PrEP-related stigma as assessed by late disclosure of PrEP use among MSM in the AMPPrEP project

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HIV and PrEP related stigma could jeopardise the UNAIDS objectives.
Stigma and disclosure of PrEP

Are PrEP users willing to disclose?  
Or are they afraid to be discriminated against?

<table>
<thead>
<tr>
<th>Position</th>
<th>Bottom</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am</td>
<td>Single</td>
</tr>
<tr>
<td>Looking For</td>
<td>Right Now</td>
</tr>
<tr>
<td>HIV Status</td>
<td>Negative, on PrEP</td>
</tr>
<tr>
<td>Last Tested</td>
<td>August 2018</td>
</tr>
</tbody>
</table>

'HIV Status

- No response
- Negative
- Negative, on PrEP
- Positive
- Positive, undetectable
To disclose or not to disclose?

Barriers*

1. Sex with men
2. Sex without a condom
3. Many / different sexual partners
4. High risk of HIV infection
5. People will think you are HIV+

Background

Study aims

• Assess time to disclosure of PrEP use

• Factors associated with longer time to disclosure
AMPrEP project

- Prospective cohort at STI clinic Amsterdam
- HIV(−) MSM and transgender persons
- At increased risk for HIV infection
- Assess uptake of daily and event-driven (ED) PrEP
- Participants may choose and switch regimens

At least 2 visits:
- Enrolment
- 3-monthly visit <24m

n=376

Disclosure analyses

n=367
Methods

PrEP disclosure analyses

Time to disclose to any person

Bivariate analyses

Exposure variables at Baseline

Multivariate analyses

Predictive model

Possible persons to disclose to:
• Regular partner
• Family
• Friends
• Colleagues
• Known sex partner
• Anonymous sex partner

Survival analysis
### Expected difficulty to disclose at baseline

<table>
<thead>
<tr>
<th>To friends</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy</td>
<td>29</td>
<td>10.6</td>
</tr>
<tr>
<td>Moderate</td>
<td>21</td>
<td>7.7</td>
</tr>
<tr>
<td>Hard</td>
<td>224</td>
<td>81.8</td>
</tr>
<tr>
<td>Total</td>
<td>274</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Categorised reasons</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Related to sex with men</td>
<td>2</td>
<td>1.1</td>
</tr>
<tr>
<td>Related to promiscuity</td>
<td>91</td>
<td>48.4</td>
</tr>
<tr>
<td>Related to HIV</td>
<td>36</td>
<td>19.2</td>
</tr>
<tr>
<td>Other</td>
<td>59</td>
<td>31.4</td>
</tr>
<tr>
<td>Total</td>
<td>188</td>
<td>100</td>
</tr>
</tbody>
</table>
Results

(Time) to disclose

• 99% (365/367) of participants disclosed their PrEP-use
• 95% (348/367) did so ≤ 3 months after PrEP initiation
• Time to disclosure (ref: steady partner):
  – Longer towards: family, colleagues
  – Shorter towards: friends, sex partners
## Factors associated with rapid disclosure of PrEP-use; multivariable analysis

<table>
<thead>
<tr>
<th>Variable</th>
<th>Ref</th>
<th>Category</th>
<th>HR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>≥45</td>
<td>35-44</td>
<td>1.29 (1.14-1.46)</td>
</tr>
<tr>
<td></td>
<td>&lt;35</td>
<td></td>
<td>1.33 (1.18-1.50)</td>
</tr>
<tr>
<td>Living alone?</td>
<td>No</td>
<td></td>
<td>1.12 (1.02-1.24)</td>
</tr>
<tr>
<td>Living in Amsterdam?</td>
<td>Yes</td>
<td></td>
<td>1.27 (1.14-1.40)</td>
</tr>
<tr>
<td>Study arm</td>
<td>Event-driven</td>
<td>Daily</td>
<td>1.31 (1.17-1.47)</td>
</tr>
<tr>
<td>Nº PrEP criteria</td>
<td>1</td>
<td>2-3</td>
<td>1.16 (1.05-1.29)</td>
</tr>
<tr>
<td>Nº condomless anal sex acts</td>
<td>1</td>
<td>2-9</td>
<td>1.26 (1.03-1.54)</td>
</tr>
<tr>
<td>(≤3 months)</td>
<td></td>
<td>≥10</td>
<td>1.51 (1.24-1.85)</td>
</tr>
<tr>
<td>Sexual compulsivity</td>
<td>Low (&lt;24)</td>
<td>High (≥24)</td>
<td>1.17 (1.04-1.32)</td>
</tr>
<tr>
<td>Level of being bothered if were to become HIV(+)</td>
<td>Very bothered</td>
<td>Medium</td>
<td>1.02 (0.81-1.29)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Not very</td>
<td>1.39 (1.14-1.70)</td>
</tr>
</tbody>
</table>
Conclusions

- Expected difficulty to disclose due to fears related to:
  - Promiscuity and HIV
- Disclosure
  - Almost everyone disclosed to someone
  - Vast majority disclosed within 3 months
- Time to disclosure might take longer for those:
  - Older age
  - Living alone
  - With less risk behaviour (event-driven PrEP, fewer CAS)
  - Feeling very bothered if become HIV(+)

Conclusions
Discussion

• Longer time to disclosure might be a proxy for stigma

• Future research: late disclosure = stigma?

• Professionals should talk about stigma and disclosure

• In particular to those who are less likely to disclose early
Thank you!

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