

Nowadays, more and more of us use our phones to take charge of our health.

So the ATN made and tested different digital strategies to support trans youth navigating sexual and gender health.

Swipe to learn more about the TechStep study.



Between 2019-2021, TechStep compared three strategies for HIV prevention among 254 trans teens and young adults.

- 1** Daily text messaging about safer sex
- 2** Webapp with info, health trackers, and peer forums
- 3** Info-only website as the “control” condition

Two-thirds of folks were 21 to 24 years old!



2 in 5

were nonbinary people who were AFAB



1 in 3

were trans men or transmasculine



1 in 2

recently had condomless sex



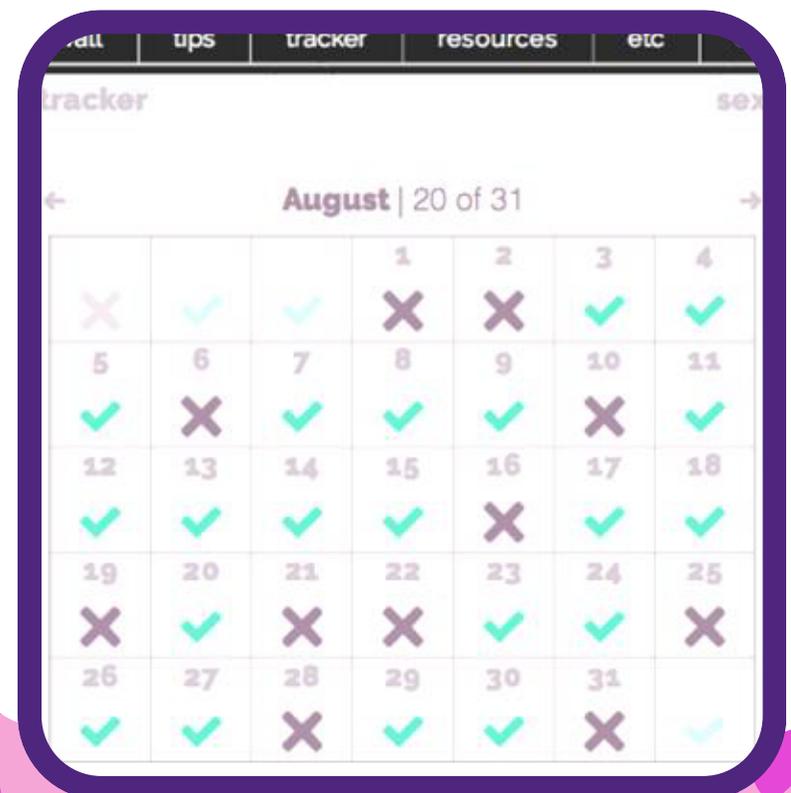
1 in 5

had ever taken PrEP medication

What did the webapp offer?

In addition to tools like **PrEP & hormone medication trackers**, the TechStep webapp also had features like:

- **Daily educational content** with articles and videos
- **Community walls** where users could talk with their peers
- **Individualized goal setting**
- **Content warnings** for posts
- **Customizable features** unlocked by earning points



What about the texting strategy?

Participants received regular one-way messages like:



Keeping up with your
doctor's appointments?
Good job!



Trans pride
means taking
care of yourself.

Some people were “stepped up” to also get virtual coaching.

If the web app or texting strategies didn't help after 3 months, participants could then **receive 8 weekly coaching sessions** for personalized support and education.

After 9 months, people using the app showed mixed improvement for condom and PrEP use.

Overall, neither the text or webapp strategy were superior to the control website, but there were standout trends:



1

People who only got texts showed a brief increase in condom use.



2

People who got both webapp & coaching also used more condoms for a time.



3

PrEP use was lower than expected across the study.