

Motivational Enhancement System to Reduce Sexually Transmitted Infections in Youth with HIV

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NIDA: K23 DA00516 and R21DA00516 to Dr. Ondersma
Michigan Department of Community Health to Dr. Naar-King



Computerized Intervention Authoring Software (CIAS)

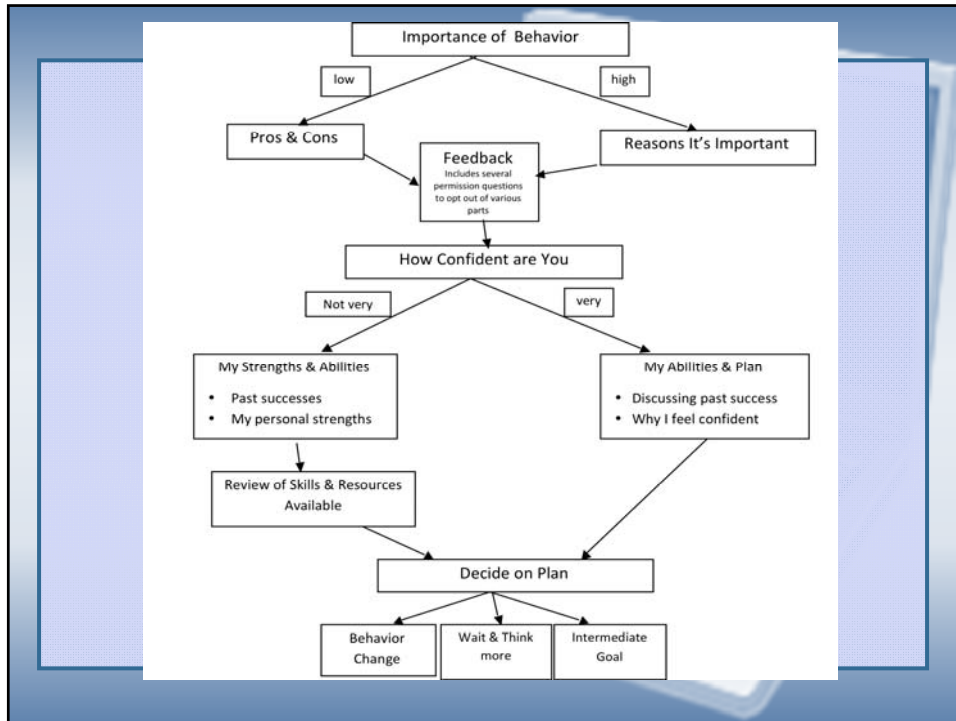
- ❑ **Designed to allow easy development and modification of screening, assessment, and intervention components without new programming**
- ❑ **Flexible options include:**
 - Colors, narrator, voice, and language (pending)
 - Single-choice, multiple choice, VAS, or text input
 - Branching and Skips
 - Eligibility criteria
 - Intervention components: recap of past responses in natural language, video insertion, image with pointing/explanation, web surfing, normed feedback, and conversation
 - Randomization and counterbalancing
 - Tailored handout/mailing/previous session summary

Motivational Enhancement System (MES) Based on CIAS

- ❑ Computer-delivered Motivational Interviewing (Miller & Rollnick, 2013)
- ❑ Originally developed for substance using pregnant women (Ondersma and colleagues)
- ❑ Adapted by our group to improve t condom use in youth living with HIV
- ❑ Adapted by our group to improve adherence to controller medications in young adults with asthma
- ❑ Adapted by our group to prevent adherence problems in youth newly starting HIV medications

How is MES Dynamic?

- ❑ Interactive program that is individualized based on MI principles (e.g., reflecting/affirming unique responses of individual youth; addressing goal-behavior discrepancy)
- ❑ Youth are routed through arms of the program based on their ratings of readiness, importance or confidence and choices for goal setting
- ❑ Youth can receive personalized feedback based on assessment or clinical records



Demonstration

Program Link:

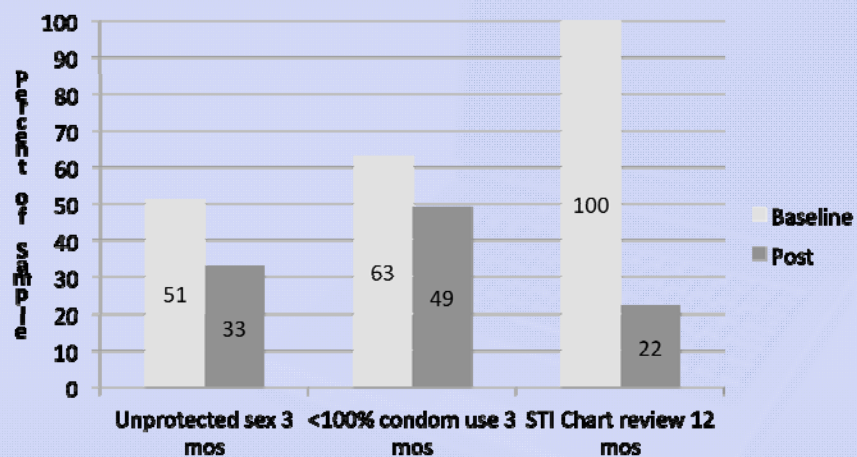
➤ <https://www.interva-online.com/horizons/login.jsp?loginRequired>

MISTI: Motivational Interviewing for Sexually Transmitted Infections

- ❑ 49 youth with HIV and another STI in 12 months (primarily African American)
- ❑ 39 male, 6 female, and 2 transgendered youth between the ages of 16-26
- ❑ All offered two sessions 3 months apart (88% retention)

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MISTI Evaluation Results - % of Sample



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□ Michigan Department of Community Health

