

ATN 143: COMPARE Summary of Study Results

Full Title

Comparison of Men's Prevention Apps to Research Efficacy (ATN 143: COMPARE)

Study Description

Young sexual minority men (YSMM) have amongst the highest rates of HIV in the United States. They also have the lowest rates of HIV and sexually transmitted infection (STI) testing and use of pre-exposure prophylaxis (PrEP), a medication for HIV prevention. In this study, we tested two mobile apps, LYNX and MyChoices, to help support YSMM in HIV/STI testing and getting linked to PrEP services. We enrolled 381 YSMM between the ages of 15-29 across 9 sites in the US who were randomly assigned to receive MyChoices, LYNX, or usual care. Participants were followed in the study for up to 1 year.

Study Results

Among the 381 participants enrolled in the study, nearly three-quarters were between the ages of 18-24, and about half were white, 18% were Latino, and 17% were Black. Participants who received the MyChoices and LYNX apps had higher rates of HIV testing over the first 6 months of the study compared with usual care (MyChoices: 74%, LYNX: 70%, usual care: 59%), with the results of MyChoices remaining significant after statistical testing (which analyzes the data, taking into account other factors which may affect testing rates). Participants who received MyChoices and LYNX also had higher rates of STI testing in the first 6 months (MyChoices: 51%, LYNX: 50%, usual care: 41%), but these were not different from usual care after statistical testing. Both MyChoices and LYNX groups also had higher rates of participants starting PrEP in the first 6 months (MyChoices: 21%, LYNX: 20%, usual care: 16%), but these did not differ from usual care after statistical testing. When looking at results over the full 12 month period, rates of HIV/STI testing and starting PrEP were similar across all 3 groups.

Study Implications

In a large study of YSMM in the US, MyChoices and LYNX showed increases in HIV testing during the first 6 months of the study. YSMM may need additional support over the longer term to support HIV/STI testing and getting linked to PrEP services.

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