



**Combining HIV Prevention Options with Mental Health Service Delivery
for Adolescent Girls (CHOMA):**

Results of a Pilot Hybrid Effectiveness-Implementation Randomized Trial

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Continuum 2024 • June 9-11, 2024 • Puerto Rico

Conflict of Interest Disclosure

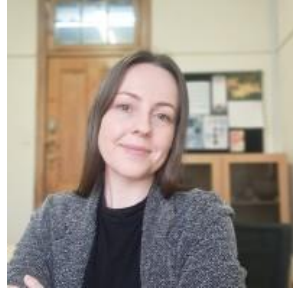
I have no relevant financial relationships to disclose.



Acknowledgments



Nomhle Ndimande-Khoza



Lisa Mills



Nicole Poovan



Elizabeth Sherwin



Carrie Mathew



Zinhle Sokhela



Ruth Verhey



Dixon Chibanda



Sybil Hosek



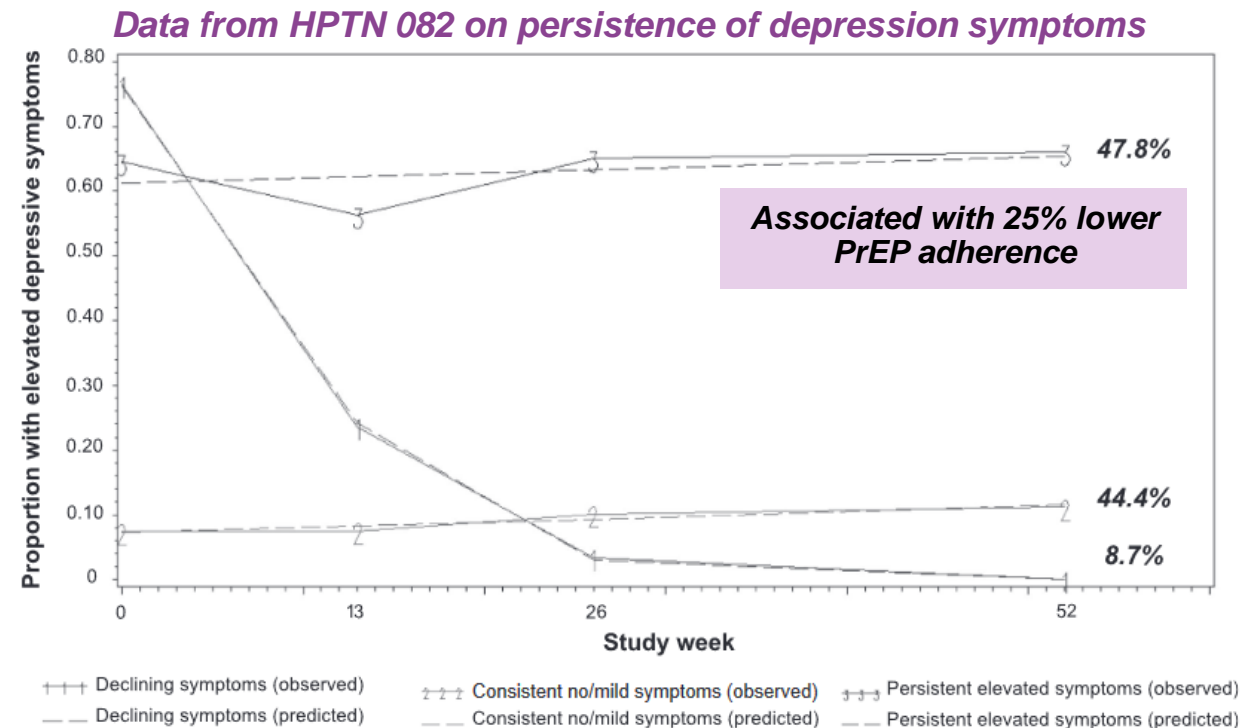
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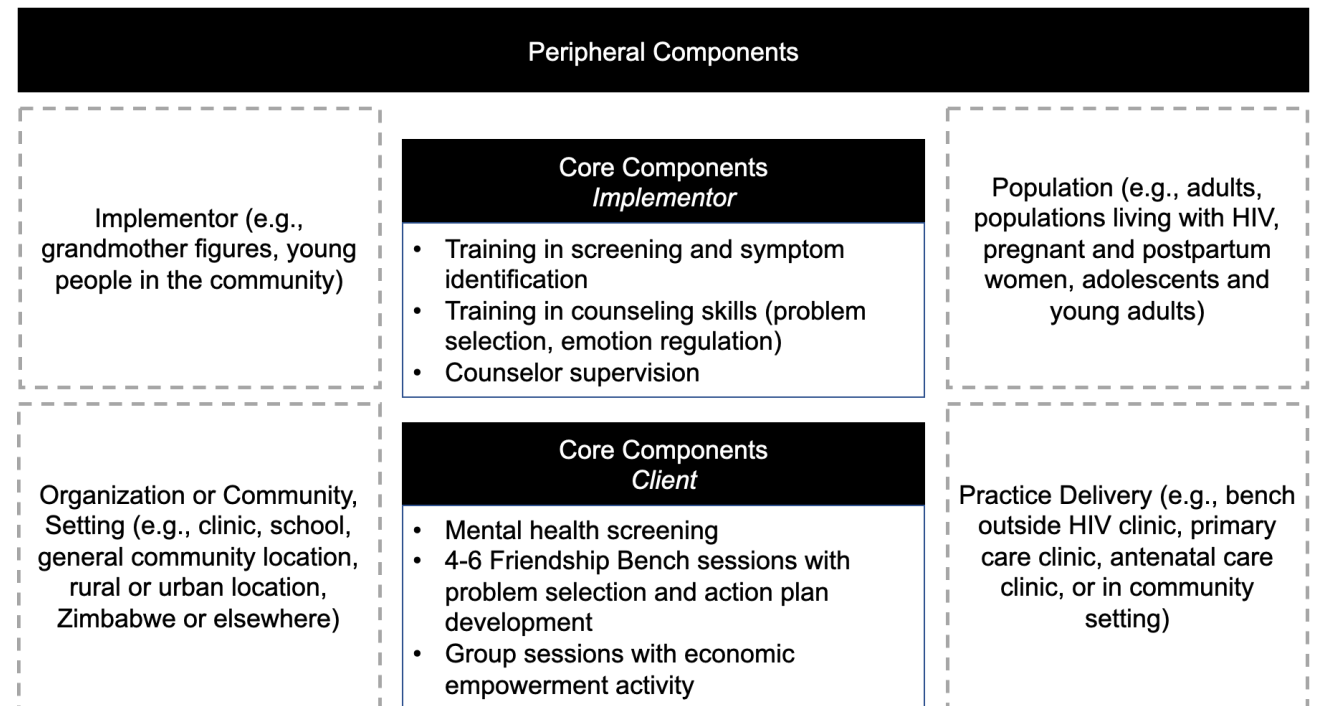
Background

- Overlapping risk of **HIV acquisition** and **common mental disorders (CMD)** among adolescent girls and young women
- CMD & HIV driven by overlapping **social/structural determinants** of health
- CMD associated with **low PrEP adherence**



Background

- Friendship Bench **problem-solving, cognitive behavioral** intervention
- **4-6 individual** therapy sessions + **1 group** session
- Delivered by a **lay counselor** in a **safe space**



Our goal was to evaluate preliminary effectiveness, acceptability, feasibility, and appropriateness of our “Youth Friendship Bench SA” intervention to address common mental disorders and PrEP adherence among young South African women

Study Setting and Population

- Single-site, open-label pilot **hybrid effectiveness-implementation trial**
- Conducted from **April 2023 – Feb 2024**
- Already **taking PrEP** or interested in **initiating PrEP**
- **Elevated CMD symptoms** based on Self-Reporting Questionnaire-20 item [SQR-20] score ≥ 7
- No active, unmanaged **psychosis** or **suicidal ideation** or intent

We are recruiting for the CHOMA study!

Are you ...

- Female?
- 18-25 years old?
- Interested in starting PrEP at the Hillbrow (Ward 21) Adolescent Clinic OR are already taking PrEP from the Hillbrow Adolescent Clinic?



If you answered "YES" to all these questions, then the CHOMA study may be for you!

What is the purpose of the study?

We know that many young women in South Africa are facing mental health challenges like depression and stress. Taking oral PrEP on a daily basis can also be a struggle.

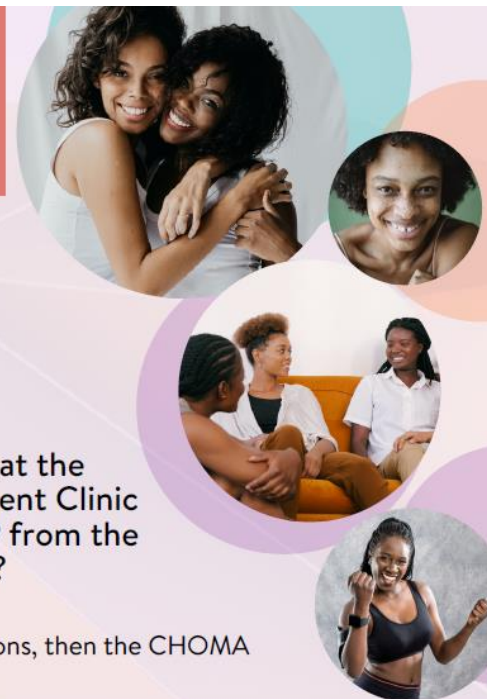
We would like to see if a new type of counselling can improve young women's mental health and help young women take their PrEP better.

Contact us & read more

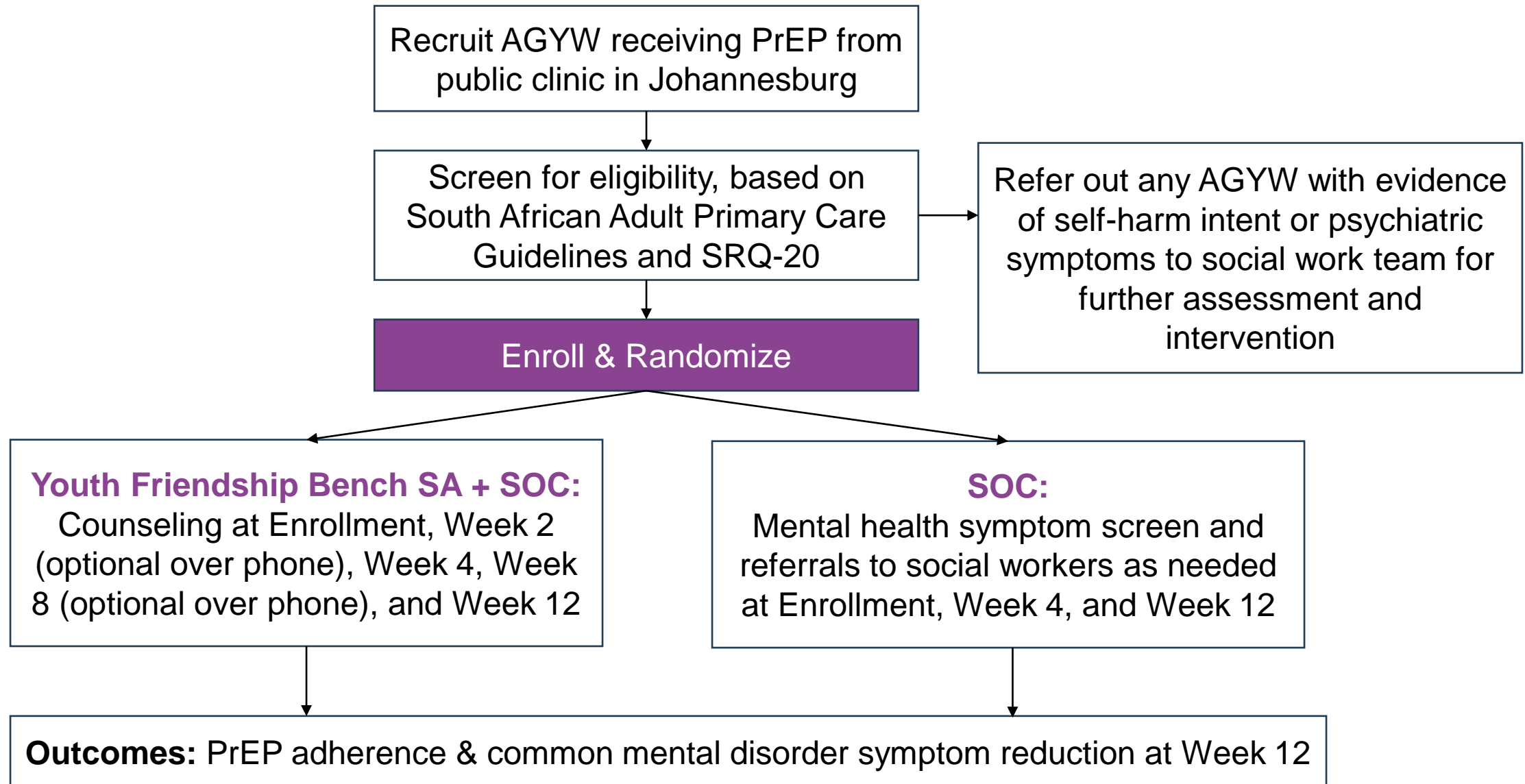
  | Please Call Me [insert phone number]

Want to learn more?

Scan the code to read more about the study



Study Design

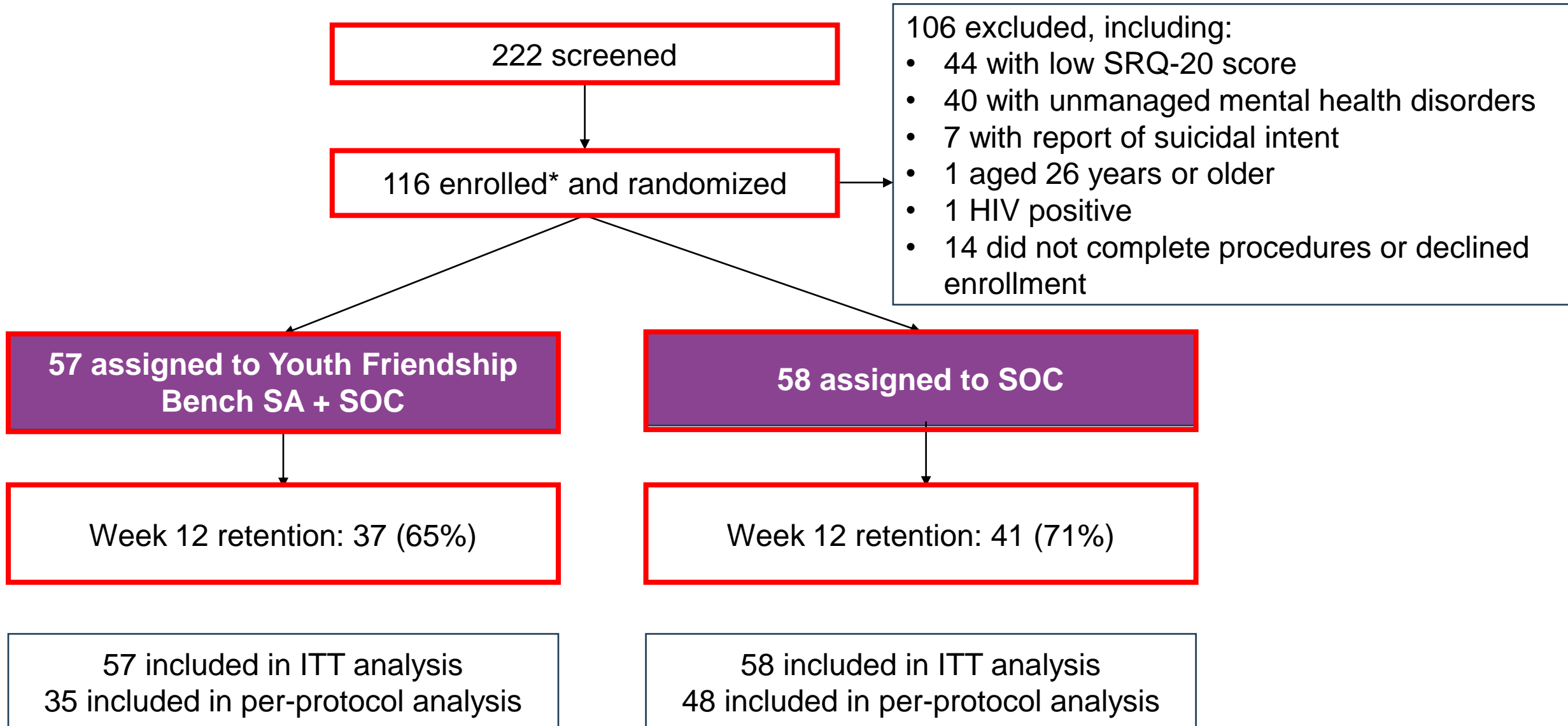


Statistical Analyses

- **Co-primary outcomes, assessed at Week 12:**
 - Proportion with PrEP adherence as measured by detected tenofovir (TFV) in urine using a urine point-of-care assay
 - Proportion with reduced symptoms of CMD as measured by SRQ-20 scores <7
- **Secondary outcomes:**
 - PrEP adherence and CMD symptoms at Week 4
 - Acceptability, feasibility, appropriateness with AIM, FIM, and IAM scales (Likert responses 1-4, items summed and average for each scale)
- **Intent-to-treat analyses**
- **Poisson regression** with a log-link and robust standard errors



Screening, Enrollment, & Follow-up



Participant Characteristics

	Intervention N=57	SOC N=58
	N (%) or Median (IQR)	
Age	21 (19 – 22)	21 (20 – 23)
Some college education	21 (37%)	19 (33%)
SRQ-20 score for depression symptoms	9 (8 – 10)	8 (7 – 10)
GAD-7 score for anxiety symptoms	7 (5 – 11)	6 (4 – 10)
Positive PC-PTSD score for traumatic stress symptoms	28 (49%)	20 (35%)
Gender-based violence	44 (77%)	41 (71%)
Sexual partner in last month	37 (65%)	42 (72%)
Transactional sex in last month	11 (19%)	11 (19%)



Effect of the Intervention on PrEP Adherence

Primary Outcome: Week 12 (N=115)

100% Positive Urine POC Assay Result
90%

Secondary Outcome: Week 4 (N=115)

100% Positive Urine POC Assay Result
90%

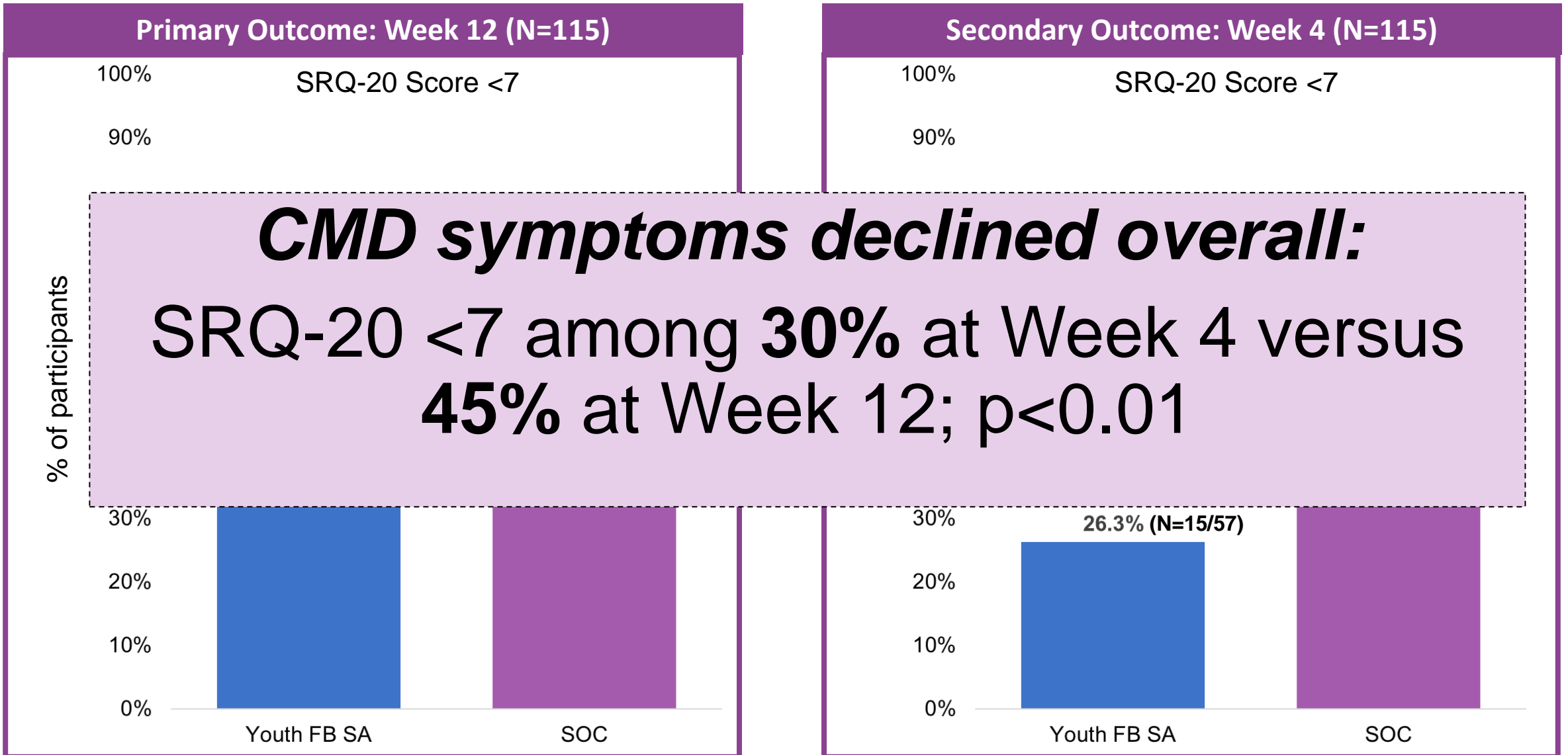
PrEP adherence over time:

Urine positive test among **47%** at Week 4 versus **43%** at Week 12; $p=0.25$

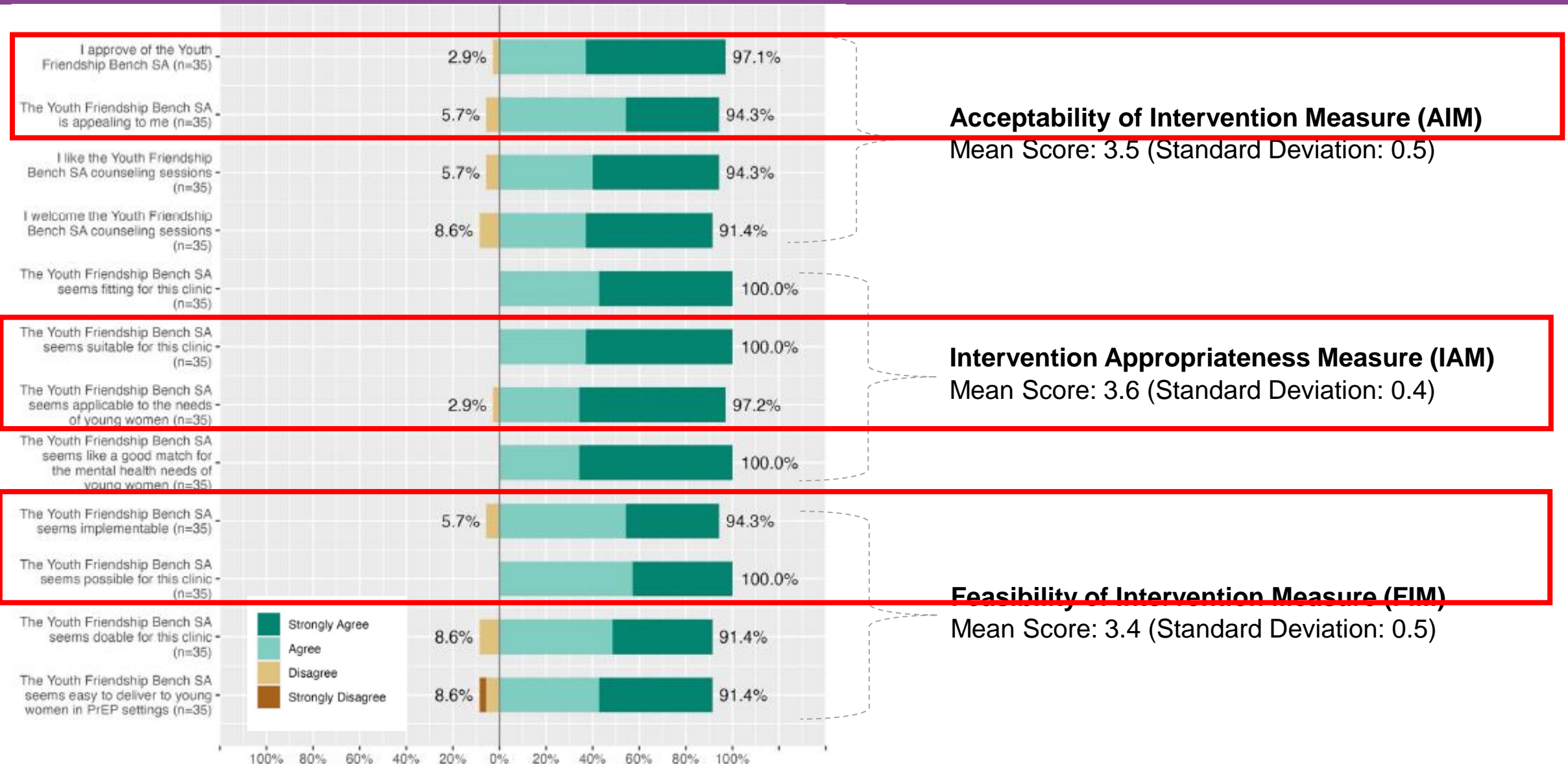
% of participants



Effect of the Intervention on Mental Health



Intervention Acceptability & Feasibility



Conclusions

- **No intervention effect** on PrEP adherence or CMD symptoms at Week 12
 - **Short-term intervention effect** on PrEP adherence at Week 4
 - **Reductions** in SRQ-20 symptoms in both arms

"No one ever asked me how I'm feeling before" Study participant

- **Acceptability, feasibility, and appropriateness** scores were high
- **Challenging** to retain this population
- Future research is needed to:
 - Improve **integrated mental health and PrEP services** for AGYW over a long-term period
 - Promote **standard-of-care mental health service delivery** in resource-constrained settings