



# PrEPare-to-Start

## Evidence-Based for the Pre-Exposure Prophylaxis Chapter

### POPULATION

- Men who have sex with men (MSM) with behavioral risk factors for HIV

### KEY INTERVENTION EFFECTS

- Improved linkage to PrEP care

### BRIEF DESCRIPTION

**PrEPare-to-Start** is a brief behavioral intervention for PrEP uptake that uses motivational interviewing to help participants decide whether to start taking PrEP. At the time of HIV or other sexually transmitted infections (STI) testing, a counselor:

- Develops rapport and a therapeutic relationship with the participant
- Provides education about PrEP
- Shares standard feedback on participant's risk for HIV
- Identifies and addresses barriers to PrEP uptake
- Helps participant weigh the pros and cons of PrEP uptake

**DURATION:** Two brief sessions (10-15 minutes)

**SETTING:** Sexual health clinics (United States – unspecified)

**STUDY YEARS:** 2019 – 2020

**STUDY DESIGN:** Randomized controlled trial

**DELIVERERS:** Sexual health clinic counselors

**DELIVERY METHODS:** Motivational interviewing

### STUDY SAMPLE

The intervention arm of 43 MSM participants is characterized by the following:

- 64% White persons
  - 9% Black or African American persons
  - 7% Asian persons
  - 16% Persons identifying as another race
- 26% Persons who identify as Hispanic or Latino regardless of race
- Mean age of 32 years

\*Percentages for race do not add up to 100% due to missing data

### STRUCTURAL COMPONENTS

There are no reported structural components reported for this study.

### KEY INTERVENTION EFFECTS (see **Primary Study** for all outcomes)

- Intervention participants were significantly more likely to receive and accept a prescription for PrEP compared to control participants (Odd Ratio [OR] = 3.6; 95% Confidence Interval [CI]: 1.5 to 8.9).
- Intervention participants were significantly more likely to attend their appointment with their provider compared to control participants (OR = 3.6; 95% CI: 1.5 to 8.9).

## CONSIDERATIONS

- MSM enrolled in the study were considered to have high risk factors for HIV as defined by the [HIV Incidence Risk Index for MSM](#).

## ADVERSE EVENTS

- The author did not report any known adverse events.

## FUNDING

- National Institute on Drug Abuse (R34DA042648)

## PRIMARY STUDY

Chan, P. A., Nunn, A., van den Berg, J. J., Cormier, K., Sowemimo-Coker, G., Napoleon, S. C., Arnold, T., & Moitra, E. (2021). [A randomized trial of a brief behavioral intervention for PrEP uptake among men who have sex with men at increased risk for HIV infection](#). *JAIDS Journal of Acquired Immune Deficiency Syndromes*, 87(3), 937-943. doi: 10.1097/QAI.00000000000002671

**PLEASE CONTACT STUDY AUTHOR FOR INTERVENTION AND ASSESSMENT MATERIALS.**

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