



WHAT IS ALLYQUEST 2.0?

AllyQuest 2.0 (AQ2) is a novel mobile phone app intervention designed to improve engagement in HIV care, taking HIV medication as prescribed, and social support for young sexual minority men (YSMM) and young transgender women who have sex with men (YTWSM).

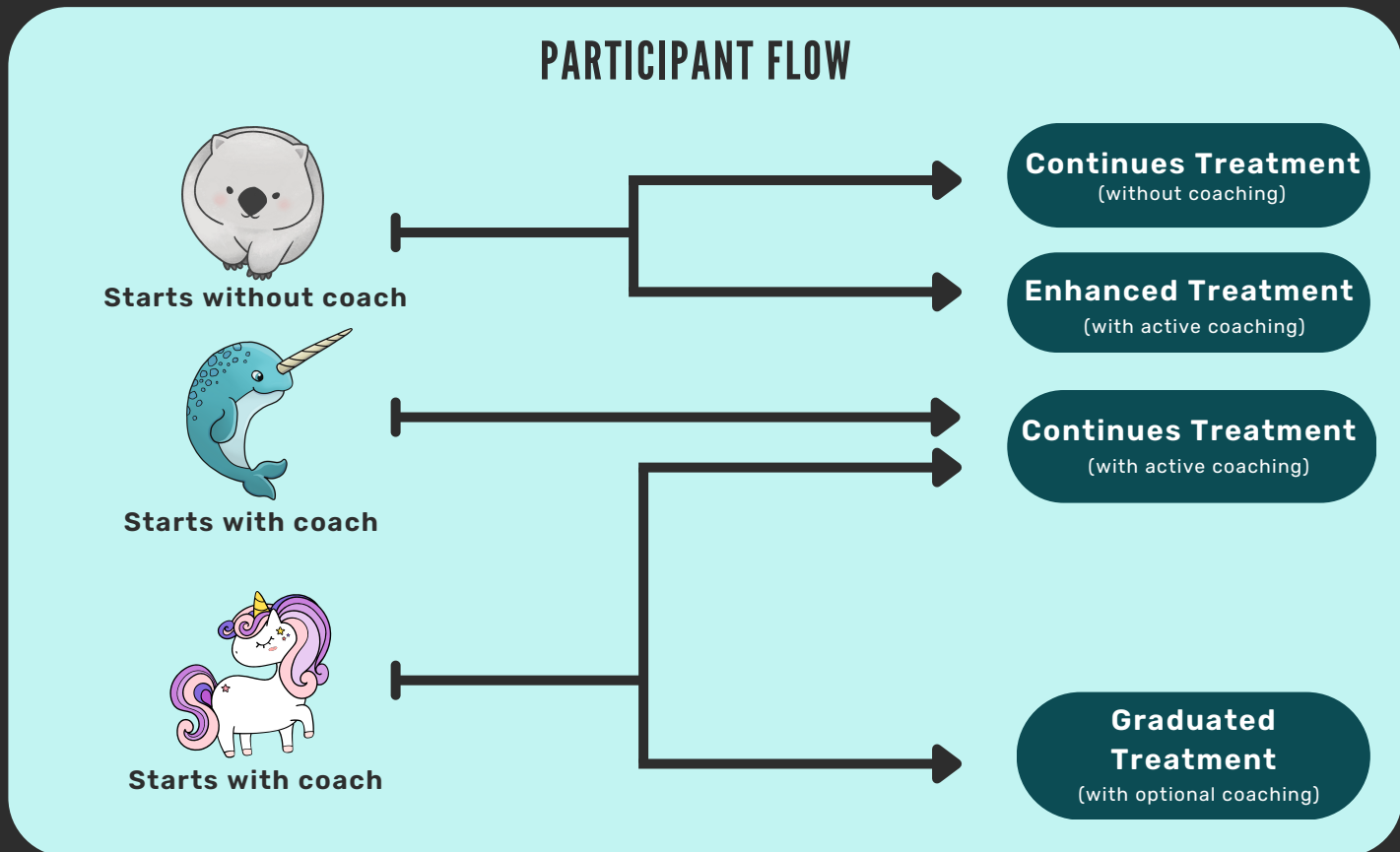
AQ2 was a two-arm Sequential Multiple-Assignment Randomization Trial (SMART) that tested the feasibility and acceptability of the intervention and trial design in a 6-month pilot intervention study among YSMM and YTWSM living with HIV, ages 15-29.

WHAT IS A SMART DESIGN?

Participants were randomly assigned to one of three treatments, two of which included in-app virtual coaching called Integrated Next Step Counseling (iNSC). The counseling sessions were designed to support participants in taking their HIV medication as prescribed. After three months of study participation, the study team reviewed how often participants took their HIV medication in the app's health tracker, and reviewed whether their HIV viral load was detectable or undetectable at their most recent clinic appointment. Based on this data, participants could either continue with the treatment they started (with or without iNSC), received an enhanced treatment with support from the iNSC coach, or graduate to a new treatment where iNSC became optional.

WHAT IS THE DIFFERENCE BETWEEN THE TREATMENTS?

WOMBATS	NARWHALS	UNICORNS
<p>For the first 3 months, no Wombats receive coaching or have access to the coach. Depending on how often participants reported taking their HIV medication, after 3 months, adherence coaching may be added to their treatment condition, or or they may continue without access to the coach.</p>	<p>All Narwals receive active contact from the coach for the duration of the study no matter if they report taking their HIV medication 100% of the time and have an undetectable viral load.</p>	<p>All Unicorns receive active contact from the coach for the first 3 months of the study. After 3 months, unicorns may graduate to a coach-optional condition depending on how often they report taking their HIV medication, and if their viral load is undetectable. If they graduate they still have access to the coach but the coach doesn't actively reach out to them.</p>



	WOMBATS	NARWHALS	UNICORNS
ENHANCED	N/A	N/A	8
CONTINUED SAME TREATMENT	7	25	16
ESCALATED	14	0	N/A
70 TOTAL (1 lost to follow-up)	21	25	24

WHAT IS INTEGRATED NEXT STEP COUNSELING?

iNSC is an interactive, client-centered motivational intervention that was developed and implemented during the iPrEx PrEP trial and was found to be highly acceptable among YSMM. The intervention provides flexible, individualized counseling with the goal of supporting adherence and accurately reporting adherence.



KEY COMPONENTS OF iNSC INCLUDE:

- Review of participant experiences with adherence
- Exploration of adherence facilitators and barriers
- Identification of adherence needs
- Identification of strategies to meet needs
- Development of an adherence action plan.

FIRST LOOK AT DEMOGRAPHIC BREAKDOWN OF PARTICIPANTS

71 NUMBER ENROLLED IN STUDY

22 MEDIAN AGE OF PARTICIPANTS

RACE/ETHNICITY BREAKDOWN

- 77.5% Black
- 12.7% White
- 9.9% More than one race
- 5.6% American Indian or Alaskan Native
- 4.2% Something else
- 1.4% Asian

GENDER BREAKDOWN

- 90.1% Cisgender male
- 5.6% Genderqueer, gender non-conforming, or non-binary
- 4.2% Trans female, trans woman, or transfeminine
- 4.2% Multiple genders reported
- 2.8% Another gender

AQ2 MAIN FINDINGS COMING SOON!