

A motivational interviewing-based brief intervention reduces substance use and increases antiretroviral therapy (ART) medication adherence

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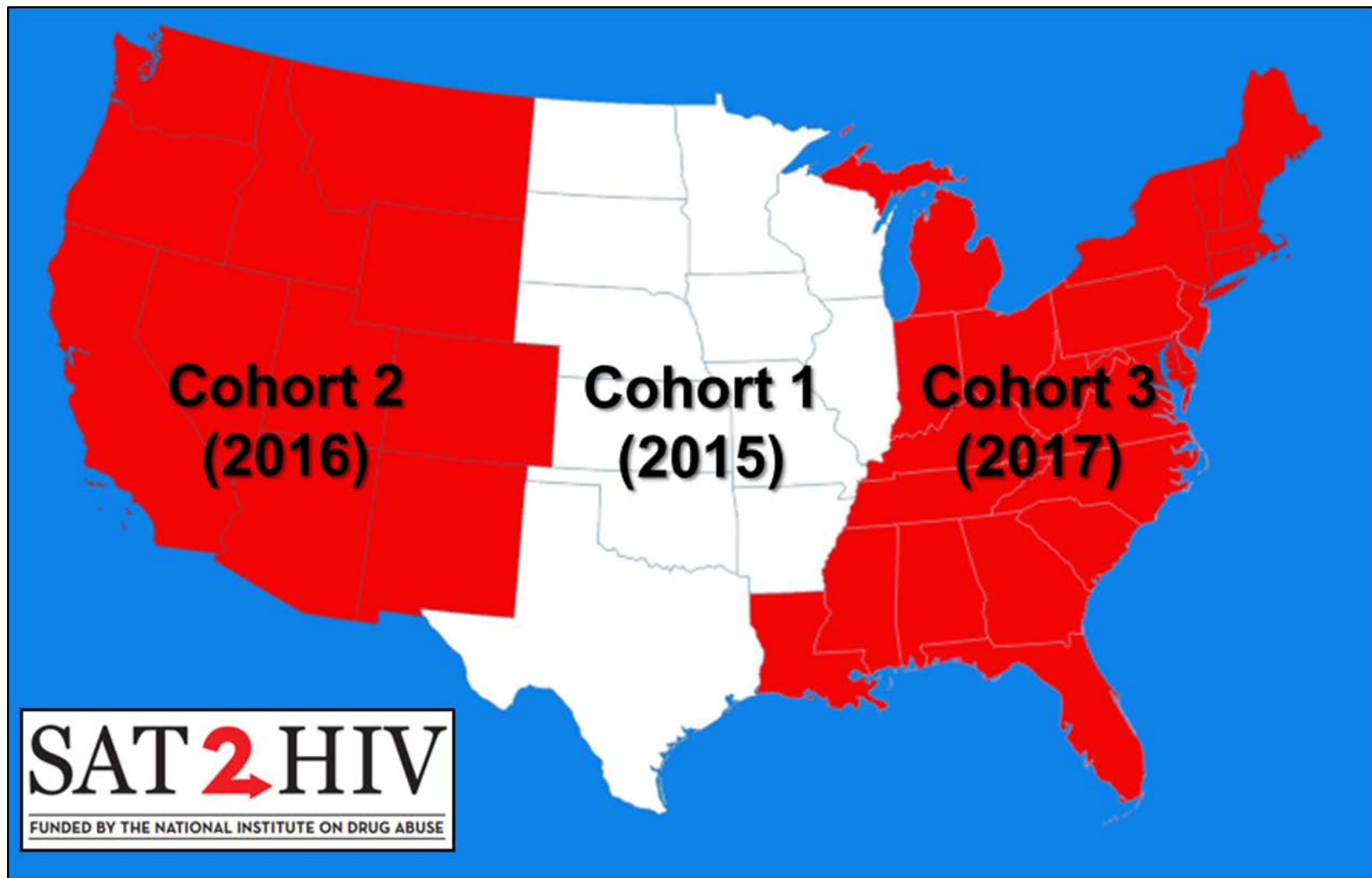
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Learning Objectives

- Improve understanding about current efforts to address substance use among individuals living with HIV/AIDS
- Improve understanding about how efforts to address substance use may also help increase adherence to antiretroviral therapy
- Improve understanding about the effectiveness of a motivational interviewing-based brief intervention for substance use that can be implemented by case-management staff

Implementing a motivational interviewing-based brief intervention for substance use within HIV service settings: The SAT2HIV Project



Implementing a motivational interviewing-based brief intervention for substance use within HIV service settings: The SAT2HIV Project's MIBI Experiment

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Addiction Science &
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STUDY PROTOCOL

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Testing the effectiveness of a motivational interviewing-based brief intervention for substance use as an adjunct to usual care in community-based AIDS service organizations: study protocol for a multisite randomized controlled trial

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Implementing a motivational interviewing-based brief intervention for substance use within HIV service settings: Conceptual Overview of MIBI Experiment

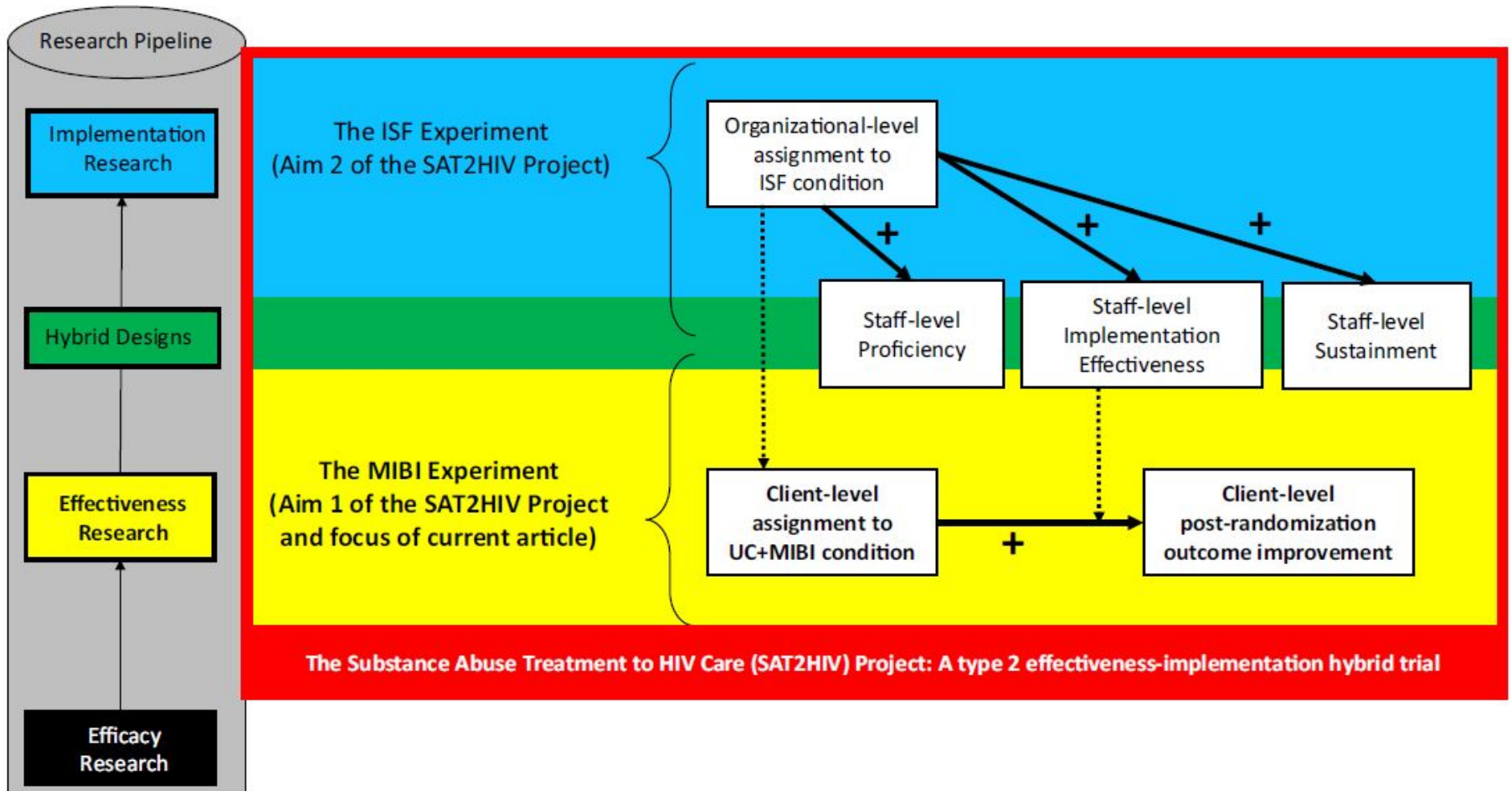
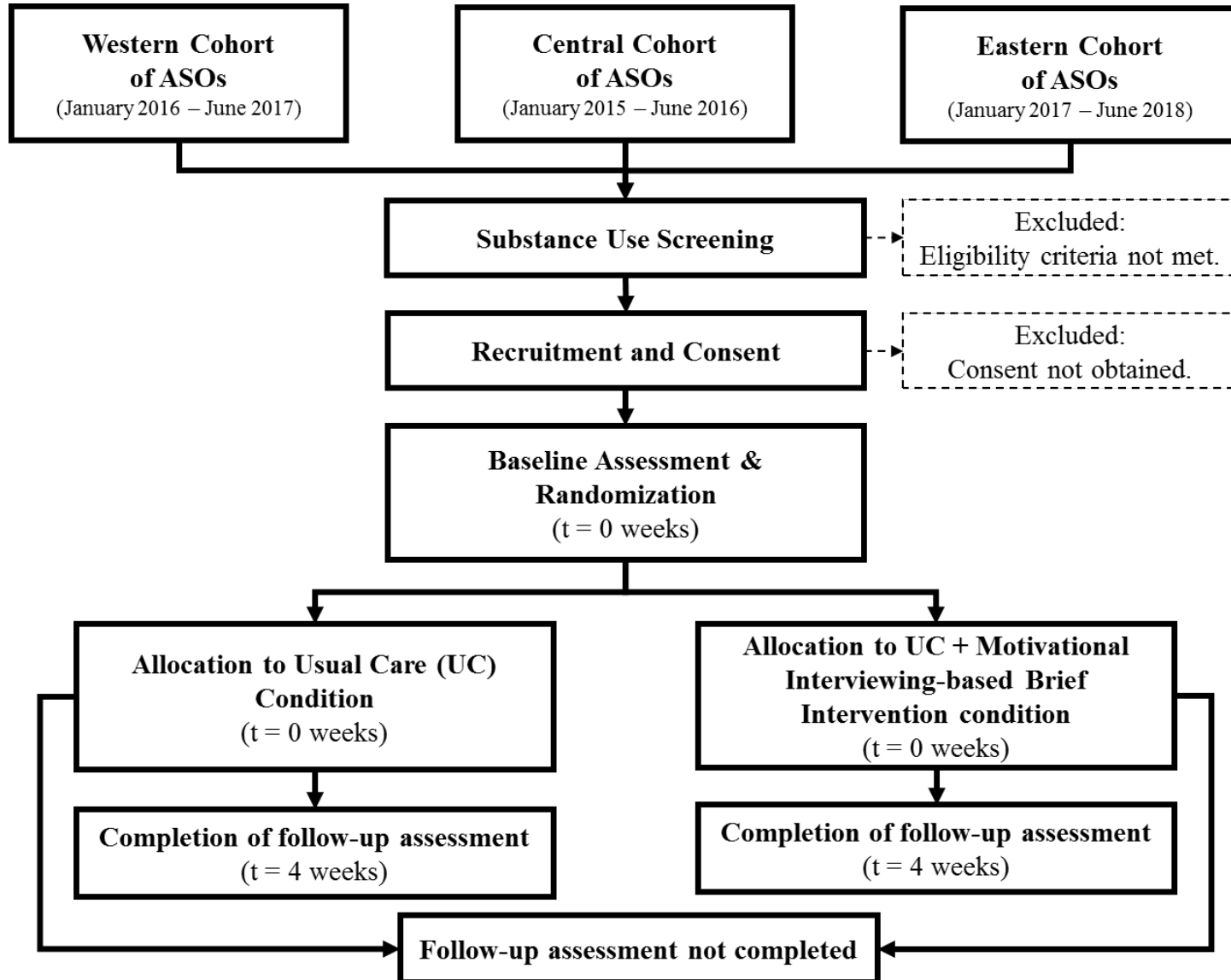


Fig. 1 Conceptual overview of the MIBI experiment within the context of the parent SAT2HIV Project. Note: MIBI = Motivational Interviewing-based Brief Intervention; ISF = Implementation and Sustainment Facilitation; bolded arrows represent hypothesized relationships. Dashed arrows represent interactions and cross-level interactions that will be examined

Participant Flow Chart



Participant Inclusion and Exclusion Criteria

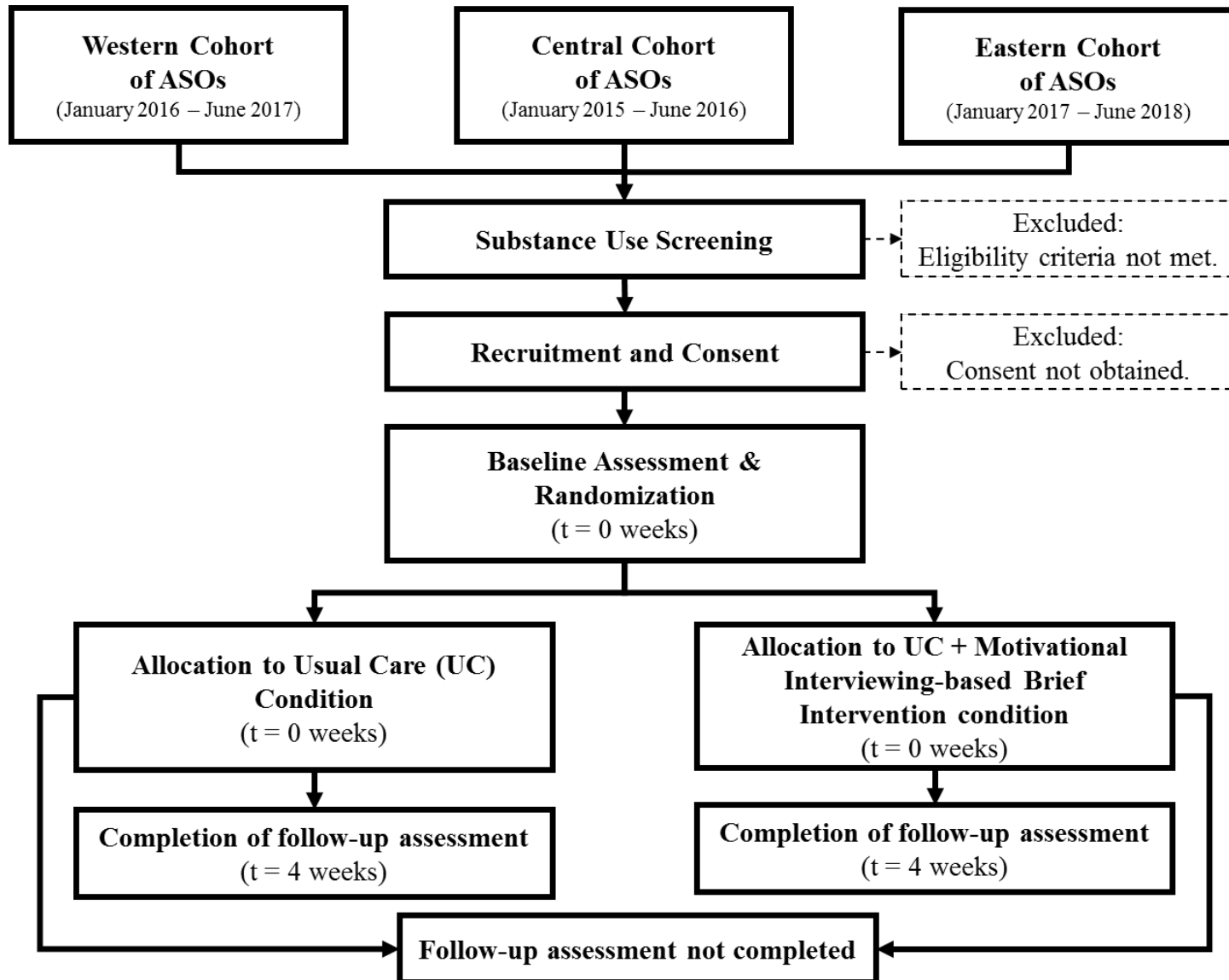
- **Inclusion Criteria**

1. Living with HIV/AIDS
2. 18+ years of age,
3. Acknowledging use of at least one substance within the past 28 days and endorsing two or more substance use disorder symptoms during the past 12 months.

- **Exclusion Criteria**

1. The only study exclusion criterion was not being able to speak English.

Participant Flow Chart (continued)



The SAT2HIV Project's motivational interviewing-based brief intervention (MIBI)

BI Manual 1

**Motivational Interviewing-based brief intervention (BI)
protocol for HIV-Infected Clients with Risky Substance Use**

Funded by the National Institute on Drug Abuse (R01DA038146)

Steve Martino, Ph.D.

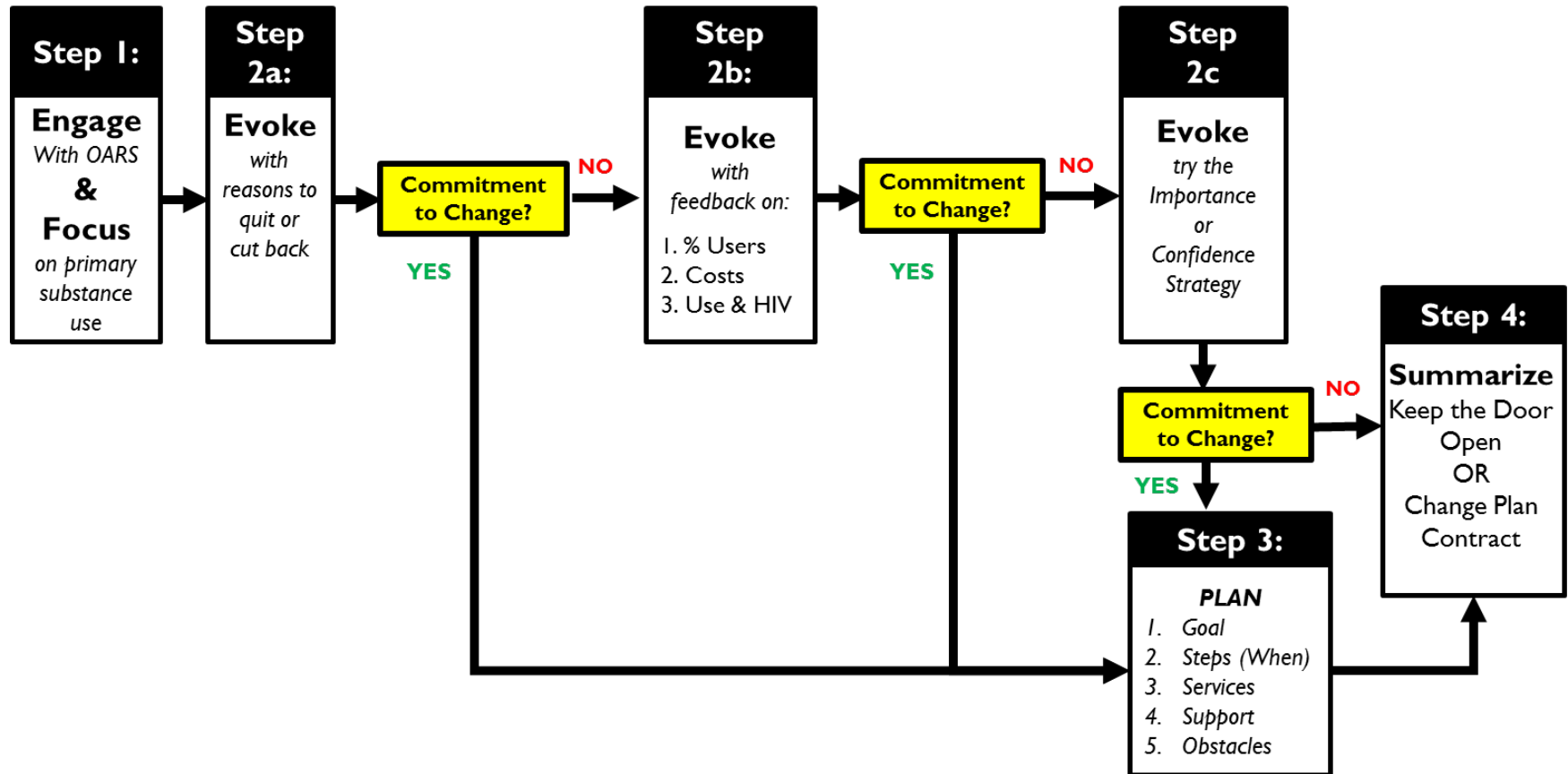
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Kate Speck, Ph.D.

Denna Vandersloot, M.Ed.

Visual illustration of the SAT2HIV Project's motivational interviewing-based brief intervention (MIBI)



Implementing a motivational interviewing-based brief intervention for substance use within HIV service settings: Conceptual Overview of MIBI Experiment (cont.)

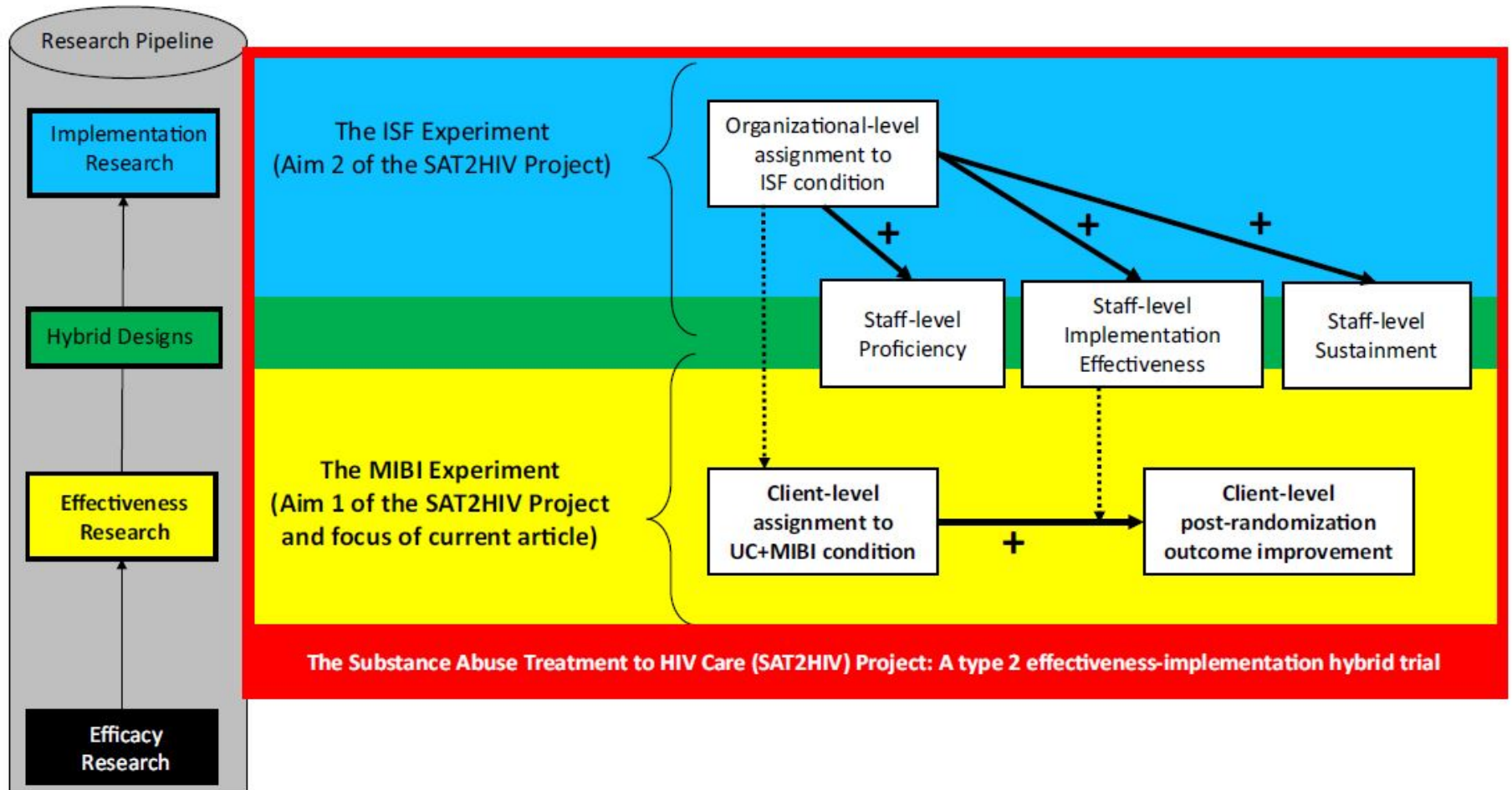


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Methods

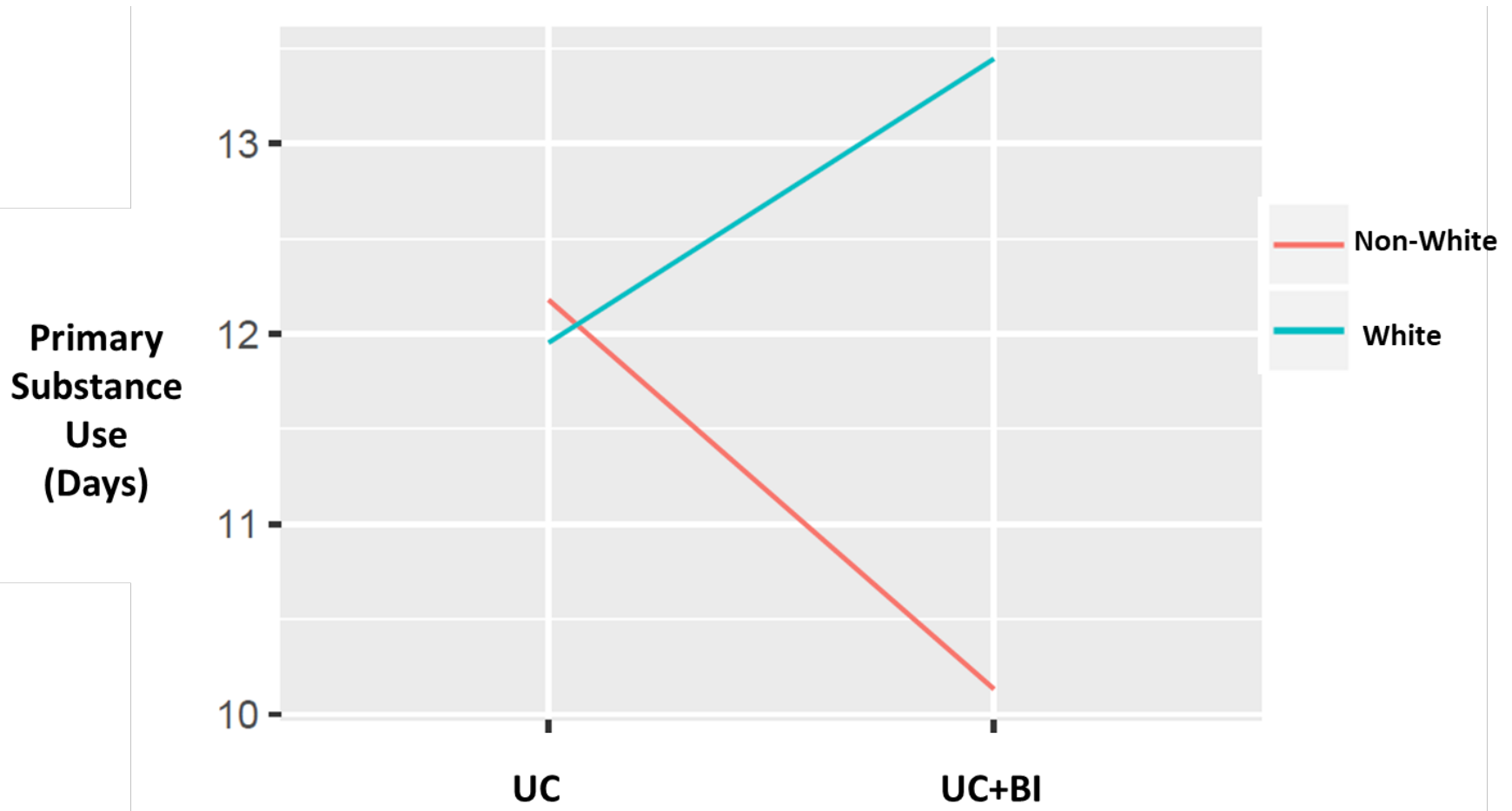
Sample

- **824** individuals living with HIV/AIDS and reporting recent substance use, clustered within 61 staff that were clustered within 34 organizations.
 - **415 (50.4%)** randomized to Usual Care (UC)
 - **409 (49.6%)** randomized to Usual Care + Brief Intervention (UC+BI)

Outcomes

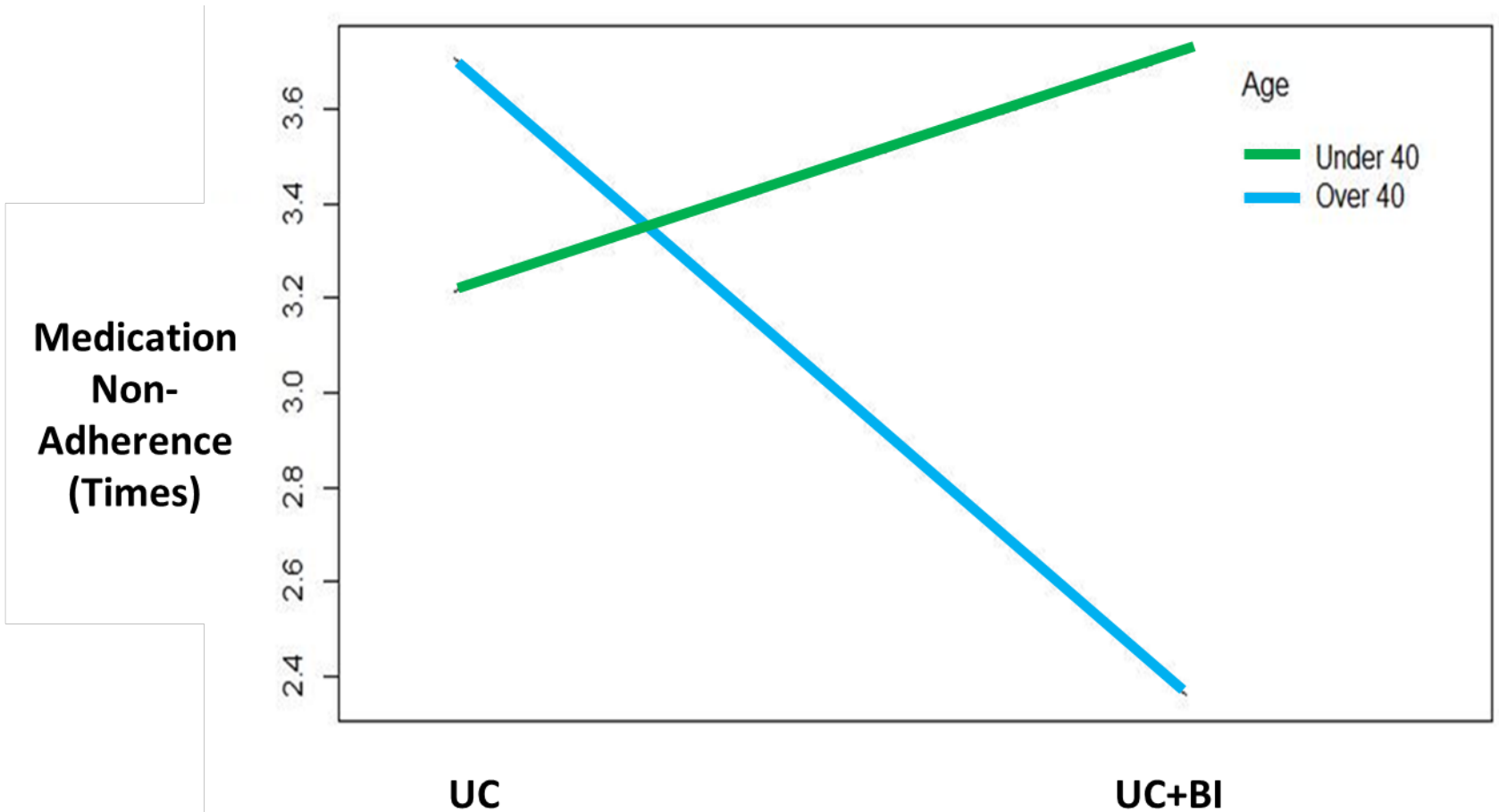
- **Days of primary substance use** - A continuous measure (ranges from 0 - 28) of the number of days participants used their primary substance during the past 28 days.
- **Number of substance-related problems** - A continuous measure (ranges from 0 - 11) of the number of substance use disorder symptoms participants had during the past 28 days.
- **Analytic sample and plan**
 - Data from **687** client participants (83% follow-up rate) were used in adjusted multilevel regression analyses to examine the relationship between condition assignment and each respective outcome.

Results: Primary Substance Use*



* Significant ($p = .02$) interaction between BI and White

Results: Medication Non-Adherence*



* Significant ($p = .01$) interaction between BI and Age

Conclusions

- Results provide evidence supporting the effectiveness of a one-time 20-30 MIBI for substance use as an adjunct to usual care within ASOs.
- Need to try better understand why the effect of the MIBI differed by race and age.

Thank you!

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