

REASONS AND PREDICTORS OF PREP CESSATION OR INTERRUPTION AMONG VICTORIAN, SOUTH AUSTRALIAN, AND TASMANIAN PREPX STUDY PARTICIPANTS

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Background: In April 2019 we surveyed PrEPX participants about their PrEP use in the year since PBS listing. We describe PrEPX participants who ceased or had interrupted PrEP use in the three months prior to survey completion to identify reasons for stopping PrEP use and their HIV risk at time of PrEP cessation or interruption.

Methods: PrEPX participants were invited to participate in an online survey in April 2019. We describe survey respondents who did not use PrEP in the previous three months (ceased use) and those who took a break from PrEP in the previous three months (interrupted use). Multivariate logistic regression explored demographic and sexual behaviours (six month recall) associated with each outcome.

Results: Of 1383 survey respondents, 162 (12%) ceased PrEP use; the most common reason being entering a monogamous relationship. Ceasing PrEP use was associated with age <30 years (aOR3.03 95%CI:1.54-5.97), consistent condom use (aOR 8.11 95%CI:3.85-17.08) and <10 sex partners (aOR3.16 95%CI:1.67-5.97).

Of 1221 respondents reporting any PrEP use in the previous three-months, 238 (20%) had taken a break from PrEP. Of those, 91 (38%) took a break for >14 days and the most common reasons for taking a break were not having sex (58%) and running out of pills (22%). Taking a break was associated with age <30 years (aOR 2.20 95%CI:1.44-3.37) and <10 sex partners (aOR1.68 95%CI: 1.21-2.31), and not associated with consistent condom use (aOR 0.97 95%CI: 0.37-2.56).

Conclusion: Survey respondents who ceased PrEP use reported lower sexual risk than those staying on PrEP. However, participants who took a break from PrEP reported comparable condom use than those on PrEP and some breaks may have been unplanned. Decisions to cease or take a break from PrEP should be supported with education about risk-reduction strategies such as event-based PrEP and post-exposure prophylaxis.

Disclosure of Interest Statement: The Australasian Society for HIV, Viral Hepatitis & Sexual Health Medicine recognises the considerable contribution that industry partners make to professional and research activities. We also recognise the need for transparency of disclosure of potential conflicts of interest by acknowledging these relationships in publications and presentations.