



# ATN 170: IMPACT Summary

## Study Description

Stimulant drug (e.g., crystal methamphetamine, cocaine, ecstasy, MDMA) use is a substantial public health problem among young people in the United States (US). Youth also have amongst the highest rates of HIV in the US, and lowest rates of HIV prevention and treatment. In fact, **using stimulants makes it more likely that young people will engage in behaviors that put them at increased likelihood to acquire HIV during sexual encounters and will use fewer HIV prevention and treatment services.** Together, this leads to increased HIV acquisition and transmission.

This project aims to examine whether IMPACT, a program that **combines HIV sexual health counseling with behavioral activation therapy** (an evidence-based, easy to administer, **cognitive behavioral approach to treat depression** that focuses on helping individuals re-engage in activities that generate feelings of enjoyment) reduces HIV acquisition and transmission likelihood in young people (regardless of HIV status) who use stimulants in the context of sex.

Additionally, this project will examine best practices for implementing the program, for whom the program works best and how to best disseminate the program if successful.

## Why is this study important?

If successful, IMPACT will be ready for use in routine practice in a variety of settings (e.g., substance use treatment, community organizations), reducing both HIV transmission and stimulant use among young people.

## Who may be eligible?

Anyone ages 15-24 who who has used stimulants in the context of sex

## Where is the study enrolling?

Nationwide (excluding Alaska and Hawai'i)

## ClinicalTrials.gov Information

[NCT06444360](https://clinicaltrials.gov/ct2/show/study/NCT06444360)