



# DOT MOBILE APP

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

### POPULATION

- Culturally diverse young men who have sex with men (MSM)

### KEY INTERVENTION EFFECTS

- Improved PrEP adherence

### BRIEF DESCRIPTION

**DOT** is a PrEP adherence mobile app that combines personalized PrEP pill reminders with positive psychology-based texts to encourage PrEP adherence and provide PrEP information.

The DOT app uses three different text messaging types:

- Daily pill reminders
- Alternating daily educational or motivational texts
- Weekly text: “It’s PrEP every day and condoms every time.”

**DURATION:** Six weeks

**SETTING:** Mobile health environment (participants reside mostly in Boston, Massachusetts)

**STUDY YEARS:** No study years listed

**STUDY DESIGN:** One-group pre-post

**DELIVERERS:** Mobile application delivered texts to participants on a set delivery timeline

**DELIVERY METHODS:** Text messaging

### STUDY SAMPLE

The baseline study sample (n = 54) of all male participants was characterized by the following:

- 52% White persons
  - 19% Black or African American persons
  - 19% Asian persons
  - 6% Multiracial persons
- 6% Persons who identify as Hispanic or Latino regardless of race
- Mean age = 26 years
- Mean length of 17 months using PrEP

Note: Percentages for race or ethnicity 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)

- The mean percentage of participants who reported perfect (100%) PrEP adherence significantly increased from pre- to post-intervention (0.39 vs. 0.72,  $t = 4.458$ ,  $p < 0.001$ ).

### CONSIDERATIONS

- The interactive, privacy-protected pill reminders were valued by participants.
- Tailored motivational and educational texts were experienced as supportive.

- Participants thought adding supportive resources, a virtual avatar, automatic time zone adjustments for pill reminders, and enhanced adherence graphing capabilities would be helpful.

#### ADVERSE EVENTS

- The author did not report adverse events.

#### FUNDING

- National Institute of Mental Health, Phase 1 (grant number R43 MH121147-01)
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#### PRIMARY STUDY

Weitzman, P. F., Zhou, Y., Kogelman, L., Rodarte, S., Romero Vicente, S., & Levkoff, S. E. (2021). [mHealth for pre-exposure prophylaxis adherence by young adult men who have sex with men](#). *mHealth*, 7, Article 44. doi: 10.21037/mhealth-20-51.

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

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