Active Methamphetamine Use is Associated with Antiretroviral Medication Nonadherence


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9th International Conference on HIV Treatment and Prevention
Adherence
HIV and METH Use

- Strong association between methamphetamine (METH) use among MSMs and continued high incidence of HIV/AIDS in the US (CDC HIV/AIDS Fact sheet, 2007)

- Rates of functional dependence are higher among dually affected HIV+/METH persons than in either group alone (Blackstone et al., 2013)

- Stimulant dependence is correlated with poor ART adherence (Des Jarlais, 1999; Ferrando et al., 1996)

- When compared to other HIV+ persons, individuals who use METH are especially non-adherent to ART (Moore et al., 2012)

- Among HIV-infected persons, a lifetime METH use diagnosis is associated with higher rates of detectable plasma and CSF viral loads (Moore et al., 2012)
Texting Improves ART Adherence

- Meta-analysis of 9 RCTs using text messaging to improve ART adherence showed:
  - Text Messaging yielded higher adherence than control conditions
  - Studies with larger effects on adherence 1) sent less than daily messages, 2) supported bidirectional communication,* 3) had personalized content,* and 4) were matched to participants’ dosing schedule*

- Studies have shown feasibility and acceptability of texting to improve ART adherence in HIV+ substance using cohorts

* = components of current intervention

Finitis, Pellowski, & Johnson, PLoS One, 2014; Moore et al., ART, 2013 Ingersoll et al., J Sub Abuse Tx, 2014
iTAB-M (individualized Texting for Adherence Building-Methamphetamine)

Ongoing 6-week RCT of iTAB-M for ART adherence (NCT01317277)

Random assignment to iTAB-M or CTRL (2:1)

Present findings = 50 participants in aggregate; total study target = 75

Inclusion criteria:

» HIV+ individuals, 18 years or older, METH use within 60 days of enrollment and diagnosed with lifetime METH dependence or abuse & taking ART

Bi-directional Automated Text Messages

» Both arms received texts asking about METH use

» iTAB-M pts received additional texts reminding them to take their ART; content derived from focus group, at preferred time, personalized, texts chosen by participant from 40 texts
To protect the participants, the term METH was not directly used in the text messages.

During the education presentation, participants were instructed how to respond to a question asking if they had “done anything.”

Conversation, Daily Meth

iTAB (12:00 PM): Have you done anything in the past 24 hours? Please respond A) Yes, D) No.

Smith (12:12 PM): A

iTAB (12:13 PM): Thank you for your response.
Medication Adherence Education (psychoeducation)
» Included components of previously successful interventions and barriers to successful medication adherence among substance users
» Presented the health benefits of adherence to ART, adverse METH use effects, problems of adherence for METH users and medication adherence strategies

Adherence Measure
» A “sentinel” ARV medication tracked using Medication Event Monitoring System (MEMS) for 6 weeks

Hinkin et al., 2007; Marquez et al., 2009; Johnson et al., 2003; Roberts, 2000; Moore, et al., 2012
## Baseline Characteristics

<table>
<thead>
<tr>
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<th>N=50</th>
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<tbody>
<tr>
<td><strong>Demographics</strong></td>
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<tr>
<td>Age (mean, SD)</td>
<td>46.1 (8.6)</td>
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<tr>
<td>Sex (n, % male)</td>
<td>48 (96%)</td>
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<tr>
<td>Education (mean, SD)</td>
<td>13.4 (2.7)</td>
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<tr>
<td>Ethnicity (n, % Caucasian)</td>
<td>26 (52%)</td>
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<tr>
<td><strong>HIV disease characteristics</strong></td>
<td></td>
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<tr>
<td>Det. Plasma VL (visit 1; n, %)(^a)</td>
<td>15 (34%)</td>
</tr>
<tr>
<td>CD4 (median, IQR)(^c)</td>
<td>548 (356, 656)</td>
</tr>
<tr>
<td>Tracked ARV (n, % 1x day)</td>
<td>47 (94%)</td>
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<tr>
<td>ACTG 4-day skipped (n, %)(^d)</td>
<td>12 (26%)</td>
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\(^a\)n=44, \(^b\)n=49, \(^c\)n=42, \(^d\)n=47
### Baseline Methamphetamine Data

<table>
<thead>
<tr>
<th>Mean (SD)</th>
<th>Participants (N=50)</th>
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<tbody>
<tr>
<td>Age at First METH Use</td>
<td>27.2 (11.4)</td>
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<tr>
<td>Last METH Use (days)</td>
<td>9.9 (13.9)</td>
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<tr>
<td>Cumulative duration METH use (years)</td>
<td>4.3 (6.5)</td>
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<tr>
<td>Cumulative METH quantity (grams)</td>
<td>1,315 (3,063)</td>
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</table>
Methamphetamine Use Responses

- Used: 26.0%
- Didn't Use: 54.9%
- No Response: 19.1%

N = 2533 messages out
MEMS ART Percent Doses Taken vs. Percent of Days with Reported Meth Use (n=50)

ρ = -0.87, p = 0.05
ART Adherence On-Study METH Use

MEMS ART Percent Doses Taken

Meth Users (n=41)
Non Meth User (n=9)

$t=-4.3, p<0.001$
Interestingly...there was no significant association between day-specific METH use (yes/no) and day-specific ART adherence (yes/no), which led to...
Adherence Patterns by METH Use

- Consistent Adherence
- Meth User, Consistent Adh.
- Meth User, Sporadic Adh.
- Consistent Non-Adherence

Legend:
- Adherent, Didn’t Use Meth
- Adherent, Used Meth
- Non-Adherent, Didn’t Use Meth
- Non-Adherent, Used Meth
- Non-Adherent, No Response

* Detectable VL at both visit 1 & 6-week follow-up
* Improved, det. to undet. VL visit 1 to 6-week follow-up
Methamphetamine Use Responses

- Participants #1-50
- Number of Days
- Detectable VL at both visit 1 & 6-week follow-up
- Improved, det. to undet. VL visit 1 to 6-week follow-up
- Adherent, Didn't Use Meth
- Adherent, No Response
- Adherent, Used Meth
- Non-Adherent, Didn't Use Meth
- Non-Adherent, No Response
- Non-Adherent, Used Meth

* Detectable VL at both visit 1 & 6-week follow-up
* Improved, det. to undet. VL visit 1 to 6-week follow-up
Conclusions

- Feasible to gather METH use data via text
- On-study METH users have worse ART adherence than those who did not use on study; trend toward more days used and worse ART adherence
- Relationship between adherence and METH complex; not simply persons are less adherent on days when they use METH
- Visual examination of data shows intricacy of patterns and provides suggestions for future intervention, dispels idea that adherence cannot be achieved in context of METH use
- Pending results of RCT as to effect of current intervention
Future Directions

- **Immediate:** Assess if iTAB-M, as compared to CTRL, shows better adherence, better pattern & better dose timing
- **Long-Term:** Consider messages that target patterns of nonadherence in real-time:
  - Consistent Adherence regardless of METH status → current intervention appropriate?
  - METH user with Sporadic Adherence or NonAdherence → perhaps need to target METH use to improve adherence?
  - No METH use while on study → perhaps self-monitoring good for ↓ METH use?
- Importance of avoiding consecutive nonadherent days
- Examine over longer periods of time
- Focus on message content; words matter
“...the content of the adherence app messaging is at the nascent stage of development.”

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iTAB Decision Tree

Other iTAB components:
- 3 consecutive days of non-responses get a “noncompliance” text
- 5 consecutive days of non-responses, call from RA
- Adherence Targets: “Ur current adherence: xx%. Adhr when u take ur next dose: xx% (x/x doses)”
- Personalized Reinforcer
iTAB-M: 8 Thematic Reminder Stems

» **Social Support/responsibility to others**
  • People care about u. Pls take ur...

» **Self-Esteem**
  • U are special. Pls take ur...

» **Dangers on non-adherence**
  • Not taking ur meds could make u resistant. Take ur...

» **Harm reduction focus**
  • You can have fun and take ur meds. Time 4 ur...

» **Time/focus**
  • It’s pill time! Take ur...

» **Spirituality**
  • God grant me the serenity to do this. It’s time 4 ur...

» **Celebration of health**
  • 2 help keep u feeling good, rmber 2 take ur...

» **Disease control**
  • Ur health is impt, rmbr 2 take ur meds. Take ur...
ART Adherent by Meth Use

Non Adherent ≥ 90%

p = 0.01

Meth User (n=41)
Non Meth User (n=9)

Over 6-week Study