

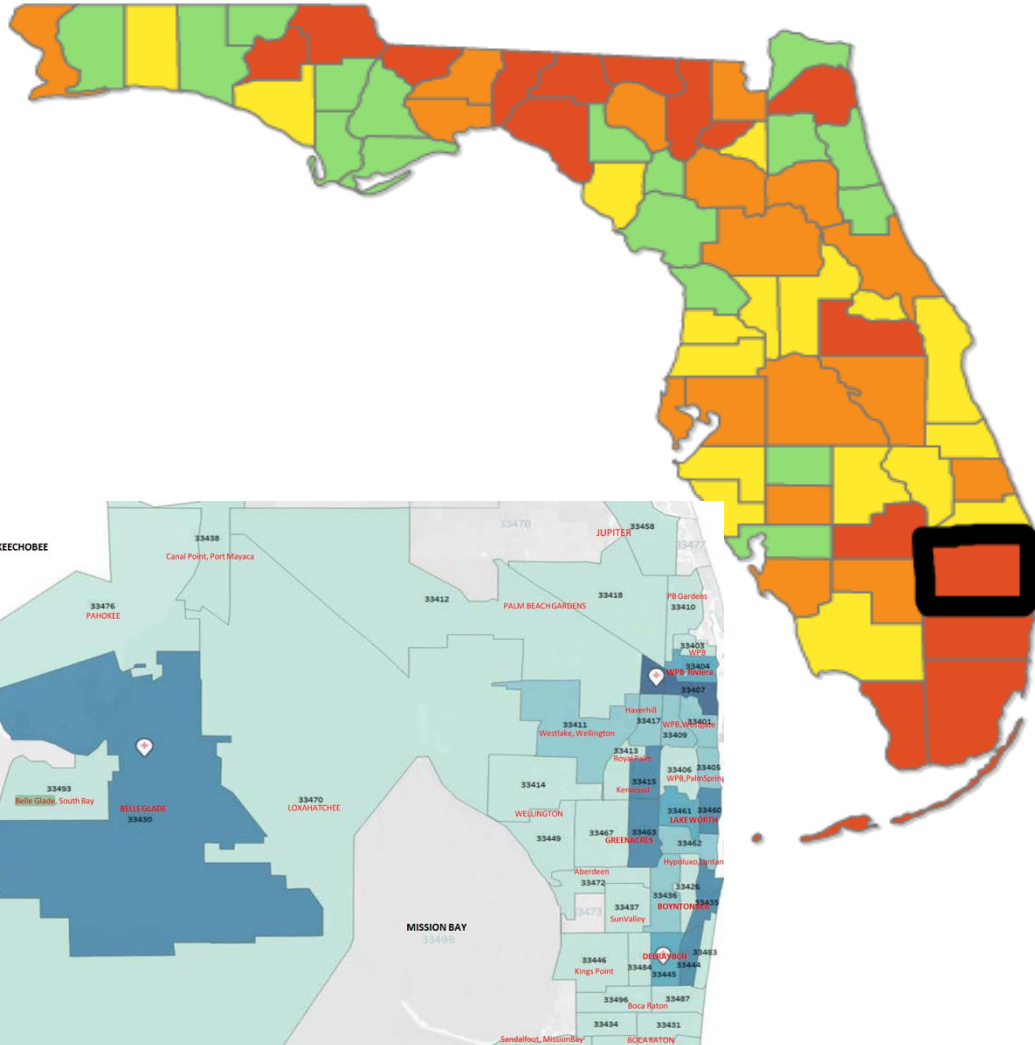


# **Adaptation of a Mobile Health Positive Affect Intervention to Improve Mental Health Among Adults with HIV in Florida**

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# PWH in Palm Beach County (PBC)



- EHE jurisdiction, largest county, considerable sociodemographic diversity
- ~9000 PWH in PBC; **34% have not achieved viral suppression**
- Psychosocial challenges are predominant reason for HIV care disengagement
- Highest rates of HIV occur in rural areas and disproportionately affect people of color





# PBC disparities



Belle Glade



Breakers Resort in Palm Beach Island

# Evidence-based intervention (EBI) for HIV care engagement: *PL Cares* mHealth app

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- Ryan White Part A agency offers evidence-based mHealth app, *PL Cares* to individuals not virally suppressed
- *PL Cares* is supported by CDC for HIV care engagement
- Free access to *PL Cares* app & phones/data!
- Tele-adherence counselor (CHW) point of contact



## Home

The PL home screen. See Check-Ins for medication, mood, and stress. See quizzes and feedback.

## Community

See Posts from the PL Community. Share and receive social support.

## Contacts

Access a personalized list of care team contacts.

## Labs

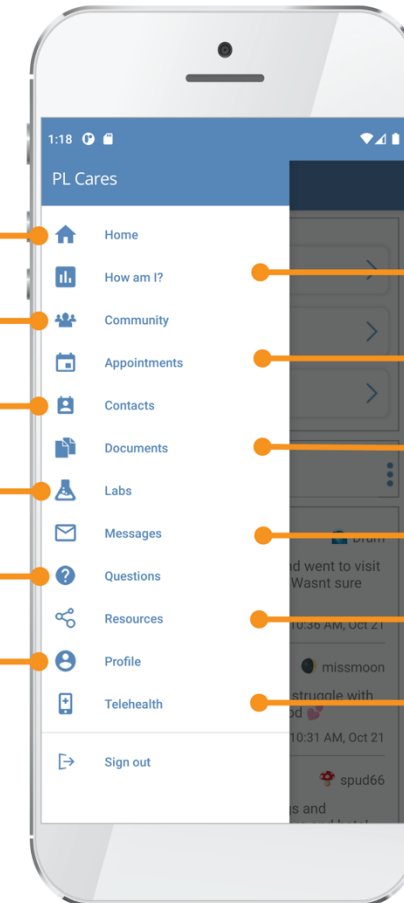
View CD4 count and viral load lab results.

## FAQs

Find answers to common questions.

## Profile

Set or change the Member avatar. See PL Achievement Badges.



## How am I?

See a monthly view of daily Check-Ins for meds adherence, mood, and stress.

## Appointments

View a list of upcoming appointments.

## Documents

Add and share documents with the care team.

## Messages

Use secure private messaging to communicate with the care team.

## Resources

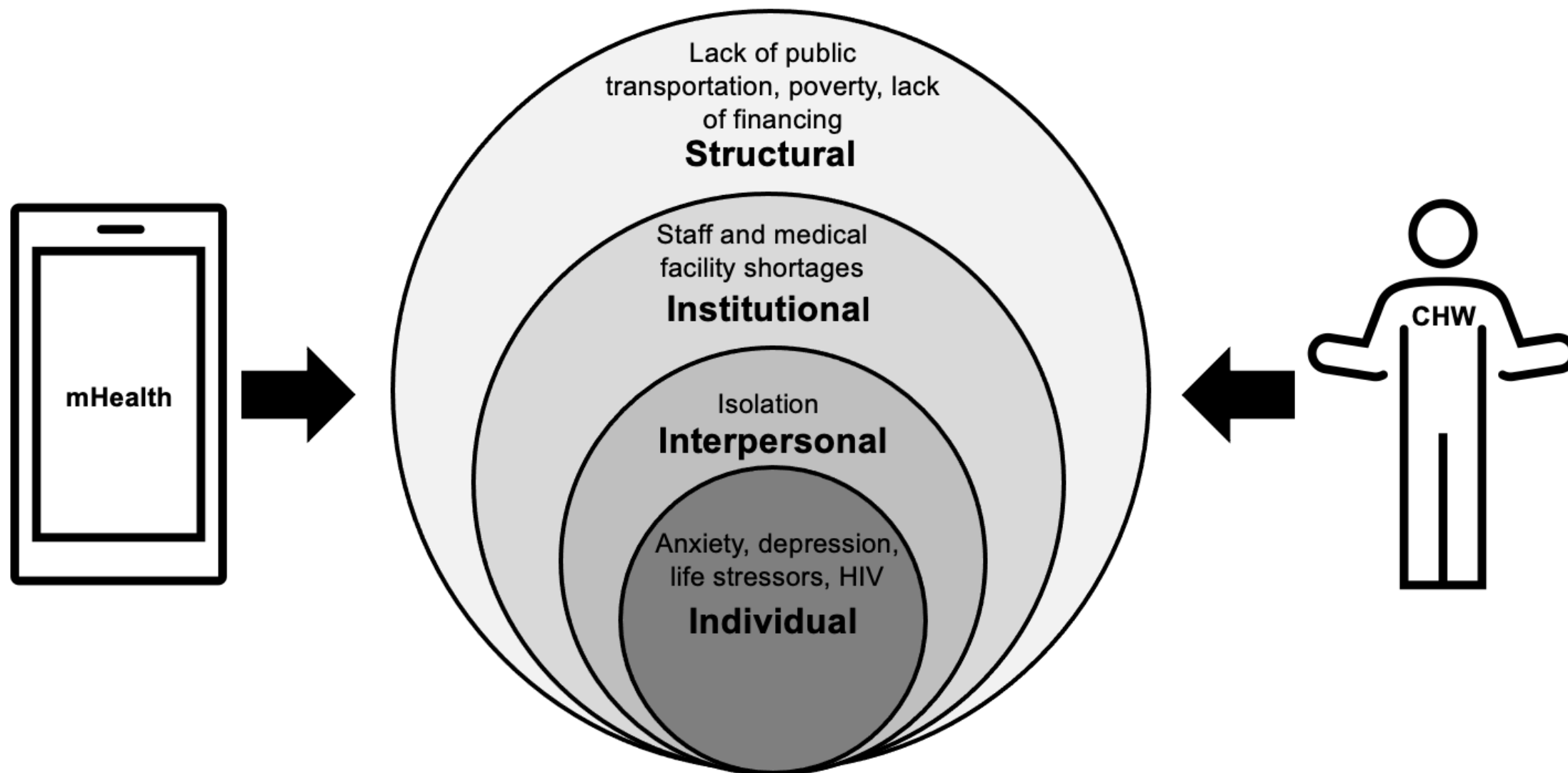
Access audio, video, and online to support people living with a chronic condition.

## Telehealth

Connect to telehealth visits with the care team.

# Barriers to mental health care addressed by mHealth and lay-health counselor

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# Aim 1: Seeking shareholder perspectives on proposed intervention

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- July – Nov 2023, interviewed 18 PWH and 16 providers in PBC
- Data collection and analysis guided by Consolidated Framework for Implementation Research (CFIR)



# Individuals Involved

- Value of speaking to someone who understood lived experience/had experience caring for PWH

*I found the support of others living with HIV - and that really helped me. Being around other people dealing with the same issues, it helped me understand that I'm not alone.*

*If I can talk to someone who understands what I'm going through, I know that they're not going to judge me because of my status.*





# Characteristics of the intervention

- Reframing mind-set and choosing to have a positive attitude and recognizing resiliency in the face of life adversities

*You might give a person the world, but if they aren't willing to receive it, the world remains unchanged to them. The first step is to choose your attitude.*

- Skills to improve coping during stressful life events





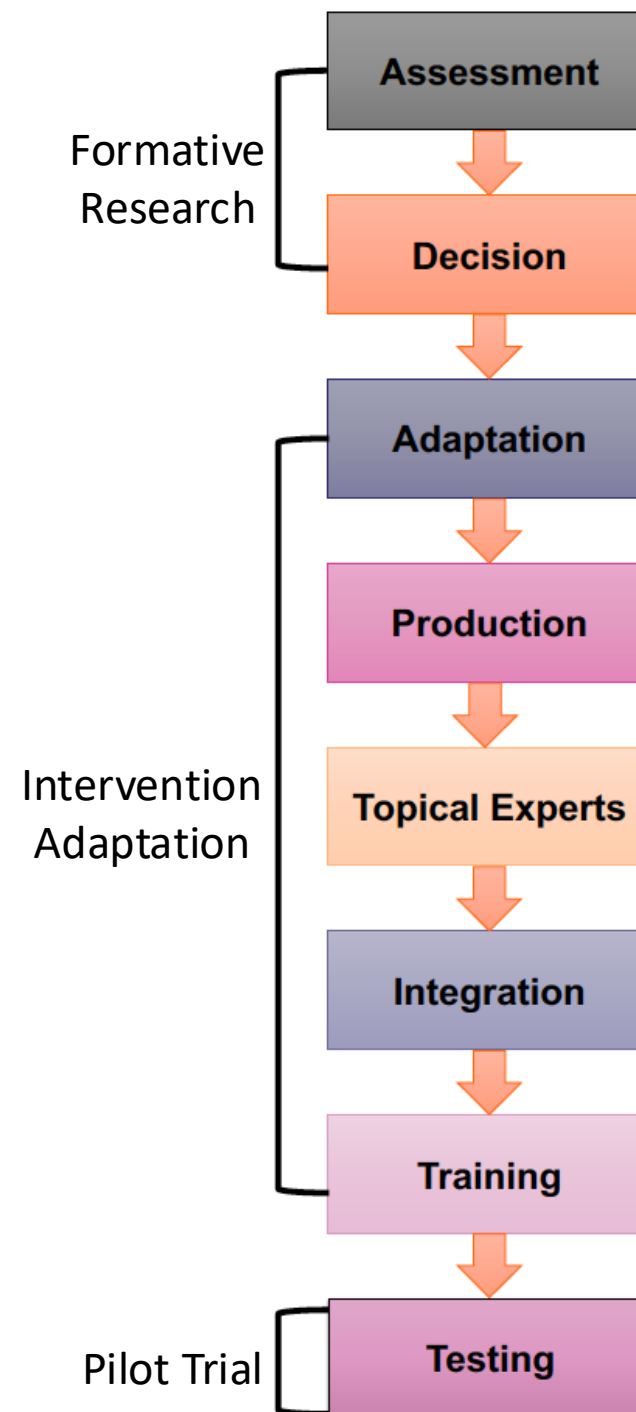
# Outer setting

- Resources and support needed for successful implementation

*The intervention should be complimentary to the existing system and should leverage the system to support things that already exist rather than completely replace them.*

# Aim 2: Adapting a CHW-delivered counseling intervention for mHealth delivery

- Adapted to meet needs of PWH with anxiety/depression in the South and for integration with *PL Cares*
- Guided by ADAPT-ITT and participatory co-design principles



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# Intervention Design Team (IDT)

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## IDT Composition (N=9)

Primary Role*	n
<u>PWH w anxiety/depression</u>	<u>4</u>
<u>Mental health providers</u>	<u>3</u>
<u>HIV health administrators</u>	<u>3</u>
<u>HIV peer support specialists</u>	<u>2</u>
<u>HIV case managers</u>	<u>2</u>
<u>CHWs</u>	<u>2</u>
<u>HIV clinician</u>	<u>1</u>

\*Roles not mutually exclusive

- All IDT members reside or work in PBC
- All members current *PL* users or engaged with *PL* to provide care

## Key Outcomes & Lessons Learned

- IDT assembled and biweekly meetings conducted April 2024 – January 2025
- IDT identified and problem-solved:
  - Logistical barriers related to siloing of HIV and mental health care
  - Challenging health financing landscape
  - Leverage existing resources/infrastructure for HIV and mental health care

Modifying existing  
*'How am I feature'*  
(i.e., the mood and  
stress tracker) in *PL  
Cares* to improve  
linkage for anxiety  
and depression care

11:49LTE

How am I?✉

⏪April 2023⏩⚙

SMTWTFSS

26	27	28	29	30	31	1✓ 😊☑
2☹ ☹☑	3☹ ☹☑	4😊 😊☑	5😊 😊☑	6😊 😊☑	7😊 😊☑	8😊 😊☑
9😊 😊☑	10😊 😊☑	11😊 😊☑	12☹ ☹☑	13😊 😊☑	14😊 😊☑	15😊 😊☑
16😊 😊☑	17😊 😊☑	18😊 😊☑	19😊 😊☑	20😊 😊☑	21😊 😊☑	22😊 😊☑
23😊 😊☑	24😊 😊☑	25😊 😊☑	26😊 😊☑	27😊 😊☑	28😊 😊☑	29😊 😊☑
30	1	2	3	4	5	6

Medication

✓✕  
YesNo

Mood

😊😊☹☹☹  
Very HappyHappyOKUnhappyVery Unhappy

Stress

☑☑☑☑☑  
Very LowLowMediumHighVery High

HomeHow am I?CommunityAppointmentsMore







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RESEARCH ARTICLE

## Randomized controlled trial of a positive affect intervention to reduce HIV viral load among sexual minority men who use methamphetamine

Adam W Carrico<sup>1,5</sup> , Torsten B Neilands<sup>2</sup> , Samantha E Dilworth<sup>2</sup>, Jennifer L Evans<sup>2</sup>, Walter Gómez<sup>3</sup>, Jennifer P Jain<sup>4</sup> , Monica Gandhi<sup>2</sup>, Steven Shoptaw<sup>5</sup> , Keith J Horvath<sup>6</sup>, Lara Coffin<sup>2</sup>, Michael V Discepolo<sup>7</sup>, Rick Andrews<sup>7</sup>, William J Woods<sup>2</sup>, Daniel J Feaster<sup>1</sup>  and Judith T Moskowitz<sup>8</sup> 

### Positive Affect Intervention: 5 session EBI delivered by lay-health counselor

1. Noticing positive events
2. Savoring positive events
3. Gratitude
4. Mindfulness
5. Positive reappraisal
6. Personal strengths
7. Attainable goals
8. Acts of kindness

Carrico. *Health Psychol.* 2014  
Moskowitz. *J Consult Clin Psychol.* 2017  
Carrico. *JIAS.* 2019  
Carrico. *Drug Alcohol Depend.* 2018  
Carrico. *BMC Public Health.* 2016  
Davis-Ewart. *BMC Public Health.* 2024





# ***Positive Affect*** ***Intervention session*** ***core skills***

## ***Session 1: Positive events & gratitude***



## ***Session 2: Mindfulness***



## ***Session 3: Personal strengths & attainable goals***



## ***Session 4: Positive reappraisal***



## ***Session 5: Compassion to self & others***



# Adapted *SHINE* intervention (Supportive mHealth Intervention in Nurturing Environment)

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1. Integration of **routine screening for anxiety and depression** in HIV care setting
2. **Linkage to a CHW through *PL Cares*** to support navigation, referral and coordination for anxiety and depression care
3. Five weekly adapted ***Positive Affect Intervention*** sessions, delivered by CHW, accessed through *PL Cares*
4. Self-guided positive affect regulation skills **practice exercises**



# Aim 3: Pilot test adapted intervention

- 60 PWH with anxiety/depression randomized to receive *SHINE* intervention (n=30) vs. PL alone (n=30)
- To understand contexts of implementation, we will collect ***implementation data using RE-AIM***
- Determine ***preliminary effectiveness*** (PHQ-9, GAD-7, viral suppression, ART adherence, HIV care retention)





# Conclusions

- *SHINE* is among the first contextually tailored interventions to address anxiety and depression among PWH in Florida
- Future studies will evaluate the implementation and clinical effectiveness outcomes of the adapted intervention



# Thank you!

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- NIMH (K23MH131463)
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Research  
Scholars



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