

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

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Stigma and disclosure of PrEP

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



'Truvada Whore' Stigma Endures Among Doctors and LGBTs



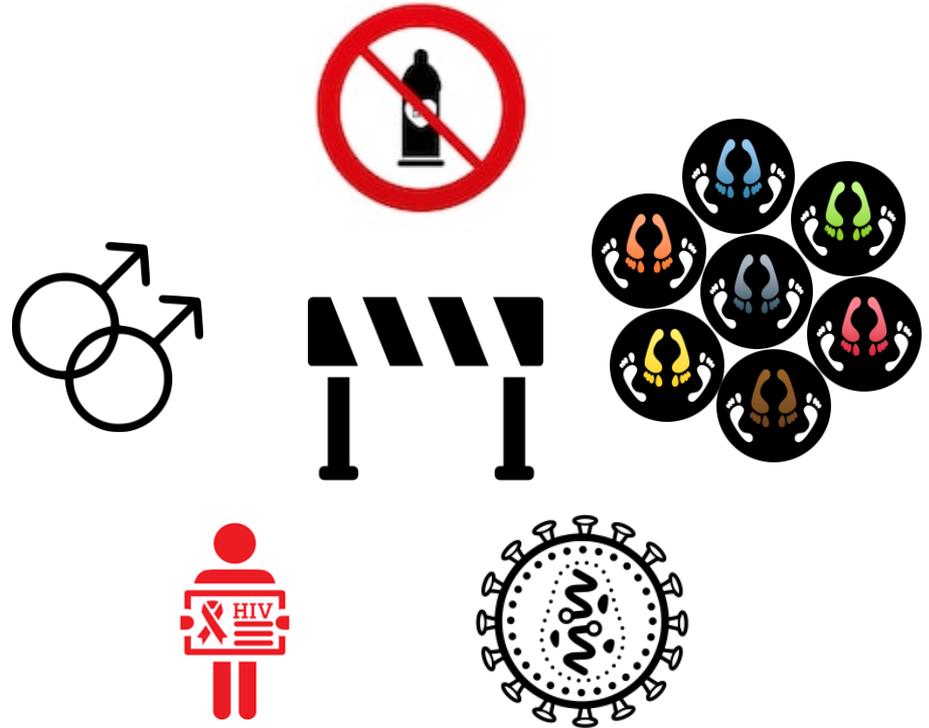
Position	Bottom
I am	Single
Looking For	Right Now
HIV Status	Negative, on PrEP
Last Tested	August 2018

HIV Status
No response
Negative
Negative, on PrEP
Positive
Positive, undetectable

To disclose or not to disclose?

Barriers*

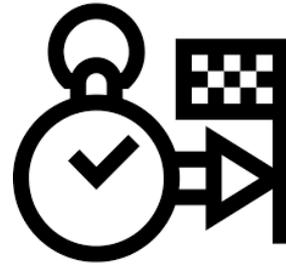
1. Sex with men
2. Sex without a condom
3. Many / different sexual partners
4. High risk of HIV infection
5. People will think you are HIV+



*Ross (2013), Mansergh (2015), Dubov(2018), Eaton (2017), Nöstlinger (2014), Clark (2014), Chard (2015)

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
- Enrolment: Aug 2015 – May 2016

n=376

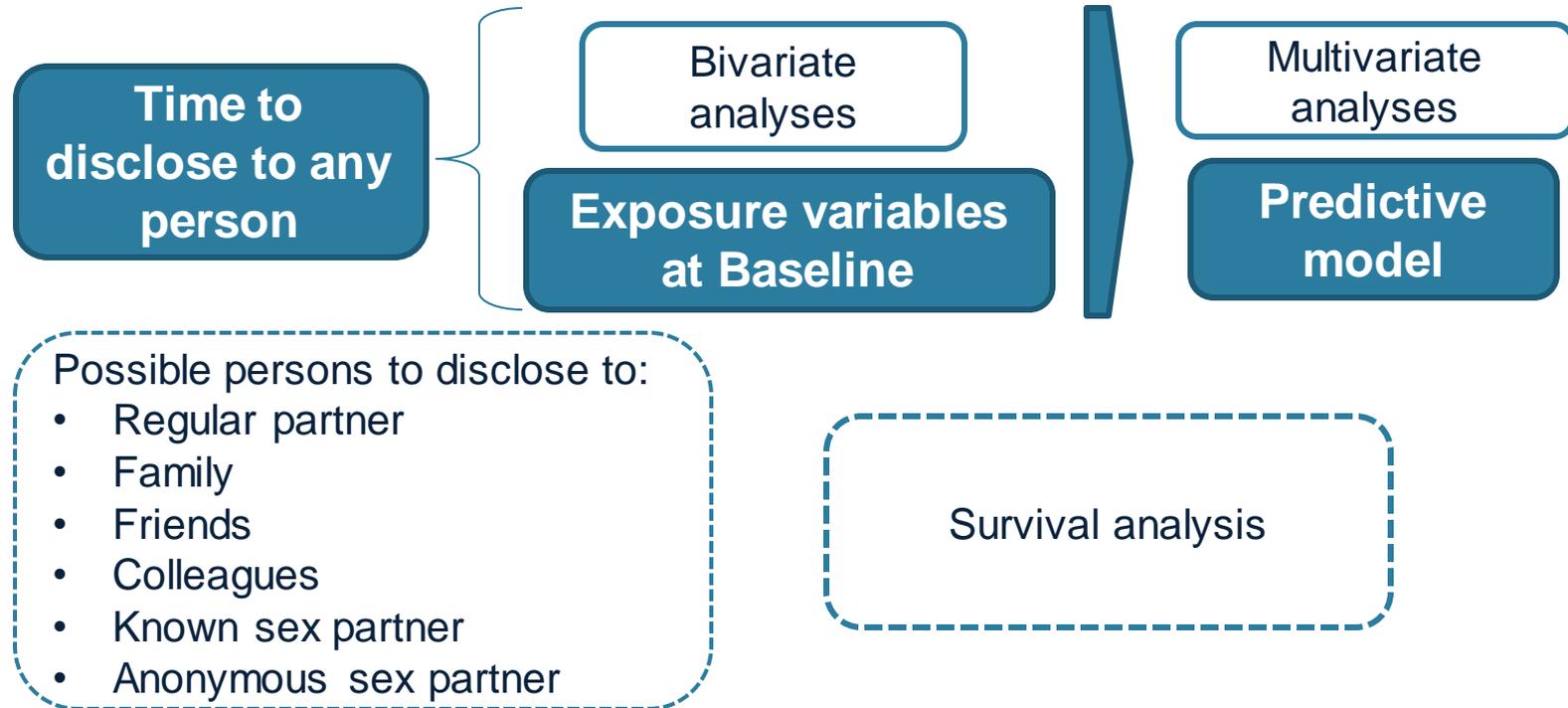
**Disclosure
analyses**

At least 2 visits:

- Enrolment
- 3-monthly visit <24m

n=367

PrEP disclosure analyses



Expected difficulty to disclose at baseline

To friends	Frequency	%
Easy	29	10.6
Moderate	21	7.7
Hard	224	81.8
Total	274	100

Categorised reasons	Frequency	%
Related to sex with men	2	1.1
Related to promiscuity	91	48.4
Related to HIV	36	19.2
Other	59	31.4
Total	188	100

Note: Red circles highlight the values 224, 81.8, 48.4, and 19.2. A red arrow points from the 224 value to the 'Categorised reasons' header.

(Time) to disclose

- 99% (365/367) of participants disclosed their PrEP-use
- 95% (348/367) did so \leq 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

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

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(+)

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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