Psychosocial Predictors of Acceptability and Risk Compensation for PrEP

results from three critical populations

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Thank you

- Jeffrey Birnbaum and the HEAT staff
- NIMH
  - R01MH095565 (Golub), Willo Pequegnat, PO
  - R01MH087714 (Parsons), David Stoff, PO
- CDC
  - U01PS000707 (Nanin), Madeline Sutton, PO

Our amazing team of scientists, graduate students, and research staff at CHEST

The participants who gave their time and energy to these studies
“For me, what it was is like a beautiful day like today. I’d get up in the morning, and here are these pills to remind me I’m sick. And I just didn’t want to think that way.”

-- David

A social-behavioral perspective on biomedical intervention...
A social-behavioral perspective on biomedical intervention...  

2012 and beyond...
A social-behavioral perspective on biomedical intervention...

1. LGBT youth in the Ballroom scene in NYC

2. Black-identified MSM never tested for HIV

3. Highly sexually active gay men (median of 20 partners in past 90 days)
Health and Education Alternatives for Teens (HEAT)

Seven Deadly Sins Legends Ball
October 22, 2011
### Sample Characteristics (n= 85)

<table>
<thead>
<tr>
<th><strong>Age</strong></th>
<th>16-29, M = 20.08, SD = 2.63</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td>Male 60 (71%)&lt;br&gt;Female 12 (14%)&lt;br&gt;Trans/Genderqueer/2 spirit 13 (15%)</td>
</tr>
<tr>
<td><strong>Race</strong></td>
<td>Black/African-American 56 (66%)&lt;br&gt;Latino/a 8 (9%)&lt;br&gt;Other/Multi-racial 21 (25%)</td>
</tr>
<tr>
<td><strong>Times in past year that you couldn’t go home</strong></td>
<td>Never 69 (51%)&lt;br&gt;1-2 times 32 (24%)&lt;br&gt;3 or more times 34 (25%)</td>
</tr>
</tbody>
</table>
PrEP knowledge & acceptability

- 53% had never heard of PrEP.
- 61% said they would be interested in learning more about PrEP.
- 37% said they would be interested in taking PrEP.
- 66% said that PrEP is something that would be important to protect the ballroom community from HIV.
Factors related to PrEP acceptability

Interest in taking PrEP was NOT associated with...

- Concerns about side effects
- Concerns about others seeing the pills
- Concerns about remembering to take pills
Factors related to **PrEP acceptability**

<table>
<thead>
<tr>
<th>TOTAL Agree</th>
<th>Interested in TAKING PrEP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PrEP would make me less worried about HIV.</strong></td>
<td>36%</td>
</tr>
</tbody>
</table>

Among youth who said they **worry about HIV “most” or “all” the time**, 50% would be interested in taking PrEP.
A social-behavioral perspective on biomedical prevention recognizes the importance of "risk periods" (not just "risk groups" or "risk behavior") and acknowledges the complex ways in which PrEP might impact patients’ lives.
BROTHA: Brothers Reaching Out to Talk about HIV Awareness

U01PS000707 (Nanin, PI)
Centers for Disease Control and Prevention
PrEP and **HIV conspiracy beliefs**

*The good news...*

72% agree that “medical and public health institutions are trying to stop the spread of HIV in black communities.”

*The difficult news...*

Only 34% agree that “medicines used to treat HIV are saving lives in the black community”

Only 16% agree that “the government is telling the truth about AIDS”
PrEP and negative beliefs about meds

- The medicine used to treat HIV causes people to get AIDS.
- The medicine that doctors prescribe to treat HIV is poison.
- People who take new medications for HIV are guinea pigs for the government.

40-50% of participants did not disagree with these statements.
A social-behavioral perspective on biomedical prevention recognizes that PrEP messages, programs, and policies are entering into an already existing context, through which they will be interpreted and understood.
Pillow Talk:
Compulsive Behaviors,
Mental Health, and HIV Risk

earn money
for keeping
a sex diary

R01MH087714 (Parsons, PI)
National Institutes of Mental Health
<table>
<thead>
<tr>
<th>Characteristics</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sample Characteristics (n= 80)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td>18-73, Median = 31</td>
</tr>
<tr>
<td><strong>Race</strong></td>
<td></td>
</tr>
<tr>
<td>Black/African-American</td>
<td>11 (14%)</td>
</tr>
<tr>
<td>Latino/a</td>
<td>10 (12%)</td>
</tr>
<tr>
<td>White</td>
<td>51 (64%)</td>
</tr>
<tr>
<td>Other/Multi-racial</td>
<td>8 (10%)</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>No College Degree</td>
<td>25 (31%)</td>
</tr>
<tr>
<td>College Degree</td>
<td>55 (69%)</td>
</tr>
<tr>
<td><strong>Yearly Income</strong></td>
<td></td>
</tr>
<tr>
<td>Under $20,000</td>
<td>30 (37%)</td>
</tr>
<tr>
<td>$30,000-$50,000</td>
<td>23 (29%)</td>
</tr>
<tr>
<td>Over $50,000</td>
<td>27 (34%)</td>
</tr>
<tr>
<td><strong>Partners in the past 90 days</strong></td>
<td>Range: 10-90, M = 32, Median = 20</td>
</tr>
</tbody>
</table>
PrEP knowledge (n = 80)

- 51% had heard of PrEP.
- 54% had no idea how effective PrEP was in preventing HIV. Answers ranged from 20-90%.
- 83% said it was very or extremely important to use condoms while on PrEP.
49% said they would definitely or probably take PrEP.

There was no difference in PrEP acceptability by...
- Age
- Race/ethnicity
- Education
- Relationship status
- Recency of last HIV test
- Personality factors
PrEP & risk compensation

- Taking PrEP would make me \textit{less} likely to...
  - Use a condom for insertive sex (16%)
  - Use a condom for receptive sex (14%)
  - Ask a partner’s status before sex (15%)

- Taking PrEP would make me \textit{more} likely to...
  - Have group sex (21%)
  - Have unprotected sex with a guy I know is HIV+ (15%)
  - Have unprotected sex with an HIV-negative guy I knew was taking PrEP (27%)
PrEP & risk compensation

Across all items, 20% of participants say that PrEP will make them safer and 34% say that taking PrEP will make them riskier.

*How do these groups differ?*
PrEP & risk compensation

How do these groups differ?

Sexual Compulsivity
- Internalized homophobia
- Impulsivity
- Willingness to take PrEP

Anticipated HIV Stigma

Motivations for condom use

Anxiety

Identification with the Gay Community

Depression
PrEP & risk compensation

How do these groups differ?

- Sexual Compulsivity
  - Impulsivity
  - Internalized homophobia

- Anxiety
- Identification with the Gay Community
- Depression

- Anticipated HIV Stigma

- Motivations for condom use
- Willingness to take PrEP
PrEP & risk compensation

How do these groups differ?

People who believe that PrEP will make them safer are more likely to say they will use PrEP.
PrEP & risk compensation

Those who report that PrEP will make them riskier score higher on...

- Risk reduction motivations for condom use
  - I could get HIV/STI if I have sex without a condom (p < .02)
  - I am tempted to have sex without a condom when the risk of HIV is low (p < .001)

- Arousal motivations for unprotected sex
  - It’s easier for me to cum when I have sex without a condom (p < .04)
  - Having sex without a condom is more exciting because I’ve been told I shouldn’t do it (p < .001)
Take-home message #3

A social-behavioral perspective on biomedical prevention creates supportive interventions that recognize the role of risk perception and affect in decision-making.
A social-behavioral perspective has implications for...

- Communication and conceptualization of PrEP messages
- Identification of “targets” for PrEP efforts
- Development of supportive interventions
Thank you!

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“I think using PrEP it kind of, there’s still this association that...people who have HIV take ARV drugs, and so people who are HIV-negative who take ARV drugs on a daily basis, its kinda the same association... some people who have HIV don’t like taking a pill every day, because that’s what reminds them that they have HIV...So that’s kinda why I would be skeptical to taking it. It’s just that it would be the association with people who have HIV...”

-- 24 year old Latino gay man
A social-behavioral perspective on biomedical prevention recognizes the complexity of the meaning of pills (and pill-taking) in the conceptualization of PrEP messages.
PrEP knowledge & acceptability (n = 32)

- 59% had never heard of PrEP.
- 50% said they would definitely or probably take PrEP.

Participants would like to receive PrEP from...
- Regular doctor/health care provider (50%)
- Community health clinic (38%)
- Pharmacy (6%)
- CBO (6%)
- STI Clinic, mobile van, outreach worker (0%)