

# Testing an Educational Visual Aid to Increase Knowledge and Adherence to Antiretroviral Therapy among youth living with HIV

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## OVERVIEW

- Using an educational visual demonstration to increase knowledge among youth about how ART works in the body and the importance of their medication to increase adherence and reduce viral loads.

## INTRODUCTION

- 12–24 year-olds account for more than 40% of new HIV infections each year.
- Reported adherence rate among youth in North America is 50-60%.
- Barriers to adherence include:
  - Forgetting
  - Access to medication
  - Side effects
  - Lack of knowledge

## INNOVATION



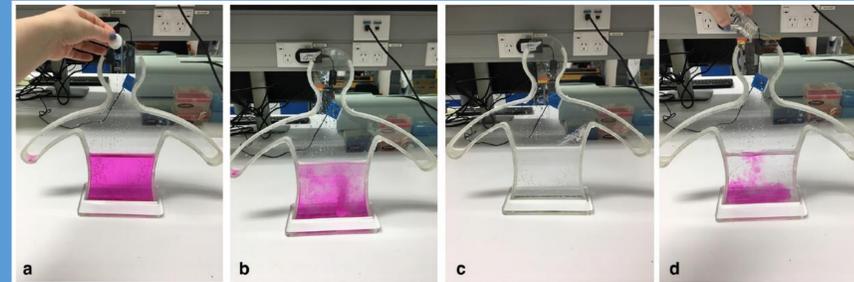
To use a simple, visual, and interactive demonstration with youth.

### How?

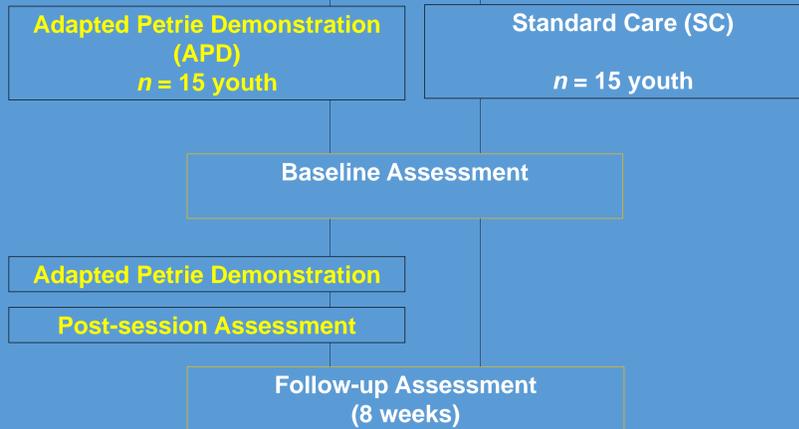
- A human-body shaped container is used in this demonstration and filled with a 'body' solution that is CLEAR in color to represent a HEALTHY body.
- A pink liquid represents the HIV virus and is added to the solution.
- In this *adapted* version, we ask the participant to place the 'medicine tablets' into the pinkish solution for each day of medication adherence. After multiple days of adherence (adding medicine tablets), the resulting solution is CLEAR.

## METHODS

### Adapted Petrie Demonstration (APD)



N = 30 youth in L.A. & New Orleans  
Los Angeles (n = 12)  
New Orleans (n = TBD)



## RESULTS TO DATE

Baseline Characteristics (n=12)	
Age (years) Mean	24.27
% Males	92% (n = 11)
% MSM	50% (n = 6)
% Bi-sexual	17% (n = 2)
Working Full-time	50% (n = 6)
Ethnicity	
Latino	42%
Black or African American	25%
Asian	8%
White	17%
Mixed/Other	8%
Adherence, 7 days	n = 9
Suppressed viral load (<200 copies/mL)	n = 8
Missed dose due to difficulty obtaining	n = 4
Relationship with Healthcare Provider (0) Rarely Good to (5) Always Good	4.6

## APD ASSESSMENT TO DATE

APD Assessment (n = 7)	POST-SESSION (M)
Understanding	10.0
Taking HIV medication	9.3
Anxiety about HIV infection	5.3
Anxiety about HIV medication	5.4
Interesting	9.7
Motivating	10.0

(0) Not at all to (10) Extremely

- EFFECTIVE?
- FEASIBLE?
- USEFUL FOR CLINIC CARE?

*"it gives a visual look as to what's happening in my body and how serious not taking my pill can be"*

*"that it is really important to take my medication daily"*

*"it shows them if they stay consistent, they'll be OK"*

*"like I was impressed on how the virus worked like that"*

*"because I was never shown anything like this when diagnosed so I never fully grasped how missing doses would affect me"*

*"I think showing this to patients (new and old) can surely motivate them to be consistent with their medication"*

## NEXT STEPS

Data Collection TBC in New Orleans, LA, U.S.A

## ACKNOWLEDGEMENTS

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