

Pre-exposure prophylaxis among MSM in the Netherlands: Motives for starting, choosing for, switching to, or stopping with daily or event-driven PrEP - lessons for PrEP implementation

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Background

- A clear understanding of the motives to use PrEP in different dosing-regimens in real-life settings is lacking
- The **Amsterdam PrEP (AMPREP) project** offers a choice between daily and event-driven PrEP to high-risk MSM

Objectives

- To gain insight into the motives to **start PrEP use, choose or switch between daily and event-driven PrEP or (temporarily) stop with PrEP use**

Conclusions

- A great variety of **personal and contextual/idealistic factors** determined the choices for PrEP initiation
- Choosing and switching between PrEP regimens were based on **expectations and experiences** with adherence and the physical or sexual impact of the regimens

Essential for successful PrEP implementation:

- ✓ A tailored approach in which choices for PrEP regimens are addressed as a continuum of flexible and changeable choices over time

Results

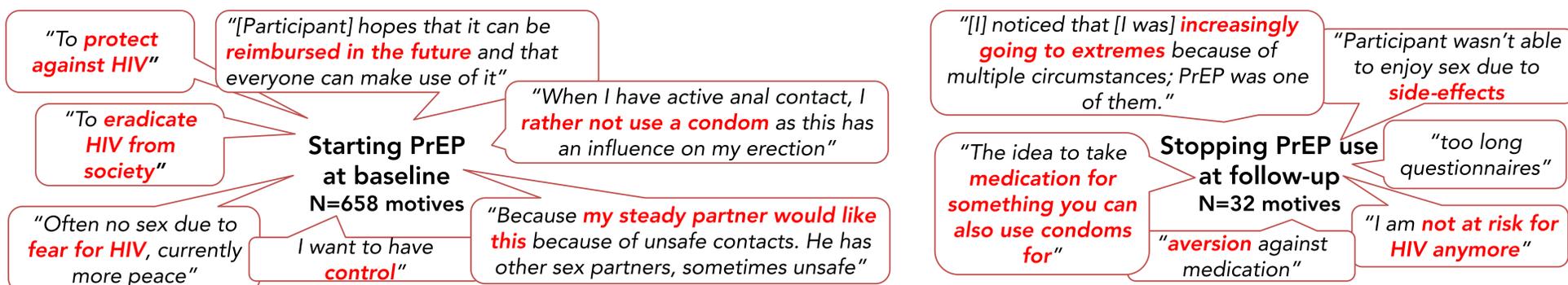


Table 1: Motives to choose and switch between daily and event-driven PrEP at baseline (August 2015) and follow-up (until June 2017)

Categories	Motives to choose or switch to daily PrEP	At baseline (N=857 motives)	Switching at follow-up (N=90 motives)	Motives to choose or switch to event-driven PrEP	At baseline (N=301 motives)	Switching at follow-up (N=81 motives)
Perceived HIV risk	Sex is or became unplannable/frequent/risky	357 (41%)	21 (23%)	Sex is or became plannable/infrequent/low HIV risk	145 (48%)	22 (17%)
Adherence considerations	Need for daily structure	220 (26%)	25 (28%)	Issues with daily PrEP adherence	20 (7%)	5 (6%)
	Issues with event-driven PrEP adherence	129 (15%)				
Perceived safety of the other regimen	Higher perceived efficacy&safety of daily PrEP	118 (14%)	12 (13%)	Toxicity and burden of daily medication	97 (32%)	22 (27%)
Anticipated or experienced side-effects	Fear/experienced reoccurring side-effects with event-driven PrEP	6 (<1%)	9 (10%)	Fear/experienced continuous side-effects with daily PrEP	36 (12%)	21 (26%)
Freedom of sexual behaviour	To maintain/gain more sexual freedom	8 (<1%)	25 (27%)	To inhibit/control sexual risk episodes	1 (<1%)	3 (4%)
Experimenting with the regimen	Experimenting with the daily PrEP regimen	12 (1%)	1 (1%)	Experimenting with the event-driven PrEP regimen	1 (<1%)	1 (1%)
Other	Solidarity with other PrEP/ART users	7 (<1%)	0	Event-driven is cheaper	1 (<1%)	0

Methods

- Motives were collected among **376 HIV-negative MSM** participating in the prospective, longitudinal, open-label **Amsterdam PrEP demonstration study** using standardized closed- and open-end items
 - At baseline: starting and choosing between daily and event-driven PrEP
 - At 3-monthly follow-up visits: switching or stopping PrEP use
- Open-end items were **qualitatively analyzed** following an open-coding, crystallization and categorization process
- Closed-end items were integrated into the categorization process