Impact of a Personalized Text Messaging ART Adherence Tool for Nonurban Substance Users with HIV

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Results: Sample characteristics are shown above. The sample was nonadherent and using drugs and alcohol frequently. For the full sample at baseline, 6 month pharmacy refill rate was 64%, past 6 months (MVP) was 26.9%, and proportion of 30-day substance use days was 53%.

Feasibility. Responses to adherence, substance use and mood queries were high and persisted across the intervention period; rates ranged from 64% - 70%.

Outcomes. Both groups improved on key outcomes at 3M. MVP data show that the TxText group had 13% fewer missed visits than TAU at 3M, p=.11. Pharmacy refill data show that the TxText group had 12.2% better adherence than TAU at 3M, p=.04. Analyses of substance use days showed a non-significant decrease of 3% of days in the TxText group at 3M compared to TAU. There were no differences between groups at 6M.

Conclusions: TxText was feasible and engaging, and participants responded equally frequently to all 3 types of queries. TxText improves adherence, engagement, and substance use post-intervention more than TAU, and these return nearly to baseline levels at 6M, reflecting an intervention effect that fades after it ends. Outcomes indicate a treatment response; TxText merits a fully-powered subsequent trial to confirm results.