

# ATN 140: LYNX Summary of Study Results

## Full Title

ATN 140: LYNX: A Novel Mobile App to Support Linkage to HIV/STI Testing and PrEP for Young Men who have Sex with Men

## Study Description

Young men who have sex with men (YMSM) in the United States have amongst the highest rates of HIV and STI infections. They also have the lowest rates of HIV/STI testing and use of pre-exposure prophylaxis (PrEP), a medication for HIV prevention. In this study, we developed a mobile app called LYNX to help support YMSM in HIV/STI testing and getting linked to PrEP services. We conducted 2 focus groups in 30 YMSM, followed by a 2-month open pilot in 15 YMSM. We then conducted a 6-month pilot study in 60 YMSM to test whether the app is acceptable and easy to use for young people.

## Study Results

In early testing, most parts of the LYNX app were easy to use for participants. YMSM found the app most useful in helping them track their sexual partners and motivating them to get tested for HIV. In the larger pilot study, the app was highly acceptable, with almost all participants using the app at least once -- on average, YMSM used the app 15 times. Rates of HIV testing were higher in the group receiving the LYNX app compared with a group receiving usual care. Rates of linkage to PrEP services were similar between the groups.

## Study Implications

The LYNX app is a promising approach to increasing HIV and STI testing in young people. YMSM will likely need additional support in getting linked to PrEP services.

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## Support

This study was supported by the National Institutes of Health, National Institute of Child Health and Human Development, National Institute of Mental Health, and National Institute on Drug Abuse.