life/condoms>

**Day 17** One reason a condom may split is because there is air trapped inside. To prevent this, hold the tip of the condom between your forefinger and thumb and roll it down, making sure there are no air bubbles.

**Day 18** To avoid the condom falling off after sex, while the penis is still hard, hold the condom in place while withdrawing the penis. **Text 27 for more tips on how to avoid condom problems.**

***If texted 27:***

Another reason a condom could split is because it ripped when you opened the packet. To prevent this, before you open the packet, feel for the rim of the condom and push it aside, making sure you don't tear the condom when you open the packet.

It could also split if the condom is out of date. Make sure to check this before you use it and before you put it in your wallet.

**Day 20** Using water or silicone-based lubricants with condoms prevents them breaking and makes anal sex more comfortable. There are a few brands to choose from, like K-Y Jelly & Durex Play, which you can find at chemists.

But don't use anything oil-based (like Vaseline) because they can make the condom break.

**Day 22** As you know, sometimes people take risks when they are drunk or taking drugs that they wouldn't normally do. This website has some info on these kinds of situations: LINK. **Text 28 to hear from others.**

<http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sexandalcohol.aspx>

***If texted 28:***

“The best thing I did for my sex life was drink less – it's bad enough trying to get an erection when you're pissed, never mind trying to put a condom on.”

**Day 28** You may feel pressured into sex without a condom or you may just feel afraid to ask.

Here's how one man handled the pressure: “I ask if we're going to use condoms and if not I just say ‘then we're not having anal sex’. For me it's about respect.”

**Day 24** Make sure the condom has a BSI Kitemark or CE mark on the wrapper. That means they've been tested to make sure it's quality.

**Day 40** When you just start seeing someone, it can be awkward to bring up condoms. Most people are happy to talk about condoms though.

More than likely they're thinking the same thing and will be relieved that you brought it up first. It can help to think about what you'll say beforehand.

**Day 54** If you're new to condoms, using them can be tricky at first but it gets a lot easier with practise. Visit LINK for tips on how to use them.

<https://www.brook.org.uk/your-life/condoms>

**Day 208** If you want a quick refresher on the best way to put a condom on, check out this LINK.

<https://www.brook.org.uk/your-life/condoms>

### **Post-Exposure Prophylaxis (PEP)**

**Day 10** If you think you have been exposed to HIV, taking post-exposure prophylaxis (PEP) within 72 hours of exposure may be able to stop you from becoming infected. For more information about PEP, check out this link <https://www.gmfa.org.uk/pep>

You can get post-exposure prophylaxis (PEP) from sexual health clinics and the Accident & Emergency (A&E) department of hospitals. Want to know more about PEP? Follow this LINK <https://www.gmfa.org.uk/pep>

### **STI testing**

**Day 26** Here's what one person said about getting tested: “For me getting a check up is about respecting myself. If I can't respect myself then others won't either.”

- Day 36** Getting a check up before sex with someone new means you don't have to worry afterwards.
- Day 47** If you make it a habit for you and your partner(s) to get tested before you have sex, you can avoid a lot of hassle and regret later.
- Day 201** Regular check-ups & check-ups with new partners mean infections can be treated before they cause problems.

#### Talking about sex

- Day 34** When talking about sex with you partner(s) being light-hearted but sensitive can make your partner feel more encouraged rather than criticised.
- Day 75** Do you have difficulty talking about sex? Follow this link: [LINK](http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Talkingtoyourpartner.aspx)  
<http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Talkingtoyourpartner.aspx>

#### Other

- Day 8** There are lots of things two guys can do together other than anal sex - if you don't want anal, don't be pressured into it.

#### More info after re-infection/ new STI

- Day 217** If you've received a positive test result for a sexually transmitted infection since joining the study and want more text messages on how to not get it again, email the study coordinator, Ona, at [safetxt@lshtm.ac.uk](mailto:safetxt@lshtm.ac.uk)

#### Study participation/ contact info update

- Day 1** Hi, it's Ona here. Thanks for joining the texting study. The service is completely free and supports NHS research. Please let us know if your contact details change by replying to this text or emailing [safetxt@lshtm.ac.uk](mailto:safetxt@lshtm.ac.uk)
- Day 210** Young people can experience health inequalities. Taking part in the texting study can help things to be more equal. Thanks for taking part.
- Day 240** Thank you for taking part in the texting study. Did you know that you can mention it on your CV? Email Ona, the study coordinator at [safetxt@lshtm.ac.uk](mailto:safetxt@lshtm.ac.uk) if you would like advice on how to word it.

#### Day 60/ 120 /270/300/

- 330** Hi, it's Ona here. Thank you for taking part in the texting study. Remember to let us know if your contact details have changed by replying to this text or emailing [safetxt@lshtm.ac.uk](mailto:safetxt@lshtm.ac.uk)

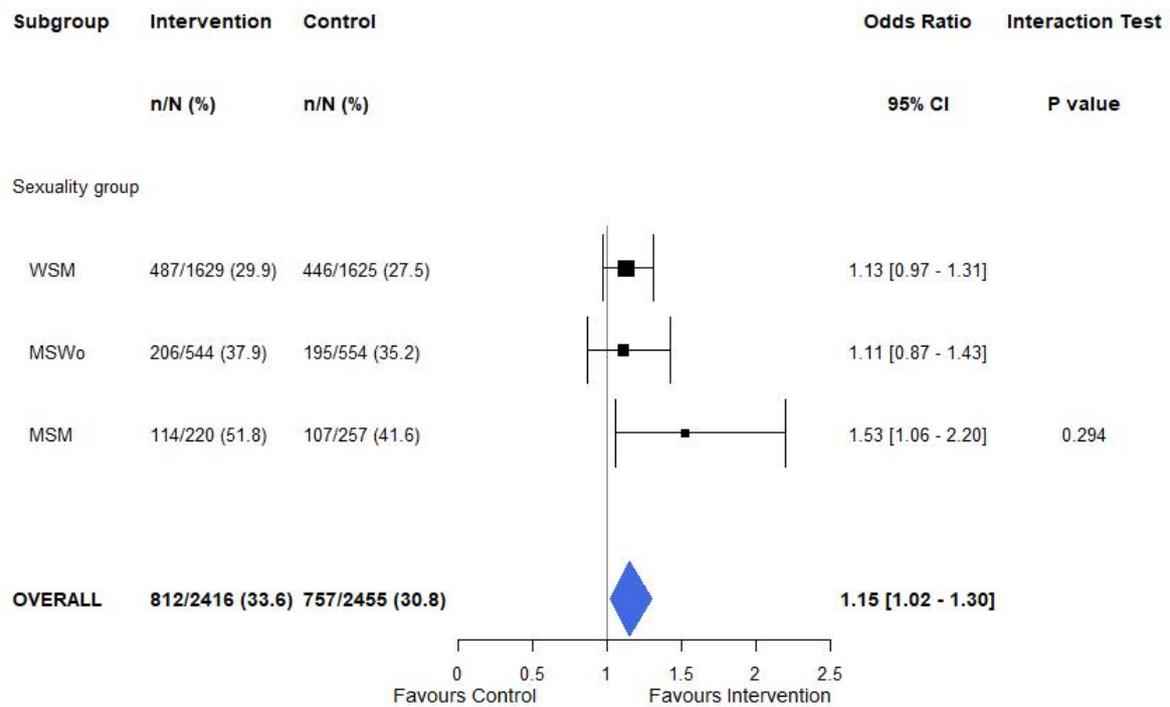
- Day 360** The texting study has now come to an end. We appreciate your taking part.

**B Example control group text message**

“Thank you for taking part in the texting study. Remember to let us know if your contact details have changed by replying to this text or emailing [safetxt@lshtm.ac.uk](mailto:safetxt@lshtm.ac.uk).”

## Supplementary information 2 – Figure S1

**Figure S1 – Effect of Safetxt intervention on condom use at last sexual intercourse by sexuality group**



Complete case analysis; outcome self-reported at 1-year timepoint of Safetxt trial; subgroup analysis completed using logistic regression adjusted for covariates pre-specified in trial statistical analysis plan (age, type of STI at baseline and ethnicity); MSM, men who have sex with men (including men who have sex with men and women); MSWo, men who have sex with women only; WSM, women who have sex with men (including women who have sex with men and women)