

1 **Acceptability of Tongue Swabs for Tuberculosis Screening in Migrant Settings in Northern**  
2 **Italy: A Qualitative Study**

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40 **Abstract**

41 **Background:** Human migrations, driven by economic hardship, conflict, and climate change,  
42 complicate the global fight against tuberculosis (TB). New strategies are needed to improve the  
43 screening of migrants for active TB disease. Current sputum-based testing methods are logistically  
44 challenging in many settings. Alternative sampling with tongue swabs is designed to be easier than  
45 sputum collection and exhibits acceptable accuracy. This study characterized the acceptability of  
46 supervised self-swabbing (SSS) for TB screening in migrant settings in Northern Italy.

47 **Methods:** Migrants arriving through the Central Mediterranean route to Italy were purposely  
48 sampled to participate in in-depth interviews (IDIs), which were conducted with the support of a  
49 cultural mediator. Data was analyzed using a rapid qualitative analysis approach. The Capability,  
50 Opportunity, Motivation-Behavior (COM-B) model guided the systematic assessment of potential  
51 barriers and facilitators to SSS.

52 **Results:** Between November 2023 and June 2024, we conducted 24 IDIs with migrant men and  
53 women. Most participants preferred SSS over sputum production and found it relatively easy.  
54 Reasons for preferring SSS included its simplicity, privacy, and aversion to sputum collection.  
55 Discomfort during swabbing was rare. However, a few participants preferred sputum collection  
56 and cited oral hygiene-related complications. Participants highlighted language barriers, trust  
57 deficits with the healthcare system, and limited health literacy on infectious diseases, including  
58 TB, as factors that could limit the uptake of SSS. Participants also reported that their willingness  
59 to participate in TB screening may be driven by a need to comply with immigration rules.

60 **Conclusion:** SSS is a promising and acceptable method for collecting samples for TB screening.  
61 To strengthen TB mitigation strategies in this population, future efforts should focus on developing

62 culturally and linguistically tailored educational materials that address the specific concerns and  
63 informational needs of migrants.

64

## 65 **Background**

66 Tuberculosis (TB) remains a global health challenge, requiring adaptive strategies for early  
67 detection and treatment.<sup>1</sup> Active screening and early case-finding are critical to interrupt  
68 transmission chains and prevent disease progression.<sup>2</sup> A major barrier to TB elimination is the  
69 underdiagnosis of cases, including those among migrant populations who often face systemic  
70 healthcare access challenges. Addressing this issue requires innovative, accessible, and culturally  
71 acceptable diagnostic strategies to ensure early detection and treatment initiation.<sup>3</sup>

72 Italy, a low TB-burden country, reported 2,439 TB cases in 2022, 57.4% of which were among  
73 foreign-born individuals.<sup>4</sup> Italy, along with Greece, Malta, and Spain, is one of the Mediterranean  
74 countries most affected by rising immigration. In recent years, these countries have experienced  
75 an increase in both the number and frequency of arriving migrants. According to the United  
76 Nations High Commissioner for Refugees (UNHCR) operational data portal, over 43,000 people  
77 arrived in Italy via the Mediterranean route in 2024.<sup>5</sup>

78 Guidelines mandate that healthcare professionals obtain a detailed TB history for all new patients  
79 arriving from countries with a high TB-burden (incidence >100/100,000).<sup>6</sup> Moreover, for people  
80 coming from high TB-burden countries, it is recommended to perform screening tests for TB  
81 infection, such as the tuberculin skin test (TST) or Interferon Gamma Release Assay (IGRA).<sup>6</sup> In  
82 Italy, migrants coming from high TB incidence countries are obliged to go through TB screening  
83 processes. Those who are either symptomatic or chest x-ray positive are asked to provide a sputum  
84 sample.<sup>6</sup> When this is needed, the reliance on sputum-based diagnostics poses practical

85 challenges, particularly for individuals who are asymptomatic or unable to produce sputum. This  
86 reduces the yield of TB screening.<sup>7</sup> These gaps highlight the need for more adaptable, acceptable,  
87 and non-invasive diagnostic approaches to improve TB detection rates among underserved  
88 populations.

89 As potential alternative samples for TB screening, tongue swabs are exhibiting good sensitivity  
90 and specificity when paired with a correct collection technique and analytic methods explicitly  
91 designed for swab testing.<sup>8-16</sup> Modeling studies suggest that the ease of collecting tongue swabs  
92 from both asymptomatic and non-sputum-producing individuals may offset their lower  
93 sensitivity.<sup>17</sup> Therefore, this screening alternative may offer a significant advantage in active TB  
94 case detection in migrant screening contexts.

95 Implementation science has shown that the successful implementation of new diagnostic tools  
96 requires more than laboratory validation.<sup>18</sup> Persistent gaps exist between the demonstrated efficacy  
97 of health interventions in controlled settings and their adoption in real-world public health  
98 programs.<sup>19</sup> Integrating tongue swabs into routine TB screening requires acceptability studies to  
99 assess migrants' willingness and ability to self-swab, as well as their preferences compared to  
100 sputum collection.<sup>20</sup> To date, there is a lack of evidence addressing these aspects among migrant  
101 populations, leaving important questions unanswered regarding their preferences, behaviors, and  
102 barriers within the context of TB screening.

103 This study examined user preferences, facilitators, and barriers to tongue swabs for TB screening  
104 to support their adoption. We assessed the feasibility and acceptability of supervised self-swabbing  
105 (SSS) as a non-sputum alternative for TB screening, identifying key factors influencing its uptake  
106 compared to sputum collection in the migrant population.

107

## 108 **Methods**

### 109 **Participants and Setting**

110 This qualitative study was conducted in the Lombardy region of Northern Italy. This is one of the  
111 main areas where migrants are relocated upon arrival in Italy. Milan hosts over 50 migrant  
112 reception facilities, ranging from large camps to smaller apartments.<sup>21</sup> The screening algorithm  
113 includes both active TB and TB infection detection (Figure 1).

### 114 **Participant recruitment**

115 Participants were recruited at the Regional Reference Center for TB control in Lombardy, Villa  
116 Marelli, Ospedale Niguarda, Milan, where part of the routine screening activities took place.  
117 Recruitment started on 24/11/2023 and was completed on 18/06/2024. Individuals who entered  
118 Italy through informal routes were the primary target population for the study. To explore migrants'  
119 perspectives on TB screening, purposive sampling was used to select participants from these  
120 communities who are vulnerable to TB exposure and least likely to seek care due to immigration-  
121 related fears, including the perceived risk of deportation. To facilitate outreach and ensure  
122 retention, the research team collaborated with migrant welcome centers such as the Red Cross,  
123 which provided ongoing support and could assist with follow-up and care for participants who  
124 tested positive for TB. Recruitment was conducted with the support of cultural mediators to  
125 facilitate participant engagement and ensure inclusiveness. Efforts were made to approach  
126 participants from both genders. To promote female participation, female-only migrant reception  
127 centers were also contacted.

128 Inclusion criteria for the interviews included age 18 years or older and having arrived in Italy  
129 within the 12 months preceding the interview and residing in the migrant welcome centers.

130 Eligibility was independent of TB screening results; however, participation required willingness  
131 to perform self-swabbing and take part in an interview.

132 The target population primarily included migrants from the Indian Subcontinent (ISC), West Asia  
133 and North Africa (WANA), and West and Central Africa (WCA). These groups have elevated TB  
134 risk due to high incidence of TB in their home country as well as migration-related exposure  
135 coupled with precarious living and working conditions during the migration journey. Migrants  
136 who came through formal migration and who were not living in the welcome centers were  
137 excluded, as they faced fewer structural barriers to healthcare and had access to governmental  
138 services. Participants were informed about the study objectives and procedures in detail by the  
139 interviewers (RC, FS). All potential participants were given sufficient time and opportunity to seek  
140 support in their decision-making, including discussing their choice with a trusted person before  
141 deciding whether to participate.

#### 142 **Diagnostic sample collection**

143 Sputum samples were collected through expectoration, according to the available WHO  
144 guidelines.<sup>22</sup> Tongue swabs were collected according to the previously published protocol for  
145 supervised self-swabbing SSS with the amendment of using the Copan Floq swab with the 80mm  
146 breakpoint.<sup>10,23,24</sup> The procedure for both the collection of the sputum samples and the tongue  
147 swabs is described in the Interview Guide (Appendix 1).

#### 148 **Theoretical Model**

149 The study employed the Capability, Motivation, and Opportunity- Behavior (COM-B) model  
150 across all study phases, including the design of the study topic guides, data collection, and guiding  
151 the analysis and interpretation of the data. The model posits that for a Behavior (B) to take place,  
152 an individual must have the Capability (C) to perform the behavior, the Opportunity (O) to engage

153 in it, and the Motivation (M) to initiate and sustain the behavior.<sup>25</sup> Several studies have used the  
154 COM-B model to assess the acceptability of health interventions.<sup>26–32</sup>

### 155 **Data Collection**

156 A semi-structured interview guide was developed a priori to explore behavioral determinants  
157 influencing the adoption of SSS. The COM-B based interview guide explored participants'  
158 capabilities to collect samples according to the SSS protocol. Key considerations included  
159 participants' physical ability to use the swab properly without contamination, as well as their  
160 comfort level during the procedure. Interview questions also focused on existing or potential  
161 opportunities that could enhance the acceptability and willingness to engage in SSS, such as  
162 language barriers between migrants and healthcare workers. Barriers and motivations to use SSS  
163 were also assessed.

164 The guide was reviewed by the study team and local investigators to ensure clarity and alignment  
165 with study objectives. After deliberations, the refined topic guide was presented to cultural  
166 mediators from the cooperative *Farsi Prossimo* in Milan, Italy, which has long-standing  
167 experience supporting migrants affected by TB and is the reference cultural mediator cooperative  
168 for the regional TB center. We specifically recruited cultural mediators who have a migratory  
169 history, come from the same region as the study participants, have experience working in migrant  
170 settings, and speak at least one of the participants' languages. We trained them on qualitative data  
171 collection methods, and positionality and sensitivity to the migrants' needs. The review by cultural  
172 mediators ensured that cultural appropriateness across the diverse migrant groups was met.  
173 Interviews were conducted in person by two researchers (RC, FS) at the regional TB reference  
174 center. To address language and cultural barriers, trained cultural mediators facilitated real-time

175 translation. Interviews lasted between 60-90 minutes and were audio recorded. Field notes were  
176 also taken in real time.

### 177 **Data Analysis**

178 Translated interviews were analyzed by RC and FS employing a rapid qualitative analysis  
179 approach, adapting the deductive framework-based method.<sup>33</sup> This method allowed for efficient  
180 yet rigorous data processing by using structured notes and a matrix-based approach. The analysis  
181 followed a two-step process. First, rapid data extraction and categorization were conducted by  
182 each researcher, entering their interview notes into a structured Google Sheet research matrix. A  
183 second analyst then cross-checked the data by listening to the audio recordings and refining the  
184 matrix. A thematic analysis was performed using the COM-B model. Responses were classified  
185 under capability, which included knowledge about TB and understanding of self-swabbing  
186 procedures; opportunity, which encompassed logistical barriers and structural support; and  
187 motivation, which involved perceived risk and trust in the method. To support each identified  
188 theme, we embedded direct quotations from interviews, ensuring that participant perspectives were  
189 accurately represented and contextualized within the COM-B framework (Figure 2).

190 This approach enabled us to systematically assess how risk perception, self-efficacy, and  
191 contextual factors influenced engagement with self-swabbing. The rapid analysis reduced resource  
192 demands while maintaining analytical depth, making it particularly suited for evaluating  
193 implementation determinants in time-sensitive public health settings.<sup>33</sup> Theme saturation was  
194 determined based on established qualitative research standards, where homogenous groups  
195 typically reach theme saturation after 9–17 interviews.<sup>34–38</sup> Given the diversity of our sample, we  
196 anticipated a higher threshold for thematic saturation. Saturation was defined as the point where  
197 no new themes emerged from additional interviews.<sup>39</sup> The research team ensured the sample

198 captured the overall variation in responses relevant to the study objectives. The study followed the  
199 Consolidated Criteria for Reporting Qualitative Research (COREQ) guidelines.<sup>40</sup>

## 200 **Ethical Approval**

201 The study was approved by the Comitato Etico Territoriale Lombardia 3 (#3582\_S\_N),  
202 recognizing the TB regional reference center Villa Marelli as the study site and IRCCS Ospedale  
203 San Raffaele as the sponsoring institution. Ethical approval was also obtained from the University  
204 of Washington Human Subjects Division (UW STUDY00018900). Participants provided both  
205 written and oral informed consent. They were explicitly informed of their right to decline any  
206 question and withdraw from the study at any time. Procedures for data management and approval  
207 for audio recording of interviews were also explained.

208

## 209 **Results**

### 210 **Participants characteristics**

211 Table 1 describes characteristics of the 24 migrants who participated in the interviews. The sample  
212 comprised 19 males and 5 females. Approximately half of the participants were aged between 18  
213 and 30 years. The majority were from the West and Central Africa (WCA) region (54%), followed  
214 by the Indian Subcontinent (ISC) region (38%). Regarding marital status, most participants  
215 identified as either single or married, and several had children. All participants were asked to  
216 provide a sputum sample and to follow the SSS protocol. All participants were able to provide a  
217 tongue swab sample; however, only one participant successfully produced a viable sputum sample.

### 218 **The capability to use tongue swabs is influenced by their ease of use.**

219 Tongue swabs emerged as a practical and preferred alternative to sputum collection for TB  
220 screening in migrant settings. Most participants reported that the tongue swab method was simple

221 to perform, and the protocol was easy to follow. Many described the process as “quick,” “clean,”  
222 and “less stressful” than producing sputum.

223  
224 *“The (tongue) swab was easier than the sputum because when I tried [producing] sputum*  
225 *I did cough and got some saliva, but I didn’t get sputum... but with the (tongue) swab, I*  
226 *was able to do it on my own... it was quick and much cleaner.” (Male, ISC)*

227  
228 *“The swab was a lot easier and faster. The sputum process hurts my throat because you*  
229 *have to breathe deeply and cough, and if you can't make the sputum, you have to keep*  
230 *trying... I couldn't cough up anything, so it didn’t work.” (Male, SSA)*

231  
232 Several participants emphasized the value of privacy, autonomy, and simplicity when using SSS  
233 for TB screening. Many participants preferred performing the swab themselves to avoid  
234 embarrassment or perceived judgment during sputum collection. The convenience of completing  
235 the test discreetly and in the same space was a key factor in their preference.

236  
237 *"I can do this (SSS) myself. It is easy. I don't want the nurse to do it and be in front of my*  
238 *mouth... I have a problem with really bad breath, I don’t know why, it has been since I*  
239 *came here, and I am embarrassed about it. I don’t want her (the nurse) to be in front of my*  
240 *mouth when it is something I can do myself. (Male, SSA)*

241 *“The swab is easier, you do not need to move and go to the other room like you need to for*  
242 *the sputum...and people waiting in line with the cup by the other room, everyone knows*  
243 *you are doing something when they walk by. I don't want them to know what I am doing. I*

244 *can do it myself here with the (tongue) swab, sitting in front of you...and you can tell me*  
245 *when to start and stop so I know I am doing it right.” (Male, SSA)*

246  
247 *“It is not nice to show your tongue to others. It is not easy for me to open my mouth in front*  
248 *of you. No, not for a physical difficulty in doing it. It is not nice to put something on the*  
249 *tongue in front of others or in any case. I don’t want you watching me while I swab.”*  
250 *(Male, SSA)*

251  
252 Participants’ previous experiences with self-testing influenced how they perceived the tongue  
253 swab method. Some participants felt confident in their ability to self-administer the swab, drawing  
254 comparisons to familiar tests like pregnancy kits, which offer immediate results. Few participants  
255 had encountered self-testing before this study. However, the lack of visible results with the tongue  
256 swab left some feeling disconnected from the outcome. Others questioned the relevance of TB  
257 screening, especially if they believed TB was no longer a concern in their country of origin.

258  
259 *“I have done a self-test for pregnancy before in my country, in the Ivory Coast, and here*  
260 *(in Italy). I did them because I was not feeling well. I did it twice. With the pregnancy test,*  
261 *I can also see the results. I liked that. For the (tongue) swab, I can swab myself fine, but I*  
262 *would like to be able to read the results right away, like I can in the (home) pregnancy*  
263 *test.” (Female, SSA)*

264 *“My mom told me about TB, but since the vaccine campaign for children was started in*  
265 *Bangladesh, we do not see this disease anymore...TB is finished. Old people had it...But it*

266 *is not a problem in my country, so I don't know why I have to be here for testing. (Male,*  
267 *ISC)*

268

269 **Health promotion and guidance on SSS provide an opportunity to increase uptake.**

270 Limited health literacy emerged as a key barrier to self-swabbing, reflecting the challenges  
271 required for successful implementation. Many participants reported a lack of understanding about  
272 TB and the screening procedures, with some expressing confusion and concern about tests they  
273 had undergone previously. The lack of detailed information on the purpose and effects of the  
274 screening led to anxiety, distrust, and hesitation to engage with healthcare workers. Some  
275 participants questioned the safety of the procedures and felt distressed by visible side effects that  
276 were not explained to them.

277

278 *“On my journey to Italy, I was kidnapped in Libya for ransom... I was around a lot of hurt*  
279 *and sick people who were coughing and moaning in agony all the time, and we were*  
280 *constantly abused... I do not know what TB is or which symptoms TB causes. All I know*  
281 *is that it is an old disease. I know I am here to do the screening to prevent the disease... I*  
282 *am strong, I won't get it (TB) because I have already survived a lot of horrible things”.*

283 *(Male, WANA)*

284

285 *“I don't know what that (TB) is. Two weeks ago, they drew my blood. I have to take*  
286 *medicine because there is a small problem with my lungs. It made me feel bad. I don't know*  
287 *what is going on.” (Male, ISC)*

288

289           *"I never had TB, and I don't know what it is. They did not explain why I was doing the test*  
290           *(TST) on my arm. Look at the bruise it made (participant points to the wound from the TST*  
291           *test on her forearm)...will it heal and go away soon? It is disgusting, and I am ashamed of*  
292           *it. It makes my arm look ugly and I don't want anyone to see it...What did they give me to*  
293           *make this happen? My arm was fine before they injected things under my skin... When it is*  
294           *hot out and I sweat, it hurts even more."* (Female, SSA)

295

296 Participants described language barriers as a major challenge throughout the TB screening process,  
297 leading to confusion, fear, and feelings of isolation. Some described feeling like they had no choice  
298 but to comply, without fully understanding what was happening. Participants expressed deep relief  
299 when finally able to communicate with people in their language.

300

301           *"I have so many things to do for my (immigration) papers, I don't know what is happening,*  
302           *and it's all so quick, I just follow the authorities. We are always in a rush when we come with*  
303           *the van and the group from the camp, so we rarely have someone who speaks our language to*  
304           *tell us what is going on and what we need to do, and why and how we can be prepared.*  
305           *Everyone in the van is scared about what they are going to do to us. The rest of them don't*  
306           *speak my languages, so even though there are others with me, I feel alone..."* (Male, ISC)

307

308           *"The explanation I received on what TB is and why I am here was not clear. I was scared that*  
309           *she knew I had TB, but I realized only after speaking with you [interviewer] that you are trying*  
310           *to see if I do or not, and that is why I need to try these tests. You're the first person to speak*  
311           *with me in my language. It is such a relief... The nurse tried to tell me what was happening by*

312 *using Google Translate, but I didn't understand it. Often it translates things in ways that don't*  
313 *mean anything.” (Male, ISC)*

314

315 Participants highlighted the need for clear, accessible instructions to support SSS. They  
316 emphasized that visual tools, like videos, could help overcome literacy and language barriers and  
317 improve understanding of the process. Some participants reported that they could not read in any  
318 language and would benefit from guided visuals with audio explanations. A few participants noted  
319 that while in-person support with translation was ideal, subtitled videos in their native language  
320 would also be helpful.

321

322 *“If videos were showing me why it's important to do the test and how to swab (SSS) and*  
323 *what to expect after it would be better for me, because even if you can or can't read, you*  
324 *can watch it and do it and understand... I cannot read even in my languages, so I need*  
325 *something helpful with a voice telling me and guiding me with images.” (Male, SSA)*

326

327 *“If someone explains how I can swab myself for the test by showing a video, it will be*  
328 *better. Ideally, it would be great to have someone like you here to explain to me with a*  
329 *translator, but if you can't be here, then a video in Bengali will also work.” (Male, ISC)*

330

### 331 **Motivation to comply with immigration requirements may drive willingness for SSS.**

332 Participants described a sense of limited self-determination and uncertainty surrounding TB  
333 screening, often linking it to fears about their immigration status. Many participants reported  
334 undergoing health checks as part of immigration procedures without fully understanding their

335 purpose, and complied with TB screening because they were told it was mandatory to remain in  
336 Italy or access housing and services. This lack of clear communication, combined with language  
337 barriers during medical procedures, contributed to confusion and anxiety.

338

339 *"They told me the screening was compulsory to stay here in Italy. I don't understand all*  
340 *the things they are doing... They took 3 containers of blood from me and 5 from the man*  
341 *next to me. He was really upset and asked why they took more from him. The nurse didn't*  
342 *understand him, and he was frustrated and walked out. I don't know what is going to*  
343 *happen to him, but I fear for him and hope he doesn't get kicked out. I want to stay in Italy,*  
344 *so I am cooperating." (Male, SSA)*

345

346 *"You are the first doctor I speak to with a translator... I come because they take me here*  
347 *from the camp. I don't have a choice." (Male ISC).*

348

349 Despite these concerns, participants expressed compliance with administrative requirements to  
350 avoid jeopardizing their stay.

351

352 *When I arrived here in Italy, the cultural mediator at the camp explained that we had to*  
353 *do the TB screening to be accepted to live at the camp. I came because they told me I had*  
354 *to for my (immigration) papers... I don't want to get in trouble, so I am here." (Male, ISC)*

355

356 **Discussion**

357 Our qualitative study explored migrants' willingness to use tongue swabs compared to producing  
358 a sputum sample for TB screening. This study provides novel insights into the acceptability of SSS  
359 among migrants in Lombardy, located in Northern Italy. Participants overwhelmingly favored SSS  
360 over sputum collection, citing its simplicity, privacy, and ease of use. These preferences reflect  
361 both the logistical advantages of SSS and the personal discomfort associated with sputum  
362 production, particularly in public or clinical settings. However, the successful implementation of  
363 SSS will depend on addressing key barriers identified by participants, including limited health  
364 literacy, language challenges, social and cultural barriers, and mistrust in the healthcare system.  
365 Additionally, the motivation to comply with immigration requirements emerged as a powerful  
366 driver of participation, highlighting the need for person-centered and contextually responsive  
367 strategies to support equitable TB screening in migrant populations.

368 These findings suggest that flexible, migrant-specific TB screening models are needed. Using non-  
369 invasive methods like SSS may improve participation and reduce delays in diagnosis. Guided by  
370 the COM-B model, a key facilitator in the capability domain was the ease of use of SSS, described  
371 by many participants who found the procedure simple and manageable. In the opportunity domain,  
372 addressing barriers related to language and lack of information leading to uncertainty about the  
373 necessity of TB screening may influence the uptake of SSS. Under the motivation domain,  
374 migrants feared repercussions such as deportation, which discouraged them from disclosing health  
375 concerns. It also acted as a motivator to comply with administrative requirements for TB screening  
376 using SSS. The barriers identified in this study align with broader research on migrants' health-  
377 seeking behaviors and barriers to TB screening in Europe.<sup>41-46</sup> A study pooling results from studies  
378 in Italy, Sweden, the Netherlands, and the UK found that migrants' trust in healthcare and

379 understanding of TB screening procedures played a crucial role in their willingness to participate  
380 in testing.<sup>3</sup>

381 The broader structural inequities in TB care identified in global TB policy discussions are also  
382 relevant to this study. A recent paper on equity in TB responses highlights how systemic  
383 disadvantages such as poverty, migration status, and social exclusion continue to limit healthcare  
384 access for populations most affected by TB.<sup>47</sup> While the End TB Strategy includes an equity target,  
385 few efforts have been made to integrate social science and multi-sectoral approaches into TB  
386 screening and care. This aligns with our findings that many migrants comply with screening due  
387 to a perceived lack of self-determination rather than informed choice. It reinforces the need for  
388 equity-driven, community-led interventions to empower migrants in healthcare decision-making.  
389 The role of social science in TB research and policy is increasingly recognized as crucial in  
390 addressing barriers to care beyond biomedical and public health interventions. A multi-sectoral  
391 approach including legal protections, social support policies, and participatory healthcare  
392 strategies could help mitigate fear of deportation, increase trust in healthcare systems and  
393 providers, and enhance TB screening uptake.<sup>48</sup>

394 Language barriers emerged as a significant challenge to the acceptability and understanding of TB  
395 screening among migrants in our study. Participants often reported confusion about the purpose of  
396 the screening and described a lack of clear communication during health encounters, which aligns  
397 with existing literature highlighting language as a key barrier to accessing care in migrant  
398 populations.<sup>3</sup> Similar studies in European and North American contexts have shown that language  
399 discordance can lead to reduced health literacy, miscommunication, and mistrust in the healthcare  
400 system.<sup>3,49,50</sup> Unlike some prior research that focuses on one-on-one HCW support guiding SSS  
401 sample collection<sup>24,51</sup>, participants in our study expressed strong preferences for culturally and

402 linguistically tailored videos and visual tools, particularly when interpreter access is limited.  
403 Moreover, it was reported that the modality of TB screening delivery impacts uptake, with  
404 community-based approaches and culturally tailored engagement strategies yielding higher  
405 participation rates.<sup>52,53</sup> These findings point to the need for innovative, accessible communication  
406 strategies in TB screening programs to ensure equitable engagement across diverse language  
407 groups.

408 The introduction of multilingual, culturally adapted health promotion materials, such as  
409 instructional videos and illustrations geared at varying literacy levels, could significantly improve  
410 participants' willingness and ability to produce a swab sample according to the protocol  
411 effectively.<sup>51</sup> Developing SSS-specific health promotion materials tailored to migrants' needs  
412 could improve the acceptability of this screening approach. Culturally adapted, multilingual  
413 resources should be a priority to increase willingness to seek care, support participation in TB  
414 screening, and promote accurate sample collection for diagnosis.

415 A strength of our qualitative study was the focus on SSS in the migrant population, which has been  
416 underexplored. This approach allowed us to capture unique barriers and facilitators specific to this  
417 population. By centering the voices of migrants, the study offers practical guidance for designing  
418 more inclusive TB screening strategies. In addition, the study was a strong collaboration fostered  
419 between developers of tongue swabs at the University of Washington School of Public Health with  
420 researchers at the IRCCS Ospedale San Raffaele in Italy. This collaboration enabled both technical  
421 expertise and contextual understanding, strengthening the study's relevance and applicability to  
422 real-world migrant health settings.

423 The study also had limitations. First, the recruitment of women was limited as there was a smaller  
424 number of female migrants seeking asylum or coming through informal migration and/or residing

425 in the welcome centers. Additionally, many women faced competing demands, such as childcare  
426 responsibilities and limited availability of suitable interview settings. The views presented by the  
427 women in the study may not be representative of all women, but many of the themes resonate with  
428 migrant populations. Secondly, the recruitment of participants from the West Asia and North  
429 Africa region and Pakistan was not consistent with the migratory data. It was more challenging to  
430 recruit participants from these regions and to provide the appropriate cultural mediators for  
431 support. Future studies need to intentionally design recruitment strategies to support hard to reach  
432 demographics, such as females and participants from Pakistan and the West Asia and North Africa  
433 region to understand their perspectives, as they represent a significant portion of the migrant  
434 population in Italy who are underserved. Third, social desirability bias may have shaped how  
435 participants described their willingness to comfortably provide a sample according to the SSS  
436 protocol. To minimize these biases and strengthen trustworthiness, we used trained cultural  
437 mediators during interviews, conducted debriefings after each session, and applied systematic  
438 credibility checks during analysis.

439

#### 440 **Conclusion**

441 Our qualitative findings have shown that adoption of a novel diagnostic SSS is a feasible and  
442 acceptable alternative to sputum collection in migrant settings, but its success depends on  
443 addressing persistent barriers such as low health literacy, limited trust in healthcare, and cultural  
444 acceptability. Tailored, multilingual health promotion tools could improve awareness and  
445 confidence in self-swabbing, particularly among migrants. Embedding person-centered, equity-  
446 focused strategies in TB screening programs is essential to advancing more inclusive and effective  
447 TB control.

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451

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465

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609

610 **TABLES**

611 **Table 1: Demographic characteristics of study participants (n=24)**

| <b>Characteristic</b> | <b>N (%)</b> |
|-----------------------|--------------|
| Age (years)           |              |
| 18–30 years           | 11 (45.8)    |
| 31–40 years           | 8 (33.3)     |
| 41–51 years           | 5 (20.8)     |
| Gender                |              |
| Male                  | 19 (79.2)    |
| Female                | 5 (20.8)     |
| Region of origin      |              |
| ISC                   | 9 (37.5)     |
| WANA                  | 2 (8.3)      |
| WCA                   | 13 (54.2)    |
| Marital status        |              |
| Single                | 11 (45.8)    |
| Married               | 10 (41.7)    |
| Unknown               | 3 (12.5)     |
| Children              |              |
| Yes                   | 11 (45.8)    |
| No                    | 8 (33.3)     |
| Unknown               | 5 (20.8)     |
| Interview Language    |              |
| French                | 9 (37.5)     |
| English               | 4 (16.7)     |
| Arabic                | 2 (8.3)      |
| Bengali               | 7 (29.2)     |
| Urdu                  | 2 (8.3)      |

613 **FIGURES Captions**

614

615 **Figure 1:** Lombardy regional TB screening algorithm among migrants coming from high TB  
616 incidence countries to Italy.

617

618

619 **Figure 2:** COM-B analysis of barriers and facilitators to supervised self-swabbing for TB  
620 Screening

621

# TB screening in the migrant population

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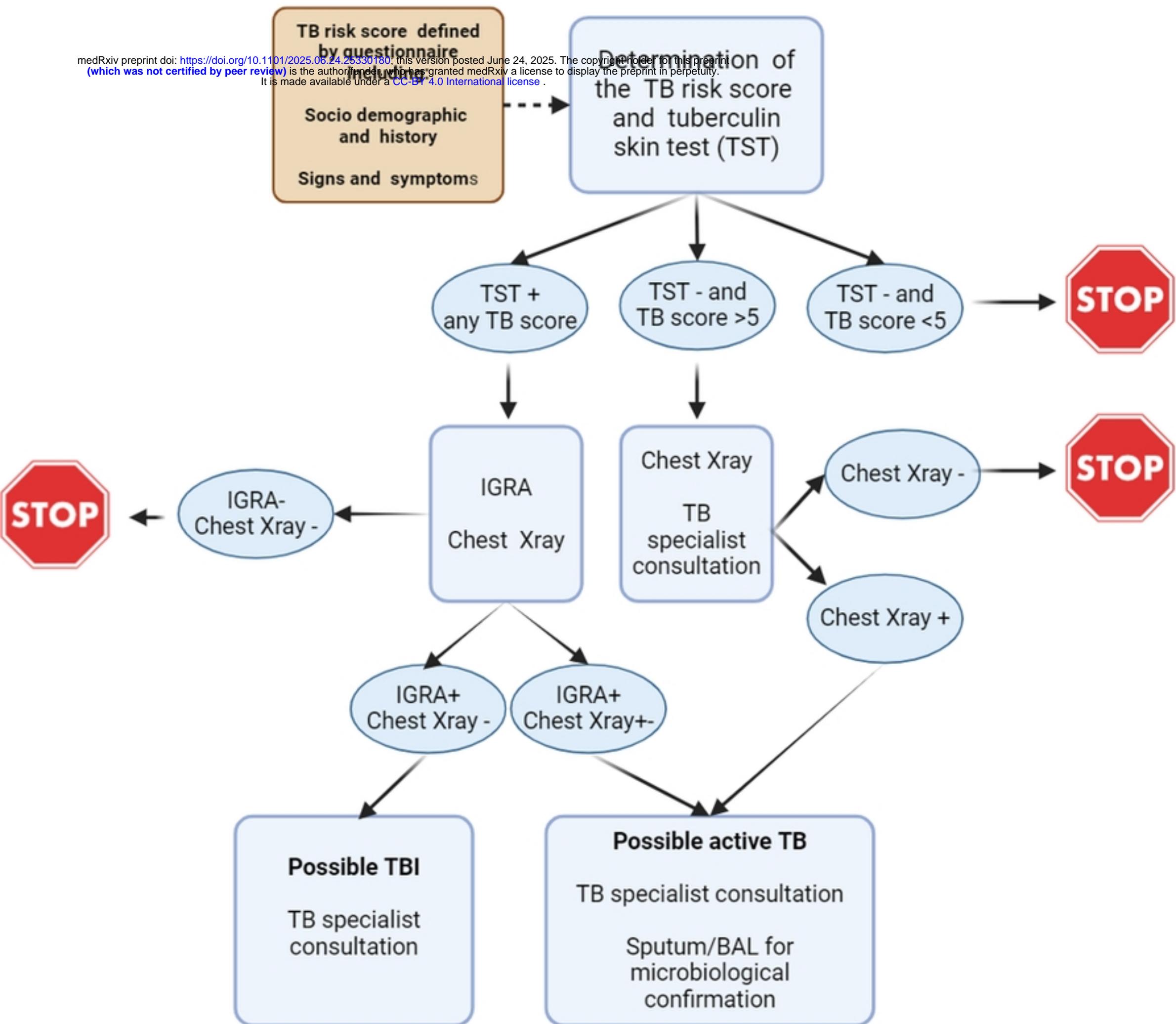


Figure 1

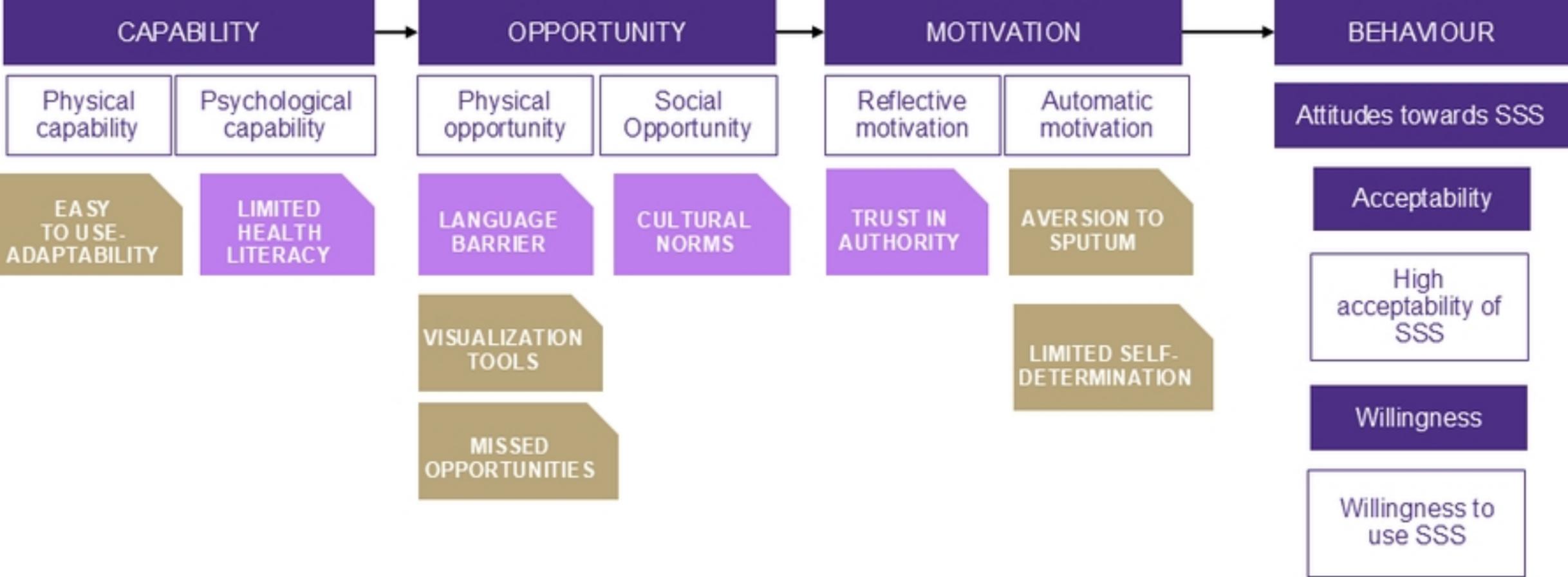


Figure 2