

#continuum2025



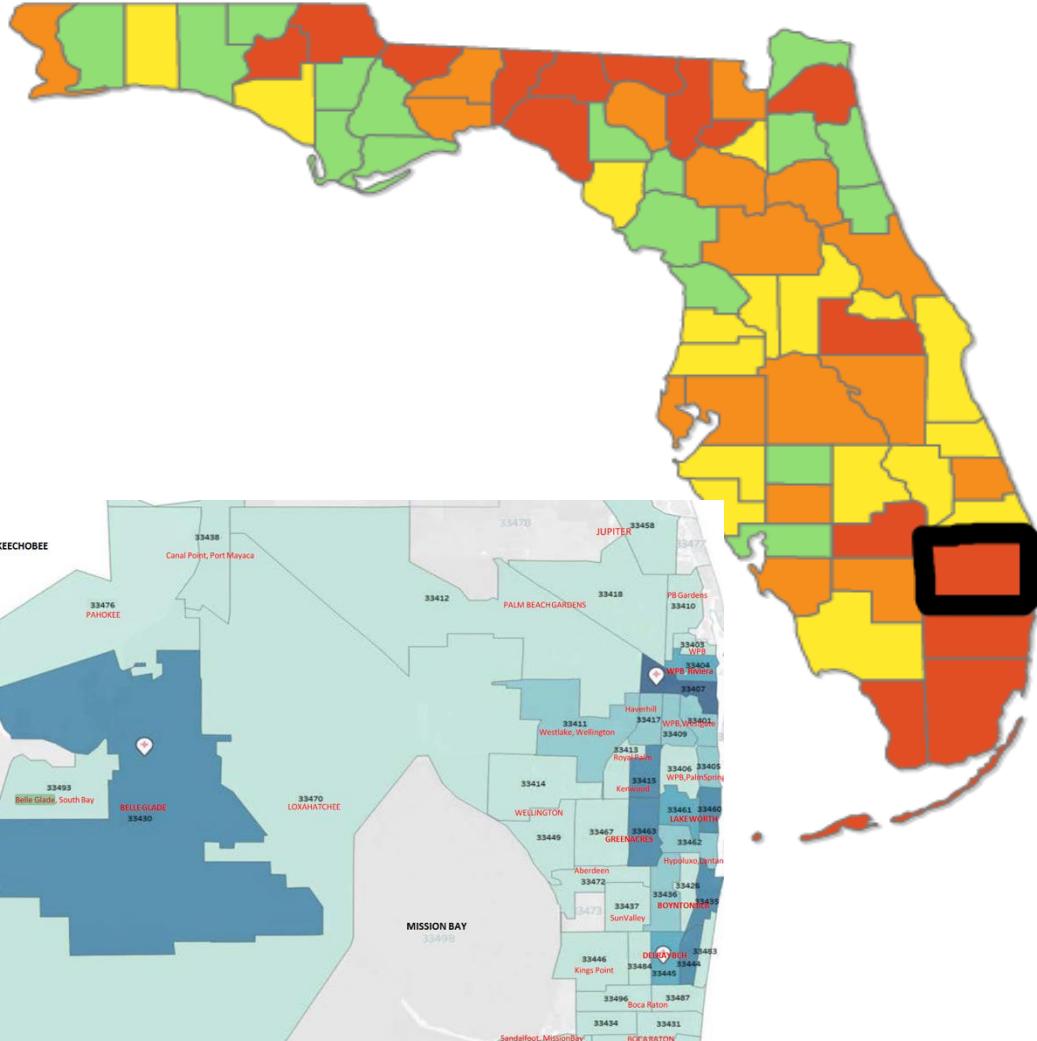
# Adaptation of a Mobile Health Positive Affect Intervention to Improve Mental Health Among Adults with HIV in Florida

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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



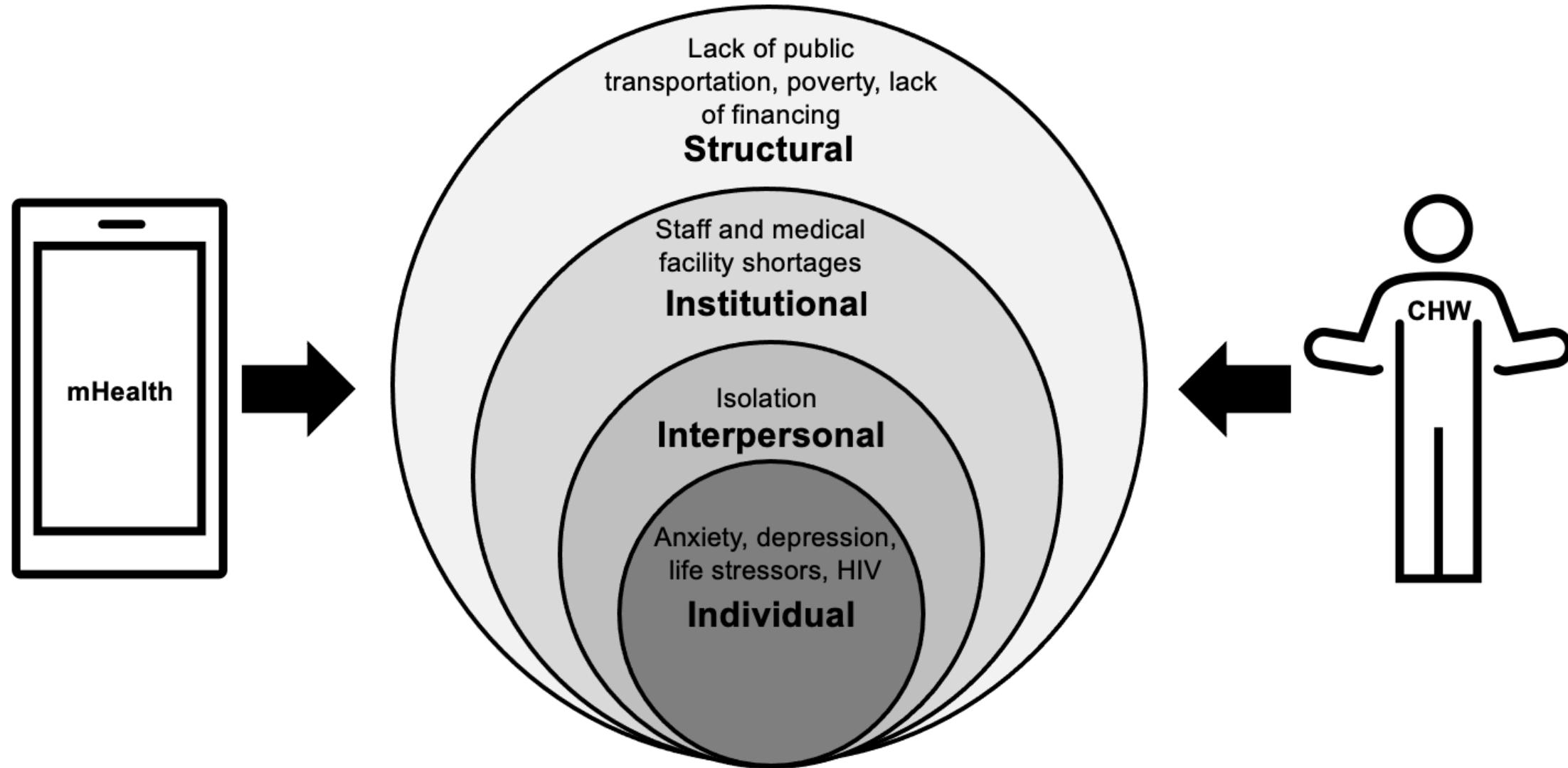
# Evidence-based intervention (EBI) for HIV care engagement: *PL Cares* mHealth app

- 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





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



# 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



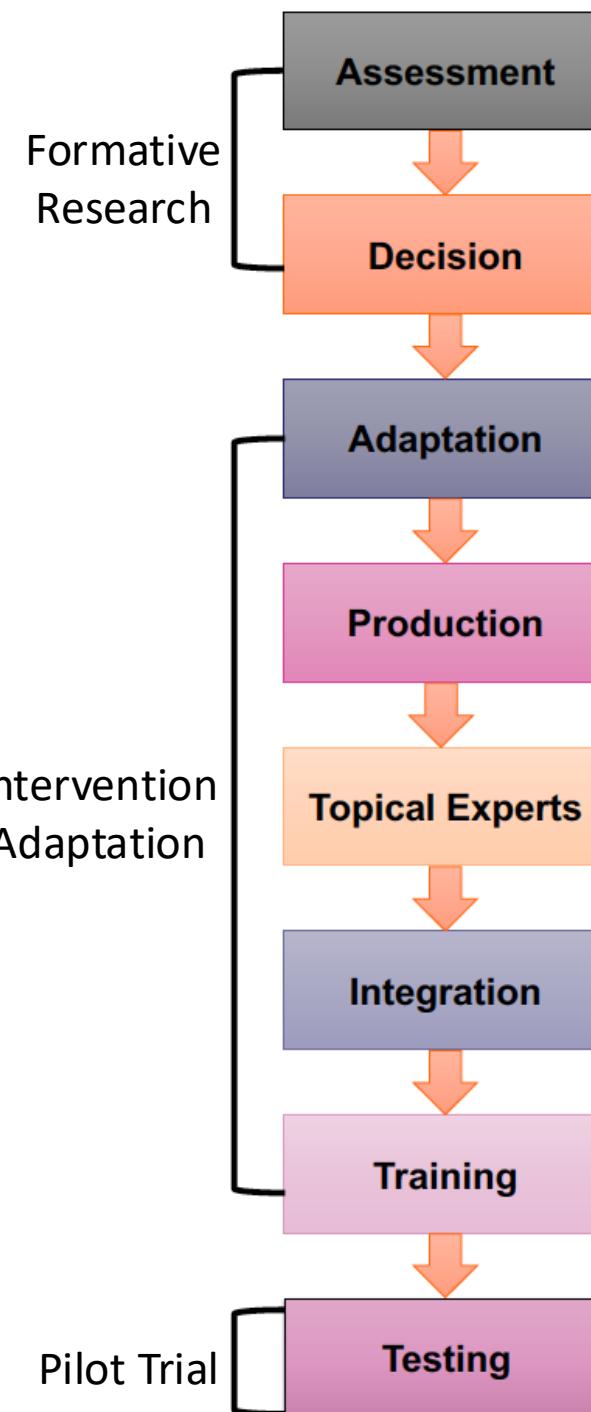
# Outer setting

- 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



# Intervention Design Team (IDT)

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## IDT Composition (N=9)

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

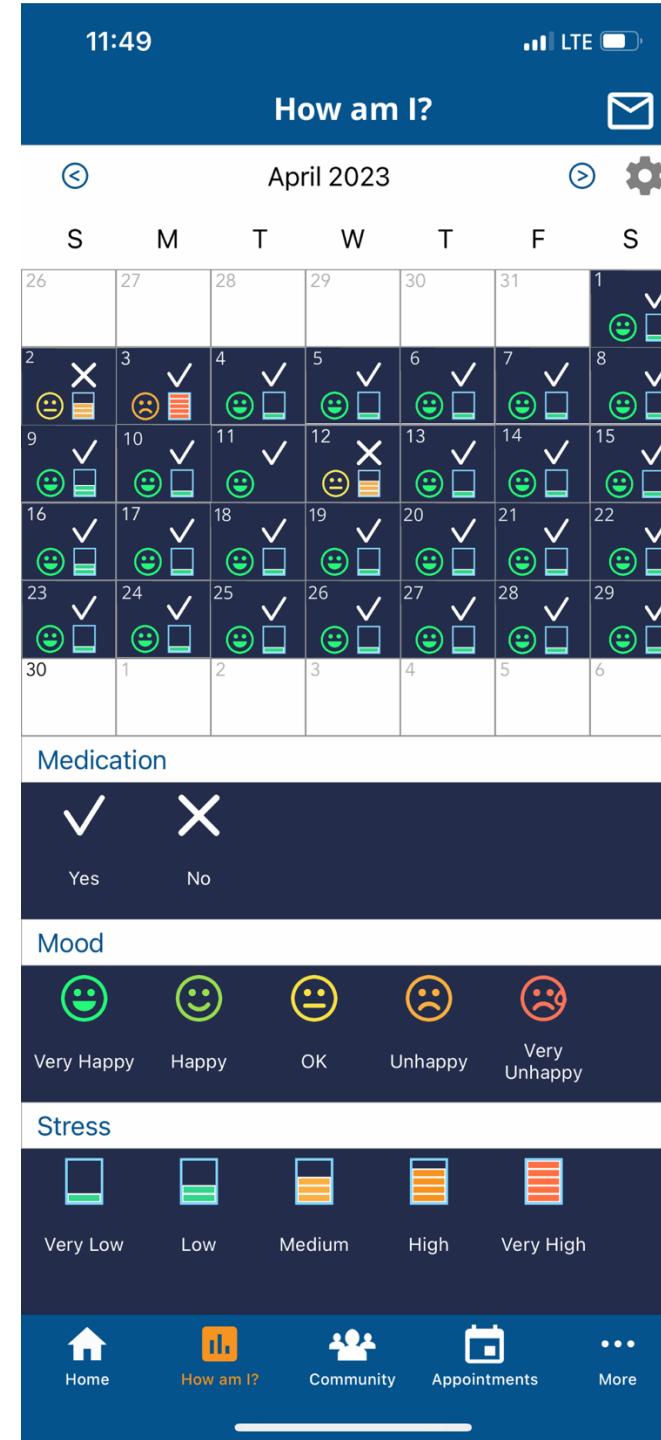
\*Roles not mutually exclusive

- 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





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 Discepola<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 3: Personal  
strengths & attainable goals*



*Session 4: Positive  
reappraisal*



*Session 1: Positive  
events & gratitude*



*Session 2: Mindfulness*



*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 PW<sup>H</sup> in Florida
- Future studies will evaluate the implementation and clinical effectiveness outcomes of the adapted intervention



# Thank you!

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