Does size matter? A randomized controlled trial to assess the impact of external diameter on adherence to 3 different intravaginal rings among 24 US couples

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Rationale

• Women of reproductive age would benefit from a multipurpose prevention technology (MPT) that combines protection against pregnancy and HIV/STIs

• Intravaginal rings (IVRs) have been used for over 40 years and are a promising delivery system for MPTs

• No empirical data exists to support the current 54-58mm size as ideal

• Understanding the impact of IVR size on adherence is critical for developing a product that can be used correctly and consistently
Primary Objectives

- **Adherence**
  - To determine which of 3 non-medicated IVRs (A, B or C) each used continuously for ~30 days yields the highest adherence

- **Preference**
  - To assess which of 3 non-medicated IVRs (A, B or C), each used continuously for ~30 days, is preferred by women enrolled with their male partners
Study Design

• Randomized, open-label, parallel group, 3-way crossover

• Population: 24 healthy, HIV-seronegative couples (n=48)
  • Mutually monogamous, low-risk
    • Women 18-40 yrs
    • Males ≥18 yrs
  • Sexually active

• Sites
  • Albert Einstein College of Medicine, Bronx NY
  • Emory University, Atlanta GA

• Duration
  • 3 months per couple (one month per ring)
  • 16 months overall for data collection (Sept 2021-Dec 2022)
Study Schema

Day 0: Screening (up to 90 days before enrollment)

Day 1: Visit 1 Enrollment/Randomization

Day ~30*: Visit 2 Crossover

Day ~60*: Visit 3 Crossover

Day ~90*: Visit 4 Closing

*REMOTE VISITS FOR MALE PARTNERS

IVR #1 → IVR #2 → IVR #3

WOMEN ONLY: Daily text messages
Text message questions

**Question 1:** In the past 24 hours, has the ring been out of your vagina? Enter the number corresponding to your answer:

1 = No, it was in place the entire time  
2 = Yes, it was completely out of my vagina for the entire time  
3 = Yes, it was out of my vagina for part of the time

**Question 2:** In the past 24 hours, how did the ring come out?

1 = I removed it  
2 = I felt like it was slipping/starting to come out, so I removed it  
3 = It came out on its own (expulsion)  
4 = I had already taken the ring out more than 24 hours ago and had not reinserted it

**Question 3:** In the past 24 hours, about how long in total was the ring out of your vagina?

1 = less than ½ hour  
2 = more than ½ hour, but less than an hour  
3 = 1-2 hours  
4 = more than 2 hours
Analysis methods

• We summarized the number of days the IVR was out at all, out all day, or expelled, and the proportion of women adherent to each IVR.

• Mixed methods logistic regression models with random intercepts (per participant) compared the probability of each event happening per day of IVR use, per IVR.
Results: Background Demographics, Females

<table>
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<tr>
<th>Characteristic</th>
<th>Bronx (n=12)</th>
<th>Atlanta (n=12)</th>
<th>Overall (n=24)</th>
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<tbody>
<tr>
<td>Mean Age (SD)</td>
<td>27(4.65)</td>
<td>26.3(2.84)</td>
<td>26.7(3.78)</td>
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<tr>
<td>Mean Age (Range)</td>
<td>25(23-40)</td>
<td>26(23-33)</td>
<td>25.5(23-40)</td>
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<tr>
<td>BMI</td>
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<tr>
<td>18.5-&lt;25</td>
<td>5 (42%)</td>
<td>6 (50%)</td>
<td>11 (46%)</td>
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<tr>
<td>25-&lt;30</td>
<td>5 (42%)</td>
<td>4 (33%)</td>
<td>9 (38%)</td>
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<td>≥ 30</td>
<td>2 (17%)</td>
<td>2 (17%)</td>
<td>4 (17%)</td>
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<tr>
<td>Race</td>
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<tr>
<td>White</td>
<td>8 (67%)</td>
<td>7 (58%)</td>
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<tr>
<td>Black/African</td>
<td>1 (8%)</td>
<td>2 (17%)</td>
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<tr>
<td>Asian</td>
<td>2 (17%)</td>
<td>4 (33%)</td>
<td>6 (25%)</td>
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<tr>
<td>Other</td>
<td>1 (8%)</td>
<td>0 (0%)</td>
<td>1 (4%)</td>
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<tr>
<td>Ethnicity</td>
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<td>Hispanic</td>
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<td>1 (8%)</td>
<td>5 (21%)</td>
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<tr>
<td>Not Hispanic</td>
<td>8 (67%)</td>
<td>11 (92%)</td>
<td>19 (79%)</td>
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<td>Born in the US</td>
<td>8 (67%)</td>
<td>10 (83%)</td>
<td>18 (75%)</td>
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<td>Married/Cohabitating</td>
<td>4 (33%)</td>
<td>1 (8%)</td>
<td>5 (21%)</td>
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<tr>
<td>Single</td>
<td>8 (67%)</td>
<td>11 (92%)</td>
<td>19 (79%)</td>
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<td>Highest Level of Education</td>
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<td>Some College</td>
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<td>2 (8%)</td>
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<td>College Grad</td>
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<td>10 (83%)</td>
<td>22 (92%)</td>
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<tr>
<td>Nulliparous</td>
<td>11 (92%)</td>
<td>11 (92%)</td>
<td>22 (92%)</td>
</tr>
</tbody>
</table>
Results: Adherence and Preference

Adherence by Ring Type, Overall

- A (n=22): 73% Perfect, 82% Adequate
- B (n=19): 58% Perfect, 74% Adequate
- C (n=20): 40% Perfect, 55% Adequate
- Overall (n=18): 28% Perfect, 50% Adequate

Preference, Females End of Study (n=22)

- A: 18%
- B: 18%
- C: 5%
- No preference: 59%
Number of participants with ring ever out by ring and overall (n=18)

A vs B; OR 0.56; 95% CI 0.21-1.44
C vs B; OR 6.92; 95% CI 3.65-13.1
Number of participants with ring out all day by ring and overall (n=18)

- Overall: C vs B; OR 16.4; 95% CI 3.79-71.3
- (cannot calculate A vs B since no one had ring A out all day)
Number of participants with expulsions (partial or full) by ring and overall (n=18)

A vs B; OR 1.08 95% CI 0.15-7.8
C vs B; OR 27.8 95% CI 6.48-119
Summary

- Overall adherence (ring never out) was highest with the smallest ring (A, 46mm) and lowest with the largest ring (C, 66mm) but differences between the rings were not statistically significant

- The probability of expulsions was the highest with the largest ring (C, 66mm); there was no difference between ring A and ring B

- External diameter had an impact on adherence with 46mm and 56 mm performing better than the 66mm ring
Conclusions

• We only measured external diameter; other ring characteristics such as compressibility should be assessed and taken into consideration with ring development

• Adherence should not only be considered as a dichotomous endpoint; patterns of adherence over time and factors contributing to adherence should also be considered when developing IVRs

• A few women preferred ring C; developers should consider making rings in multiple sizes
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Study Participants

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**Population Council**
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Thank you!

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