

IMPROVING HEALTH BEHAVIORS IN YOUNG MEN WHO HAVE SEX WITH MEN AT RISK OF CONTRACTING HIV USING MOTIVATIONAL INTERVIEWING: A PATIENT-CENTERED APPROACH

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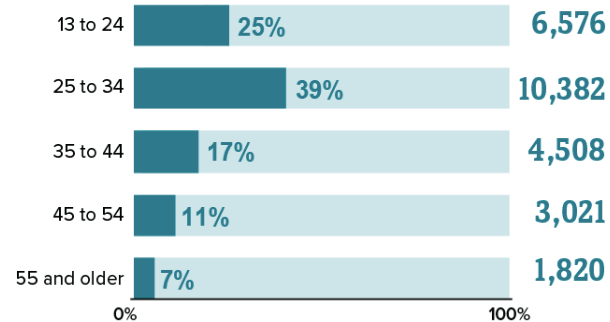
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YMSMS AND HIV

New HIV Diagnoses Among Gay and Bisexual Men in the US and Dependent Areas by Age, 2018

Gay and bisexual men aged 13 to 34 made up most new HIV diagnoses among all gay and bisexual men.



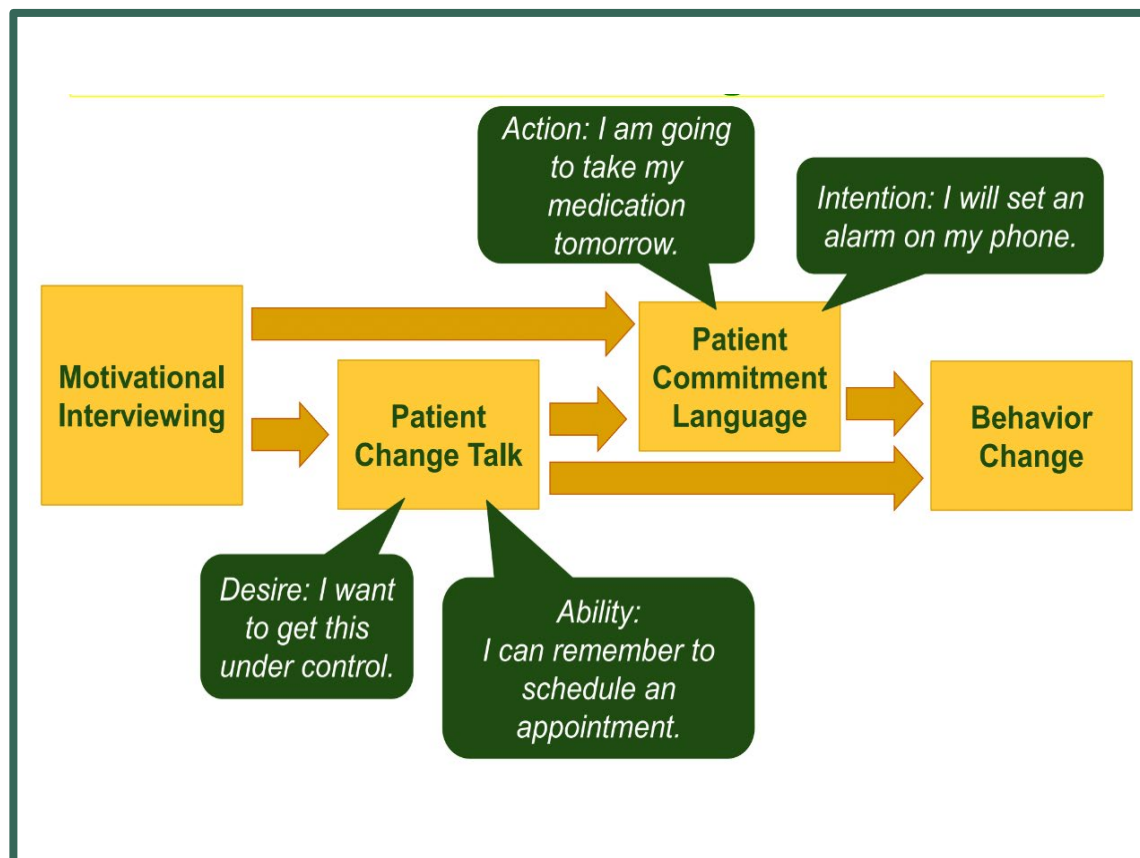
Total may not equal 100% due to rounding.

Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.

Young men (13-24 years old) who have sex with men (YMSM) are at great risk of contracting and spreading HIV in the US

- 5.5% have HIV
- 54.6% with HIV have been diagnosed, lowest age group
- 56.9% with HIV are virally suppressed, lowest age group
- 11.4% of PrEP eligible have a prescription
- Transmission rate is 5.1 per 100 person years

MOTIVATIONAL INTERVIEWING



- CDC endorsed, evidence-based practice for strengthening patient motivation to change their risky behavior
- Provider use of MI-consistent communication strategies (MICO) is empirically linked to patient motivational statements in substance abuse treatment
- Patient motivational statements, "change talk" are empirically linked to behavior change
- Limited research on these mechanisms in health care settings, including HIV






RESEARCH QUESTION

**WHICH PROVIDER COMMUNICATION STRATEGIES ELICITED
PATIENT MOTIVATIONAL STATEMENTS IN THREE INTERVENTION
CONTEXTS ACROSS 12 SITES**

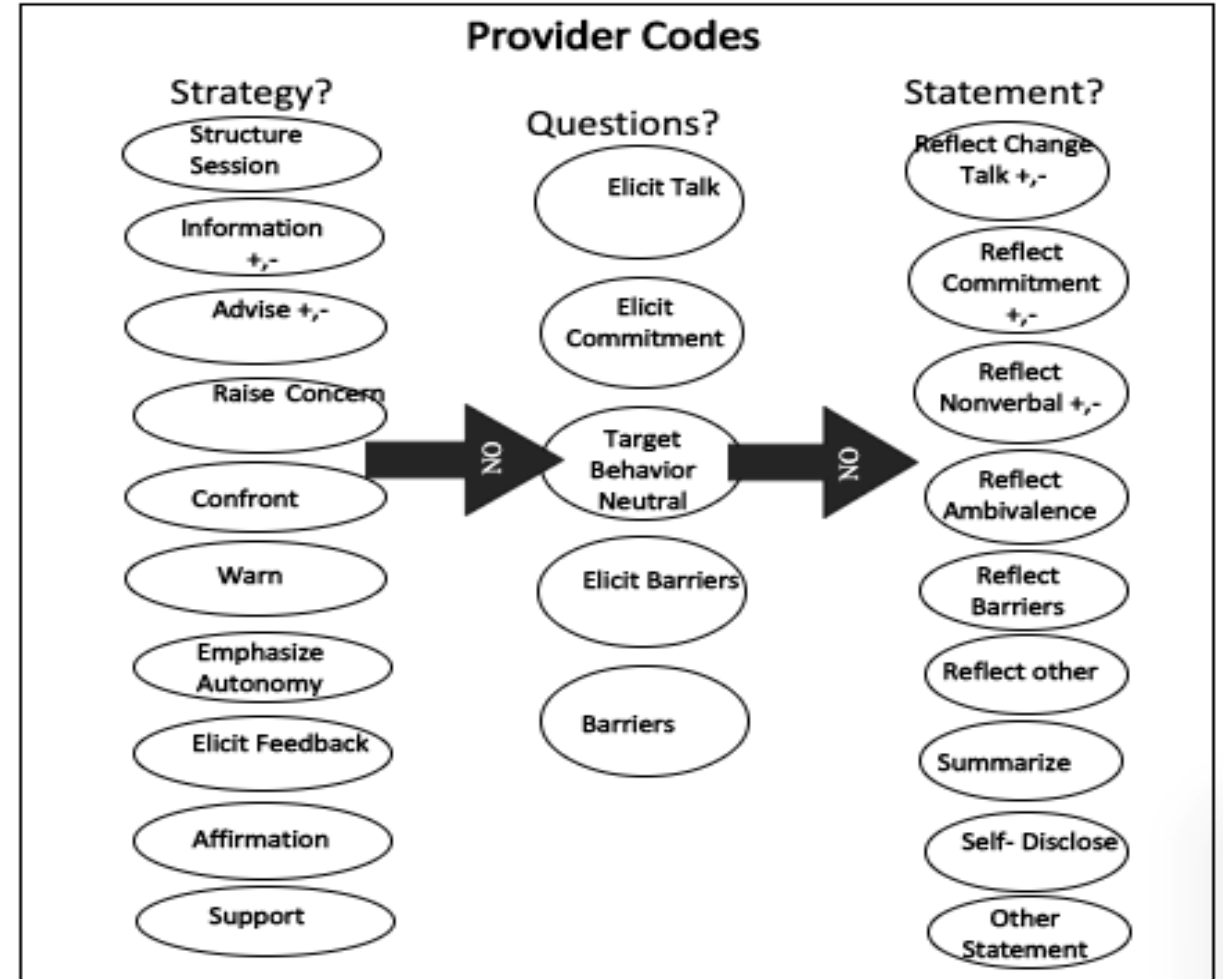
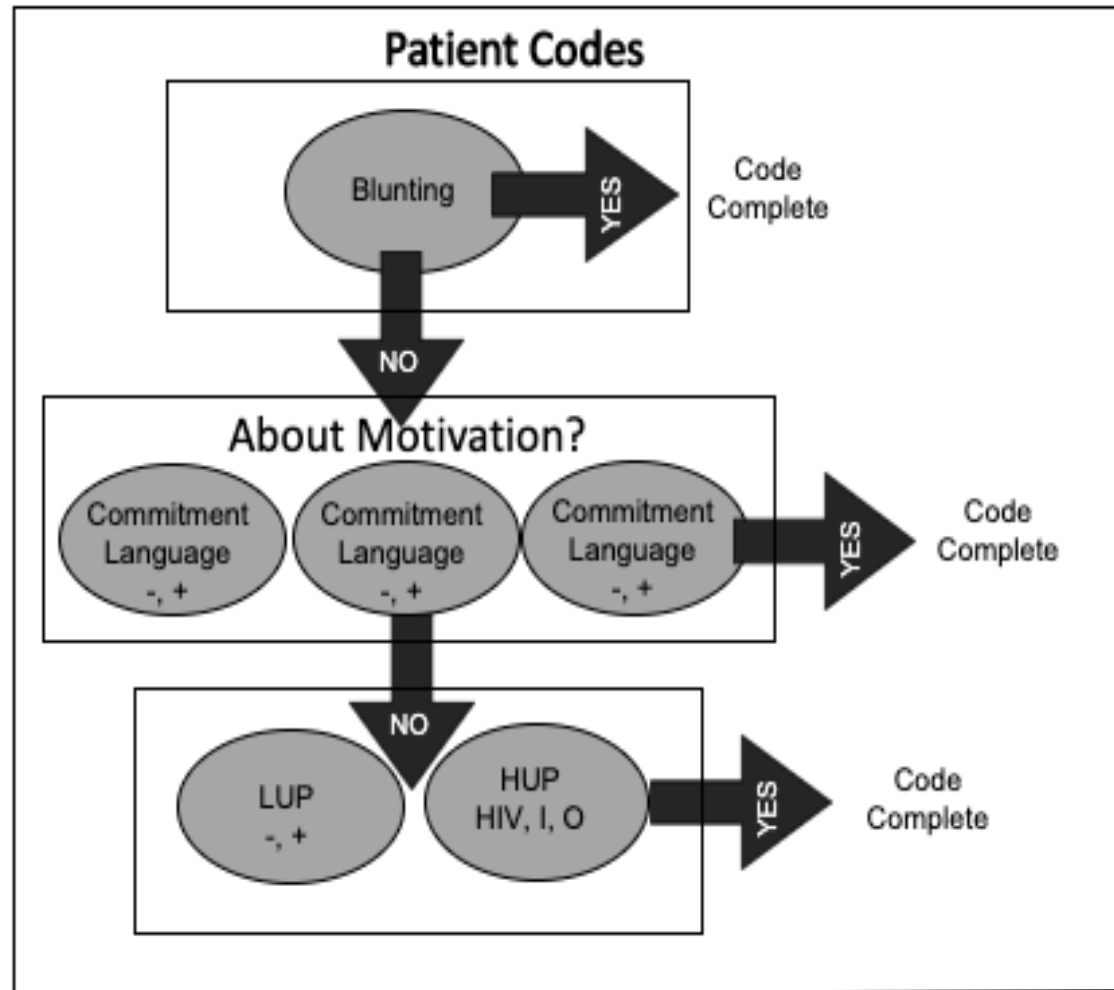


METHODS

| | | |
|---|--|---|
|  |  |  |
| <p>The goal of SMART is to improve self-management and maintain viral load suppression via phone intervention</p> | <p>YMHP's objective is to test a Motivational interviewing intervention to reduce risky sex and drug behavior among HIV-negative YMSMs</p> | <p>Tailored Motivational Interviewing Objective is to train HIV providers to use MI during clinical care encounters</p> |

- 121 naturalistic observations of clinical encounters with YMSM
- 3 interventions across 12 US sites from the Adolescent Medicine Trials Network for HIV/AIDS Interventions (ATN)
- Audio recordings professionally transcribed
- Patient and provider utterances coded by 2 trained coders based on three target behaviors:
 - Medication adherence
 - Clinic attendance
 - Reducing risky behaviors

MINORITY YOUTH SEQUENTIAL CODE FOR OBSERVING PROCESS EXCHANGES IN HIV (MYSCOPE-HIV)



RESULTS

Table 1: Patient Utterances

| | | |
|--------------------------|---------------------|-----|
| Total utterances- 11,900 | | |
| Motivational Statements | 22% | |
| | Change Talk | 83% |
| | Commitment Language | 17% |
| Facilitative Statements | 23% | |
| Off-topic Statements | 33% | |
| HIV-related Statements | 10% | |
| Amotivational Statements | 12% | |

Table 2: Provider Utterances

| | | |
|----------------------------|-------------|-----|
| Total utterances- 13,028 | | |
| MI Consistent Statements | 39% | |
| | Questions | 30% |
| | Reflections | 16% |
| | Scheduling | 11% |
| | Other | 43% |
| Facilitative Statements | 41% | |
| Off-topic Statements | 16% | |
| MI Inconsistent Statements | 4% | |

RESULTS

Figure 1: Percentage of Patient Language in HIV Interventions

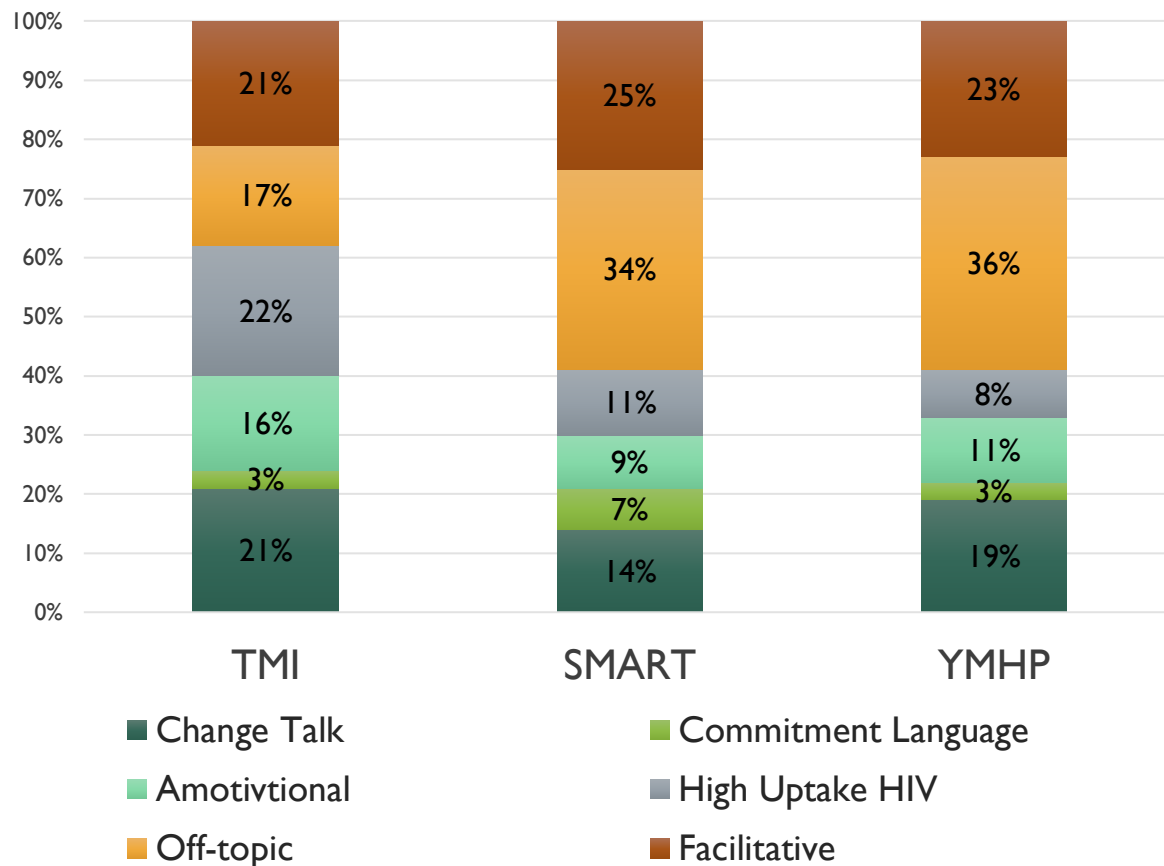
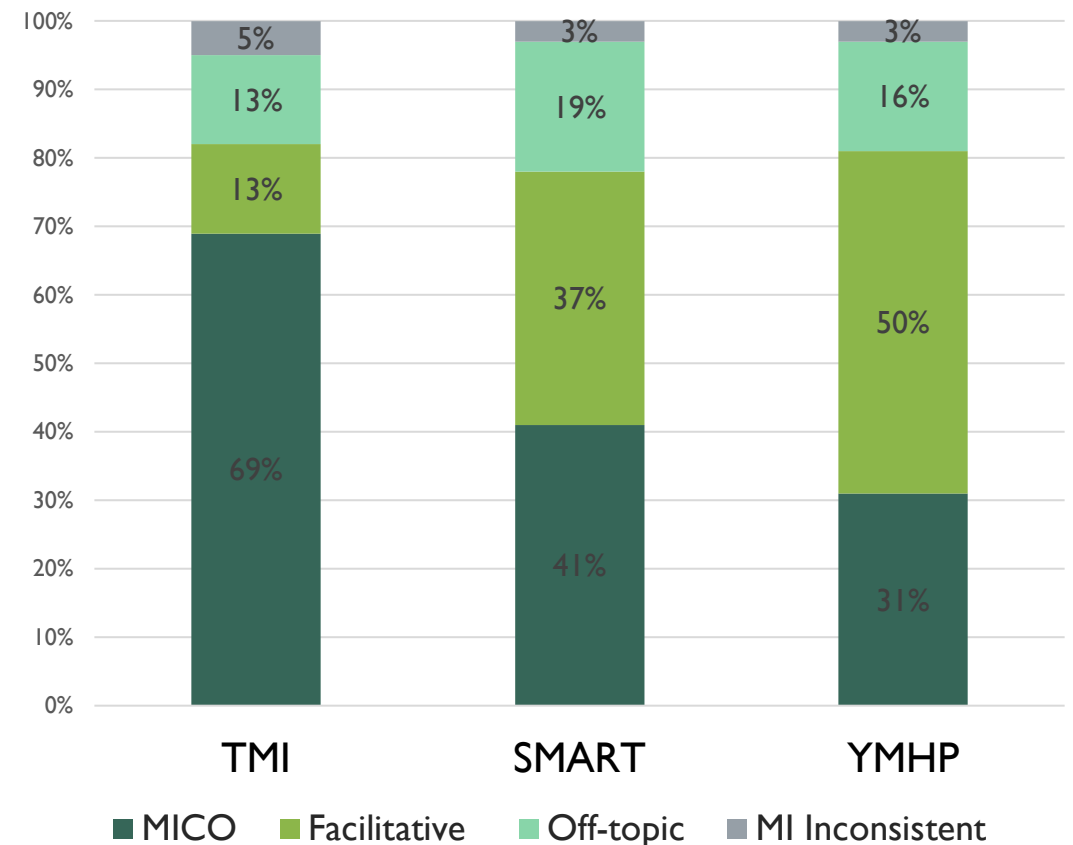
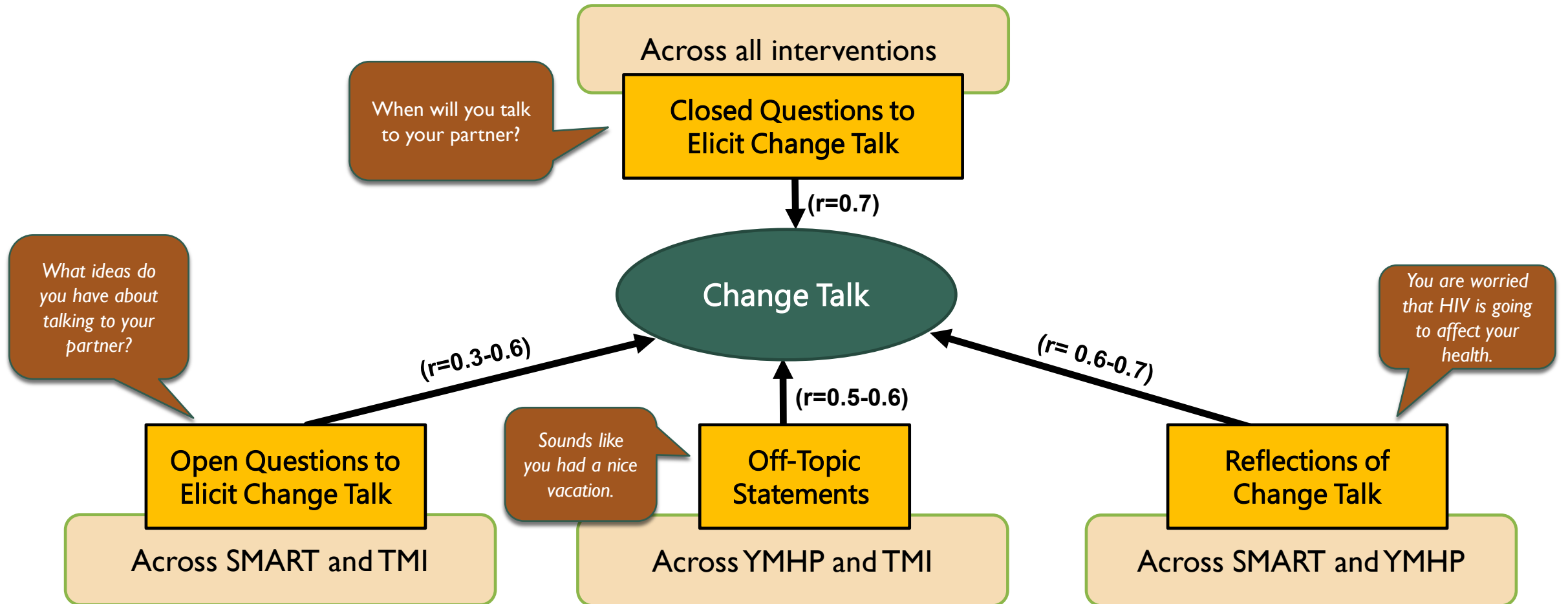


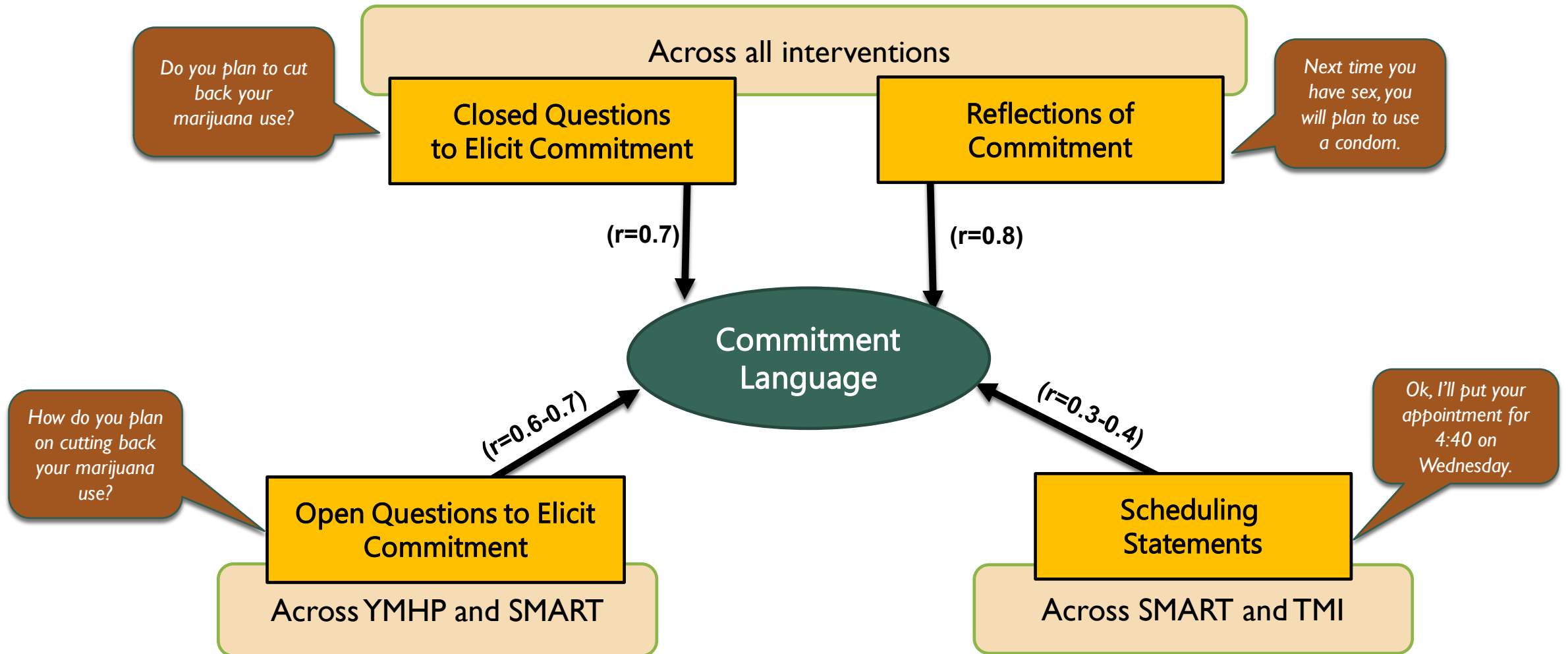
Figure 2: Percentage of Provider Language in HIV Interventions



PROVIDER STRATEGIES LINKED TO CHANGETALK



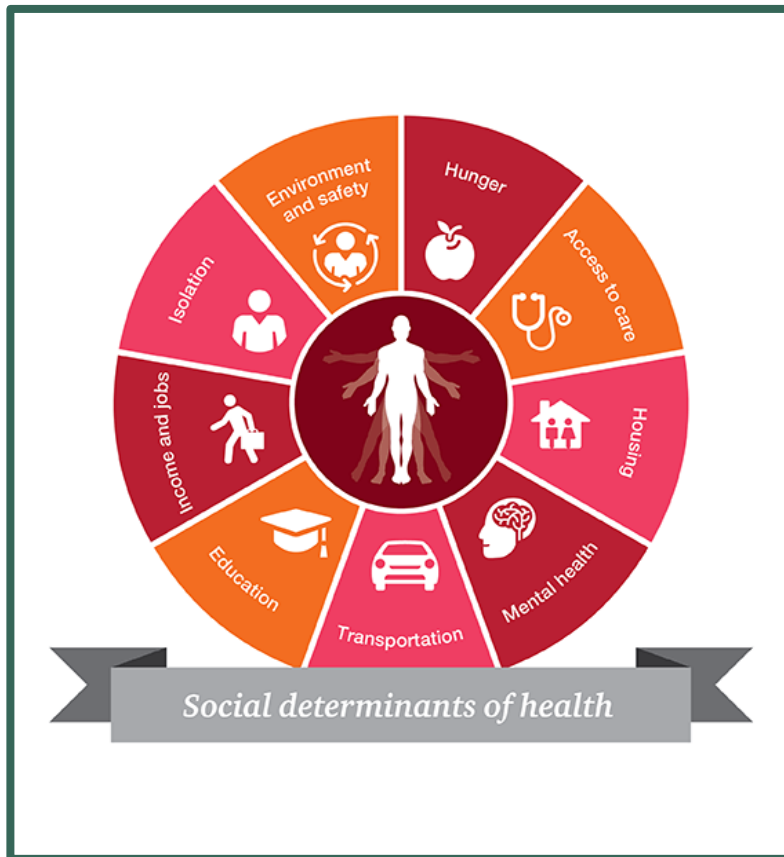
PROVIDER STRATEGIES LINKED TO COMMITMENT



CONCLUSIONS

- Across interventions:
 - Patients expressed motivational statements more frequently than amotivational statements
 - Providers consistently used MI communication strategies
 - Provider use of closed questions was associated with both patient change talk and commitment language
- Comparing interventions:
 - Motivational language was expressed at similar rates across the 3 interventions
 - Providers' use of MI consistent communication strategies was more common in TMI
 - Different MI consistent communication strategies were associated with patient motivational language in the different interventions

PUBLIC HEALTH IMPLICATIONS



- Off-topic and facilitative statements were the most commonly occurring statements overall and across interventions
- Off-topic statements dealt with patients' housing, financial, and psychosocial needs
- Addressing these competing needs may be a significant factor in reducing behaviors that increase the risk of contracting and spreading HIV to achieve the 90-90-90 goals

- Analyzing the sequencing of provider-patient communication to identify the strategies that elicit change talk in practice settings
- Study communication in a variety of contexts to understand if communication patterns vary across practice settings

FUTURE DIRECTIONS

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MYSCOPE Study Lead: April Idalski Carcone, PhD

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QUESTIONS?