

# ATN 141: MyChoices Summary of Study Results

## Full Title

Mobile-Based Application to Increase Uptake of HIV Testing, Detection of New HIV Infections, and Linkage to Care and Prevention Services by Young Men who have Sex with Men (ATN 141: MyChoices)

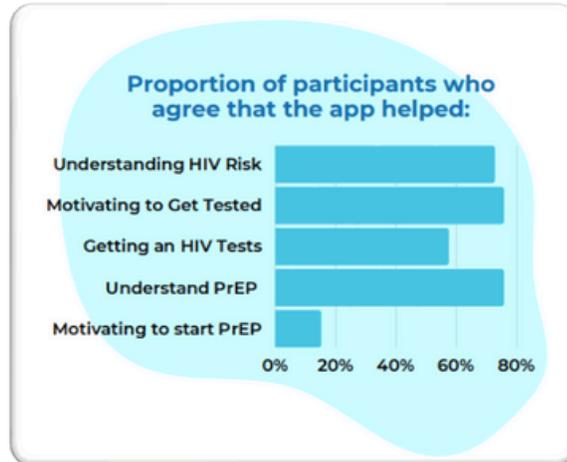
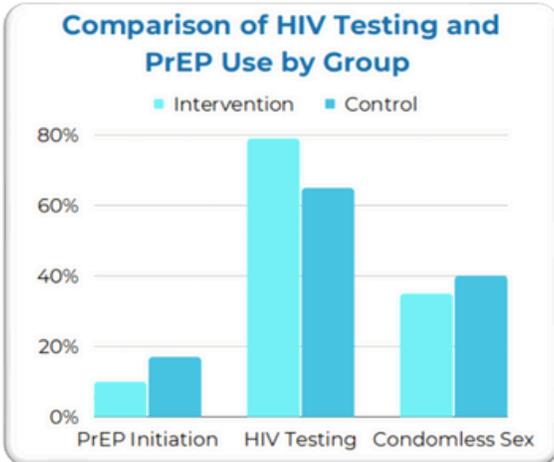
## Study Description

Young men who have sex with men (YMSM) represent a relatively higher number of new HIV infections to non-YMSM. These young men tend to have low and inconsistent testing behaviors, and many are not on PrEP (a way to prevent HIV infection through daily pills or injections). While in-person interventions exist to lessen HIV/STI spread and increase awareness, many are not accessible or affordable to the youth. Receiving treatment or information about HIV/STIs may be especially difficult for LGBTQ+ individuals due to associated stigma, barriers of navigation, and access the health care system (e.g. lack of insurance). Due to these obstacles, it is important to learn if a mobile app—which is more accessible and affordable—is effective in increasing HIV/STI testing and PrEP usage in YMSM.

MyChoices is an app that helps YMSM find HIV/STI testing locations in their area, track their testing timeline and history, and easily access HIV/STI prevention information. The current study recruited 60 YMSM between the ages of 16-24 in three major cities in the US: Boston, Massachusetts; NYC, New York (the Bronx); and Chapel Hill, North Carolina. This study primarily investigated how effective the app is at helping YMSM improve their HIV/STI testing behaviors. Additionally, this study will review how YMSM used and enjoyed the app for engagement and retention purposes: Did they understand the purpose of the app? Did they like the aesthetic? Did they find it easy to use? Beyond the study, the MyChoices app will be continuously updated, starting with recommendations from participants to better meet and adapt to the needs and interests of YMSM.

## Study Results

Of the 60 participants, 33 were randomly selected to use the app while the others received standard PrEP education materials. Based on app data, most participants opened the app and used it at least once. When asked how they felt about the app, most (94%) agreed or strongly agreed that the app was easy to use and the functions were well integrated (meaning they did not find a lot of difficulty using the different features in the app). Most participants (82%) said that they would suggest the app to a friend and most participants (nearly 80%) believed that the app was helpful in learning about PrEP and motivating them to get tested. Participants who used the app were 22% more likely to get HIV tested and about 10% less likely to have condomless sex. However, participants who used the app were not more likely to start PrEP.



## Study Implications

This study showed that mobile app interventions, like MyChoices, could play a vital role in reaching broader communities affected by HIV, including younger people. Integrating mobile interventions in addition to other HIV/STI interventions may encourage more HIV/STI testing and usage of PrEP.

## Authors

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