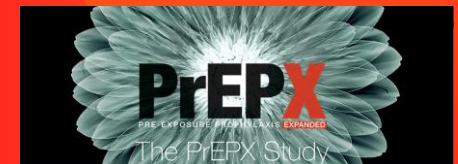


Reasons and predictors of PrEP cessation or interruption among Victorian, South Australian, and Tasmanian PrEPX study participants

Kathleen Ryan,

Dean Murphy, Jason Asselin, Michael Traeger, Charlotte Bell, Louise Owens,
Mark Stooze, Edwina Wright

South Australian Sponsor and Research Partner:



Background

PrEPX provided PrEP to Victorian, South Australian, and Tasmanian people between 2016 and 2018.

Analysis of pharmacy dispensing data showed that ~25% of participants discontinued PrEP use during the study.

Enrolment variables associated with discontinuation:

- Age <30 years,
- PrEP naïve at baseline,
- Injecting drug use,
- Methamphetamine use,
- Enrolment at clinicians discretion.

Results from a large Australian PrEP demonstration study: discontinuation and subsequent HIV and other sexually transmitted infection risk

Kathleen Ryan,
Jason Asselin, Luxi Lal, Long Nguyen, Matthew Penn, Brian Price, Norm Roth, Simon Ruth, BK Tee,
Michael West, Jeff Wilcox, Kit Fairley, Margaret Hallard, Jennifer Hoy, Mark Stooze, Edwina Wright
On behalf of the PrEPX Study team



Background

PrEPX provided PrEP to Victorian, South Australian, and Tasmanian people between 2016 and 2018.

Analysis of pharmacy dispensing data showed that ~25% of participants discontinued PrEP use during the study.

Enrolment variables associated with discontinuation:

- Age <30 years,
- PrEP naïve at baseline,
- Injecting drug use,
- Methamphetamine use,
- Enrolment at clinicians discretion.

Enrolment and pharmacy data only tells part of the story

Need self-reported data collected when participants have stopped:

- Reasons for stopping PrEP use
- Characteristics associated with stopping, recorded once stopped

Methods

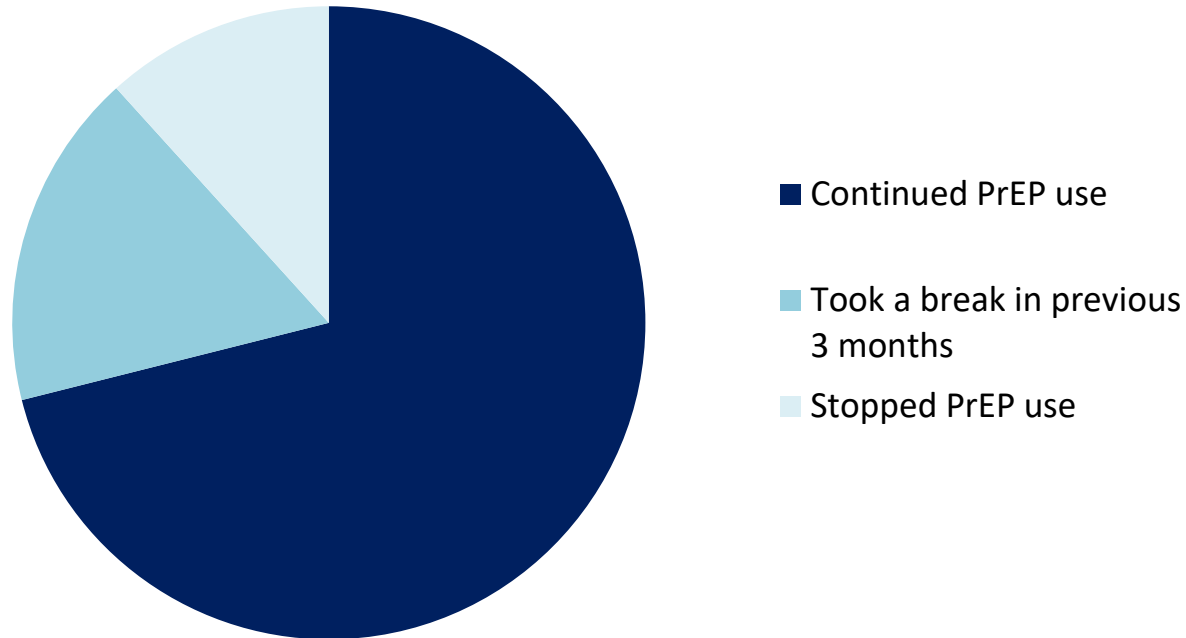
PrEPX participants were invited to participate in an online survey in April 2019 to explore PrEP use in the year post PBS listing.

We describe survey respondents who

- did not use PrEP in the previous three-months (stopped use) and
- did use PrEP and took a break from PrEP in the previous three-months.

Multivariate logistic regression explored demographic and sexual behaviours (six month recall) covariates associated with each outcome.

Results



1383 (28%) PrEPX participants completed the survey

- 983 participants used PrEP continually
- 238 participants took a break from PrEP in previous 3 months
- 162 participants ceased PrEP use completely

Results – stopping PrEP use

162 participants reported stopped PrEP use

Reasons for stopping PrEP use *

- 41% Reason not provided
- 32% Changed relationship status
- 13% Not sexually active
- 8% Experienced side effects
- 4% Moved out of the study area
- 1% Cost
- 1% Diagnosed with HIV

* Participants could select more than one reason

Results – stopping PrEP use

162 participants reported stopping PrEP use

Variables associated with stopping PrEP

		Using PrEP	Stopped PrEP	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	260 (21.3)	57 (35.2)	3.0 (1.5-6.0)
	30-39 years	405 (33.2)	62 (38.3)	1.6 (0.7-3.1)
	40+ years	554 (45.5)	43 (26.5)	Ref
Condom use, cas partner*	Consistent	28 (2.6)	18 (25.0)	8.11 (3.9-17.1)
	Inconsistent	1048 (97.4)	54 (75.0)	Ref
Number anal sex partners*	2 -10	491 (44.2)	63 (41.2)	3.16 (1.7-5.9)
	11+	560 (50.4)	14 (9.2)	Ref

Results – stopping PrEP use

162 participants reported stopping PrEP use

Variables associated with stopping PrEP

		Using PrEP	Stopped PrEP	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	260 (21.3)	57 (35.2)	3.0 (1.5-6.0)
	30-39 years	405 (33.2)	62 (38.3)	1.6 (0.7-3.1)
	40+ years	554 (45.5)	43 (26.5)	Ref
Condom use, cas partner*	Consistent	28 (2.6)	18 (25.0)	8.11 (3.9-17.1)
	Inconsistent	1048 (97.4)	54 (75.0)	Ref
Number anal sex partners*	2 -10	491 (44.2)	63 (41.2)	3.16 (1.7-5.9)
	11+	560 (50.4)	14 (9.2)	Ref

Results – stopping PrEP use

162 participants reported stopping PrEP use

Variables associated with stopping PrEP

		Using PrEP	Stopped PrEP	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	260 (21.3)	57 (35.2)	3.0 (1.5-6.0)
	30-39 years	405 (33.2)	62 (38.3)	1.6 (0.7-3.1)
	40+ years	554 (45.5)	43 (26.5)	Ref
Condom use, cas partner*	Consistent	28 (2.6)	18 (25.0)	8.11 (3.9-17.1)
	Inconsistent	1048 (97.4)	54 (75.0)	Ref
Number anal sex partners*	2 -10	491 (44.2)	63 (41.2)	3.16 (1.7-5.9)
	11+	560 (50.4)	14 (9.2)	Ref

Results – stopping PrEP use

162 participants reported stopping PrEP use

Variables associated with stopping PrEP

		Using PrEP	Ceased PrEP	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	260 (21.3)	57 (35.2)	3.0 (1.5-6.0)
	30-39 years	405 (33.2)	62 (38.3)	1.6 (0.7-3.1)
	40+ years	554 (45.5)	43 (26.5)	Ref
Condom use, cas partner*	Consistent	28 (2.6)	18 (25.0)	8.11 (3.9-17.1)
	Inconsistent	1048 (97.4)	54 (75.0)	Ref
Number anal sex partners*	2 -10	491 (44.2)	63 (41.2)	3.16 (1.7-5.9)
	11+	560 (50.4)	14 (9.2)	Ref

Results – taking a break from PrEP

238 participants took a break from PrEP in previous 3 months

Reasons for taking a break *

- 58% not having sex
- 22% ran out of pills
- 13% not feeling well
- 12% confident partner wasn't HIV positive
- 7% had trouble getting a refill

* Participants could select more than one reason

Results – taking a break from PrEP

238 participants took a break from PrEP in previous 3 months

Variables associated with taking a break

		No break	PrEP break	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	199 (21.3)	61 (25.6)	2.2 (1.4-3.4)
	30-39 years	315 (32.1)	90 (37.8)	2.1 (1.4–3.0)
	40+ years	467 (47.6)	87 (36.5)	Ref
Condom use, cas partner*	Consistent	22 (2.5)	6 (3.0)	0.97 (0.4-2.6)
	Inconsistent	856 (97.5)	192 (97.0)	Ref
Number anal sex partners *	2 -10	377 (42.2)	114 (52.1)	1.7 (1.2-2.3)
	11+	477 (53.4)	83 (37.9)	Ref

Results – taking a break from PrEP

238 participants took a break from PrEP in previous 3 months

Variables associated with taking a break

		No break	PrEP break	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	199 (21.3)	61 (25.6)	2.2 (1.4-3.4)
	30-39 years	315 (32.1)	90 (37.8)	2.1 (1.4–3.0)
	40+ years	467 (47.6)	87 (36.5)	Ref
Condom use, cas partner*	Consistent	22 (2.5)	6 (3.0)	0.97 (0.4-2.6)
	Inconsistent	856 (97.5)	192 (97.0)	Ref
Number anal sex partners *	2 -10	377 (42.2)	114 (52.1)	1.7 (1.2-2.3)
	11+	477 (53.4)	83 (37.9)	Ref

Results – taking a break from PrEP

238 participants took a break from PrEP in previous 3 months

Variables associated with taking a break

		No break	PrEP break	
		n(%)	n(%)	aOR (95%CI)
Age	<30 years	199 (21.3)	61 (25.6)	2.2 (1.4-3.4)
	30-39 years	315 (32.1)	90 (37.8)	2.1 (1.4–3.0)
	40+ years	467 (47.6)	87 (36.5)	Ref
Condom use, cas partner*	Consistent	22 (2.5)	6 (3.0)	0.97 (0.4-2.6)
	Inconsistent	856 (97.5)	192 (97.0)	Ref
Number anal sex partners *	2 -10	377 (42.2)	114 (52.1)	1.7 (1.2-2.3)
	11+	477 (53.4)	83 (37.9)	Ref

Summary and Implications

Stopping PrEP use

- Motivated due to changing relationships and sexual activity
- Associated with lower risk and younger age
- People make decisions to use PrEP based on current perceived risk
- These people should be supported when deciding to stop PrEP use, and if subsequently deciding to start again.

Taking a break from PrEP

- Motivated by changing sexual activity and running out of pills
- Associated with fewer partners, but not with consistent condom use
- Some people may need additional support to maintain PrEP including on-demand PrEP, lower cost, easier access to appointments

* Participants could select more than one reason

Thanks to all PrEPX participants and the PrEPX Study team

Dr Kathleen Ryan

kathleen.ryan@burnet.edu.au

@katlizryan