

USING MOTIVATIONAL INTERVIEWING TO IMPROVE PREP UPTAKE AMONG MEN WHO HAVE SEX WITH MEN

Presenter:

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OVERVIEW OF PRESENTATION

- Review HIV Statistics in the United States
- Brief Overview of Motivational Interviewing
- Review Uses of Motivational Interviewing in Clinical Settings
- Brief Overview of Previous Studies Utilizing Motivational Interviewing Among MSM
- Review a Current Study Utilizing Motivational Interviewing to Enhance PrEP Uptake Among YBMSM

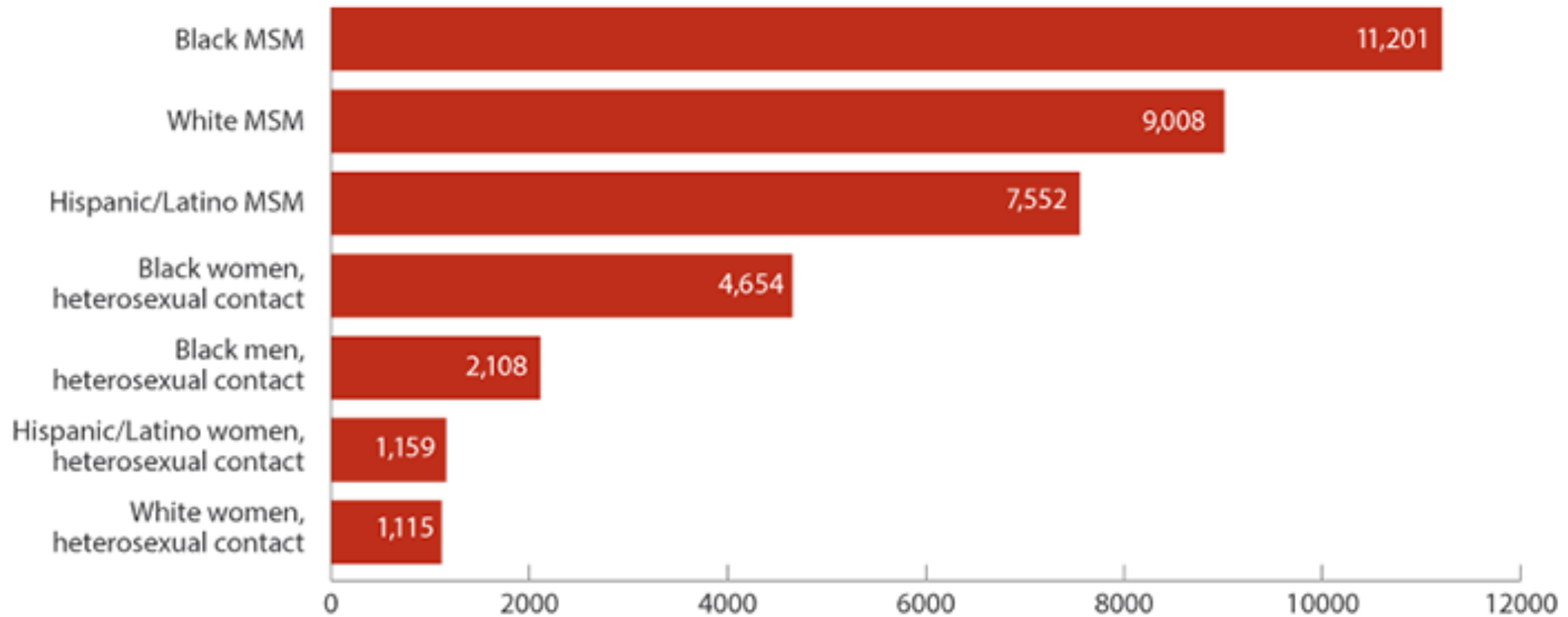


HIV EPIDEMIC

- 44,073 individuals were diagnosed with HIV
- 1.2 million individuals in the US were living with HIV at the end of 2012
- Of those living with HIV 1 in 8, did not know they were infected
- African Americans made up 44% of all new HIV diagnoses
- Men who have sex with men accounted for 67% of all new HIV diagnoses
- Jackson, Mississippi has the fastest rate of new HIV infections (the highest in the nation)



Estimated New HIV Diagnoses in the United States for the Most-Affected Subpopulations, 2014



(Centers for Disease Control and Prevention)



WHAT IS MOTIVATIONAL INTERVIEWING?

- A method that works on facilitating and engaging intrinsic motivation in the client in order to change behavior
- A goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence

Overall goal of MI is to elicit change using the individuals' unique motivational reasoning



4 PROCESSES OF MOTIVATIONAL INTERVIEWING

- **Engaging:** The process of establishing a mutually trusting and respectful helping relationship
- **Focusing:** Focus on a particular agenda. Clarifies direction in conversation.
- **Evoking:** Eliciting the client's motivation for change.
- **Planning:** Commitment and action plan.



CHANGE TALK

- Desire
- Ability
- Reason
- Need



RESPONDING TO CHANGE TALK

- **Open Ended Questions:** Asking for elaboration or more detail
- **Affirming:** Recognize what the person is saying about change talk in a positive manner.
- **Reflecting:** Convey understanding with a simple or complex reflection
- **Summarizing:** Collect and give back bouquets of change talk



HOW TO PERFORM MOTIVATIONAL INTERVIEWING

- Express empathy and avoid arguments
- Develop discrepancies
- Roll with resistance and provide personalized feedback
- Support self-efficacy and elicit self-motivation



EFFECTIVENESS OF MOTIVATIONAL INTERVIEWING IN CLINICAL SETTINGS

- Promote weight reduction
- Dietary modification
- Increase exercise
- Decrease smoking
- Increase safer sex practices
- Increase contraception use
- Medication adherence
- Medical appointment adherence



REVIEW OF STUDIES USING MOTIVATIONAL INTERVIEWING IN THE MSM COMMUNITY OR THOSE AT HIGH RISK OF ACQUIRING HIV

- **Motivational interviewing targeting risk reduction for people with HIV: a systematic review (Naar-King, Parsons, Johnson, 2012)**
- **The effectiveness of MI4MSM: how useful is motivational interviewing as an HIV risk prevention program for men who have sex with men? A systematic review (Berg, Ross, Tikkanen, 2011)**



REVIEW OF STUDIES USING MOTIVATIONAL INTERVIEWING IN THE MSM COMMUNITY OR THOSE AT HIGH RISK OF ACQUIRING HIV

- Using motivational interviewing in HIV field outreach with young African American men who have sex with men: a randomized clinical trial (Outlaw, Naar-King, Parsons, Green-Jones, Janisse, Secord, 2010)
- Results of a pilot study to reduce methamphetamine use and sexual risk behaviors among methamphetamine-using men who have sex with men (MSM) not currently in treatment (Zule, Poulton, Coomes, et. al., 2012)
- A randomized controlled trial utilizing motivational interviewing to reduce HIV risk and drug use in young gay and bisexual men (Parsons, Lelutiu-Weinberger, Botsko, Golub, 2014)



CURRENT STUDY UTILIZING MOTIVATIONAL INTERVIEWING: MI-PREP

- “A Pilot Study Assessing a Single Motivational Interviewing Session to Improve Uptake of PrEP among Young black MSM”
- Examine a single-session of motivational interviewing designed to promote the acceptance and use of PrEP
- Target sample is young black men who have sex with men (YBMSM)
- The goal is to increase PrEP uptake and to identify and modify psychosocial and structural predictors of PrEP acceptance.



STUDY SAMPLE

Inclusion Criteria:

1) African American/Black; 2) Age \geq 18-29 years; 3) Engaged in anal sex with a man in last 6 months; 4) Male at birth; 5) HIV-negative test result in the past 30 days; 6) Has never taken Truvada medication; 7) Ability to provide informed consent; 8) Speak English.

Exclusion Criteria:

1) Age $<$ 18 or $>$ 29 years; 2) Currently taking PrEP; 3) Potential participants unable to provide informed consent, including people with severe mental illness requiring immediate treatment or with mental illness limiting their ability to participate.

Sample Size:

We intend to enroll 100 YBMSM into this study.



CONTROL GROUP

- Standard clinical care education about PrEP

Education Includes:

- Overview of PrEP
- Potential side effects of PrEP
- Short educational video about PrEP



VIDEO USED FOR EDUCATION

- <http://myprepexperience.blogspot.com/2014/01/new-animated-video-what-is-prep.html?sref=fb&m=1>
- [My PrEP Experience NEW ANIMATED VIDEO What is PrEP.htm](#)



INTERVENTION GROUP

- Standard clinical care education about PrEP

Education Includes:

Overview of PrEP

Potential side effects of PrEP

Short educational video about PrEP

- A brief motivational interviewing session



THE MI SESSION HAS 7 OBJECTIVES:

1. Build a positive rapport with the participant.
2. Identify motivations for declining or accepting PrEP.
3. Discuss perceptions of PrEP and ensure that the participant has a thorough understanding of the purpose of PrEP medication.
4. Elicit “change talk” using reflection and rolling with resistance techniques.
5. Discuss potential benefits or barriers of initiating PrEP.
6. Using the readiness ruler to assess readiness at the end of the MI session.

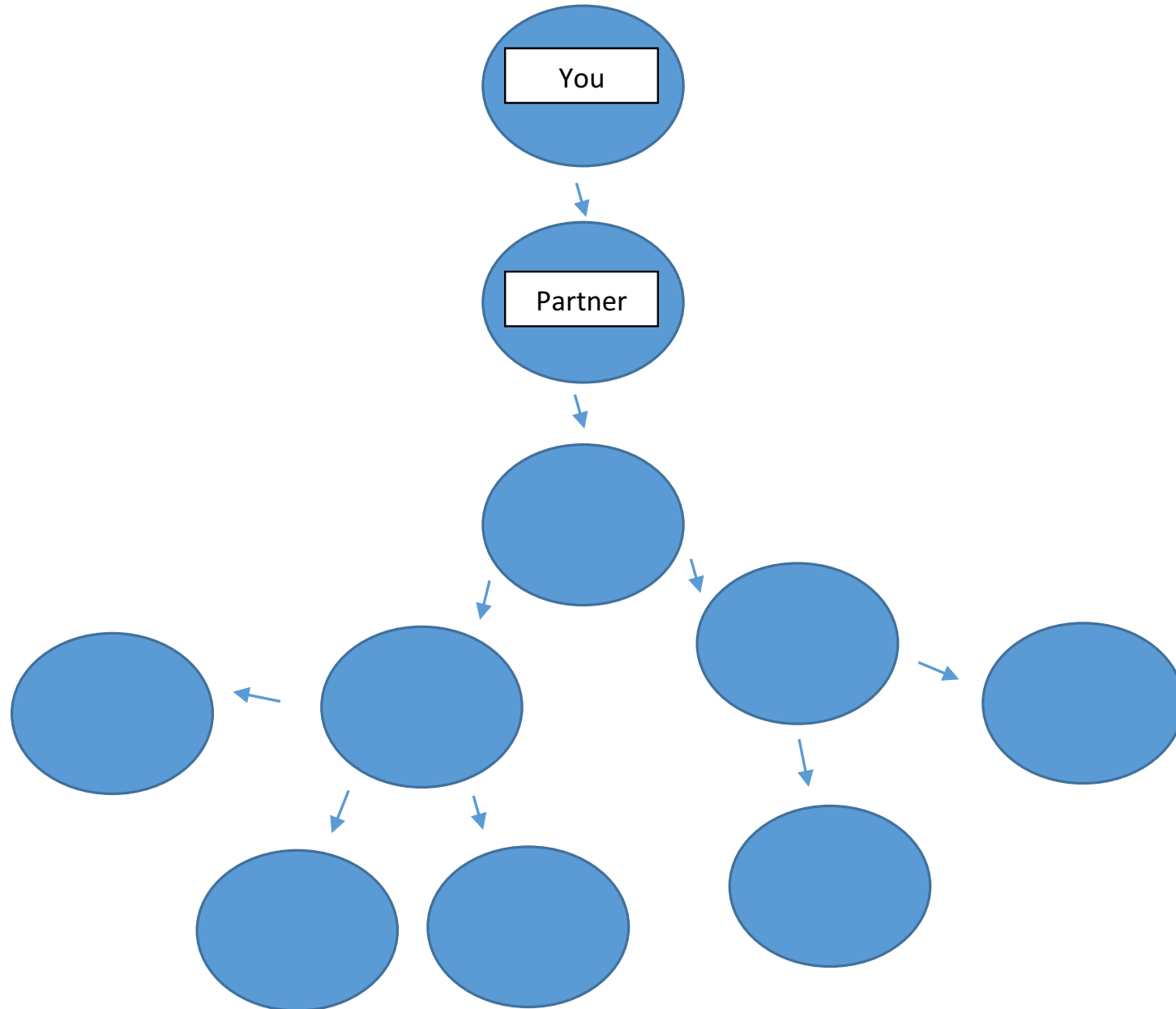


ADDITIONAL COMPONENTS OF THE MI INTERVENTION

- Education about rates of HIV in the US
- Education about Gilead Advancing Access
- Education about Number of Partners
- Assessment of where HIV Originated from and Trust in Physicians
- Assessment and Evaluation of Anxiety When Getting Tested
- Completion of the Partner Tree



Partner Tree



ADDITIONAL COMPONENTS OF THE MI INTERVENTION: POSSIBLE BARRIERS

- Making it to their appointments
- Insurance
- How they will remember to take medication
- How will they will refill their prescriptions
- How will they will stay motivated to take PrEP



MOTIVATION IS UNIQUE FOR EACH PARTICIPANT

- Participant was motivated to take PrEP because his friend was recently diagnosed with HIV. He reported discussing PrEP with this friend just the week before his friend was diagnosed.
- Participant was motivated because he recently had a partner who was HIV positive but failed to inform him.
- Participant was motivated because he just learned about PrEP and doesn't like to use condoms.
- Participant was motivated because he has an HIV positive partner.
- Participant was motivated because PrEP will give him peace of mind while pursuing partners.
- Participant was motivated because PrEP could be obtained for free.



BARRIERS ARE UNIQUE FOR EACH PARTICIPANT

- Participant was hesitant to take PrEP because he had a dental procedure scheduled and was unsure if he could take PrEP while having the procedure.
- Participant was hesitant to take PrEP because he feared the side-effects.
- Participant was hesitant to take PrEP because he was worried about what his partner would think if he found out.
- Participant was hesitant to take PrEP because he was concerned about paying for PrEP.



PARTICIPANTS ARE UNIQUE

- Each participant has an individual reason for being willing to take PrEP
- Each participant has an individual reason for not taking PrEP
- **The key is to target both motivation and hesitations**



CURRENT RESULTS

- 58 Participants Enrolled
- 29 Randomized to the Control Group
- 29 Randomized to the Intervention Group
- 19 Participants have completed all study visits



FUTURE DIRECTIONS

- Conduct an additional qualitative study with guys who have been on PrEP for 9 months or more.
- Use the results of this study and the qualitative study to create an enhanced intervention to increase PrEP uptake among YBMSM.



INVESTIGATORS

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