

Sexual Health Promotion Methods and Decision-Making Among Youth At-Risk for and Living with HIV in Los Angeles and New Orleans: A Qualitative, Choice-Based Analysis

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Background and Objective

- Traditional risk reduction interventions focus on adherence to one prevention method
- Choice-based framework
 - Intrapersonal, interpersonal, and structural factors
- Limited literature on how and why participants use the prevention methods that they use



Methods

- Participants (ages 12 to 24) from three studies in the Adolescent HIV Medicine Trials Network offered strengths-based coaching
 - Semi-structured, open-ended strengths assessment
- Coaches' notes analyzed and coded in Dedoose
- Focus on sexual health promotion behaviors and decision making



Results: Overview

- Participants described factors influencing sexual health decisions across seven categories of prevention methods: 1) PrEP use, 2) condoms, 3) relationships, 4) sexual inactivity, 5) STI testing, 6) PEP, and 7) ARV adherence
- Sexual health decision-making influenced by factors across socio-ecological levels: intrapersonal, interpersonal, structural



Results: Intrapersonal Level

- Individual perception of need
- Preference for condoms, PrEP, other methods
- Personal motivations to pursue sexual health promotion

“I don't know enough about PrEP and I don't think the world knows enough about it either...I am not willing to ingest [it everyday] not knowing what it will do to me when I'm 50. I also don't trust mass pharma drugs. Especially knowing of the historic targeting of queer bodies. I don't think they have our best interest at heart...”

Results: Interpersonal Level

- Role of sexual/romantic relationships on sexual health decision making
 - Monogamous, exclusive, polyamorous, open, single, etc
- Support and influences from social networks

“-[Participant] doesn't use condoms now since he's in a relationship but before being in a relationship states he would use condoms almost 100% of the time in addition to being on PREP...-”

Results: Structural Level

- Affordability
- Accessibility
- Insurance and Confidentiality

“I feel like if I get on PrEP there will be a way for [my mom] to find out. I don't know if it's super discreet.”

Limitations & Future Direction

- Use of coaches' notes on participant responses
- Discussion on intersectionality
- Importance of individual choice and patient-centered care
- Utility of choice-based framework in sexual health promotion strategies for youth

