

# Digital Limited Interaction Efficacy Trial of LifeSkills Mobile to Reduce HIV Incidence in Young Transgender Women

## MPIs

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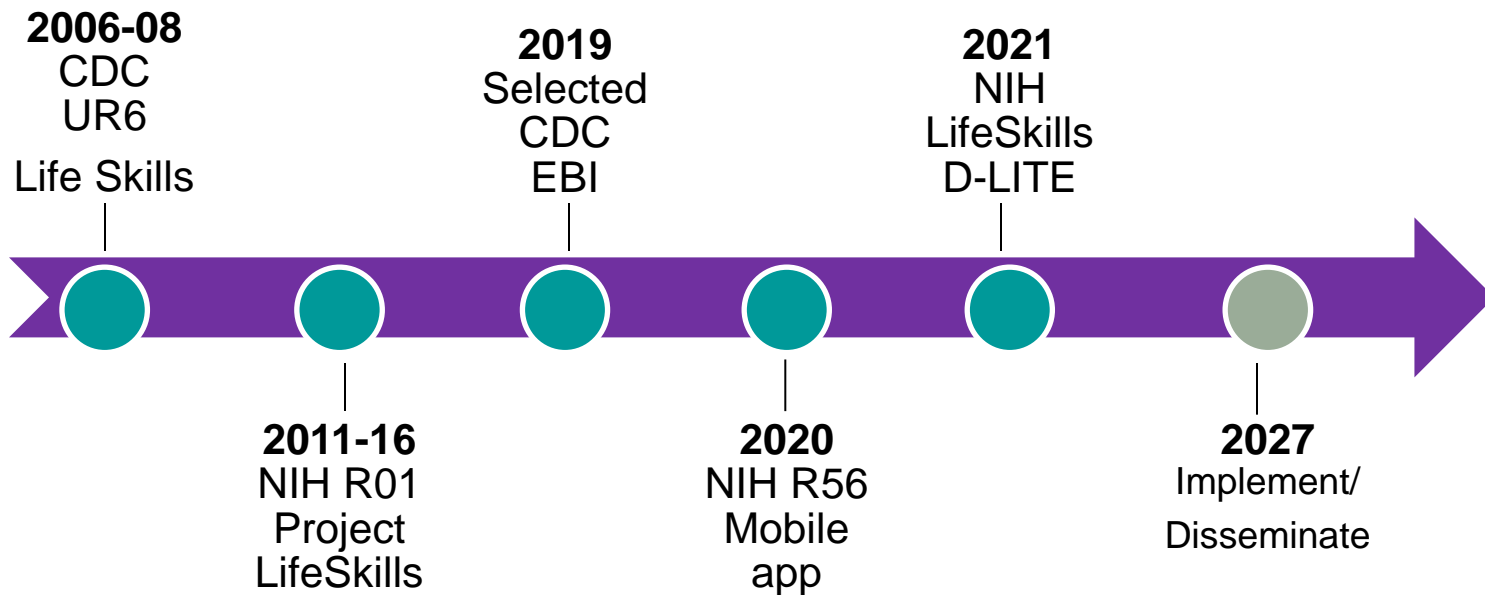
**Matthew Mimiaga, ScD, MPH (contact PI), UCLA**

**Marvin Belzer, MD, CHLA**

CFAR Meeting  
2023

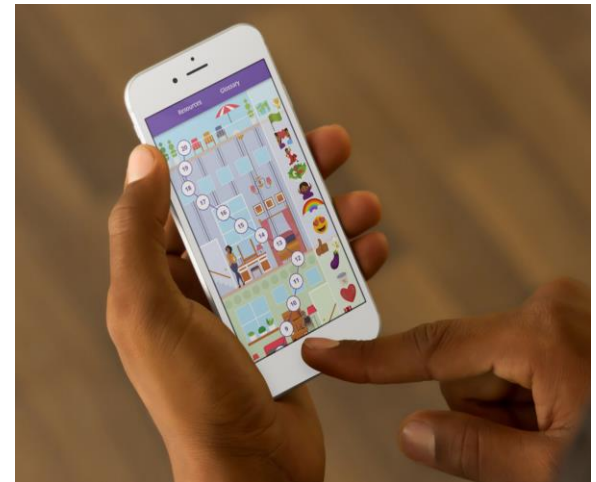


# LifeSkills History: “Labor of Love”



# Study Overview

- Purpose: Test the efficacy of LifeSkills Mobile on HIV incidence over time
- Sample: N=5000 YTW, ages 16-29, national
- Intervention: LifeSkills Mobile web app
- Behavioral model: psychoeducational approach based on empowerment theory, with social cognitive components (IMB: information, motivation, behavioral skills)
- Randomized trial: 2 arm equal allocation (1:1), randomized at the enrollment visit
- Primary outcome: HIV incidence, measured via an initial OraQuick home HIV test, lab confirmed (DBS or whole blood via Tasso) for up to 48 months



# Study Overview

**Table 2.** LifeSkills Mobile app modules and activities.

Module	Activity number	Activity title
Welcome	1	Welcome to LifeSkills Mobile
TransPride	2	Icon Promo (Pride)
TransPride	3	Why LifeSkills? (Risk and Protection)
TransPride	4	Get Your Life! (Setting Goals)
Breaking Down Barriers	5	Communication Styles
Breaking Down Barriers	6	Assertiveness Under Pressure
Breaking Down Barriers	7	Health care Barriers
Educating Yourself	8	Jeopar-T (Transition)
Educating Yourself	9	HIV True False
Educating Yourself	10	Bucket List! (Low, Medium, High Sex Risk)
Educating Yourself	11	Condom Use Steps
Educating Yourself	12	Safer Injection Steps
Protecting Yourself	13	Healthy Relationships
Protecting Yourself	14	Disclosure
Protecting Yourself	15	What are Your Boundaries
Protecting Yourself	16	In The Mix (Alcohol, Drugs)
Protecting Yourself	17	Sex Work and One Night Stands
Protecting Yourself	18	Setting Good Boundaries
Protecting Yourself	19	Red Flag Green Flag (Partner Negotiation and Selection)
Protecting Yourself	20	Action Plan (Accomplishing Goals)



# Recruitment approaches

- Website/landing page



*This study has been approved by Lurie Children's IRB 2021-4086, Digital, Limited Interaction Efficacy Trial of LifeSkills Mobile to Reduce HIV Incidence in Young Transgender Women, Principal Investigator: Lisa Kuhns. The content of this has been approved by the Lurie Children's IRB.*

[Contact Us!](#)

# Recruitment approaches

## ■ Social media & Geosocial:

- Grindr
- Jack'd
- Facebook
- Instagram

Help us to test a mobile HIV prevention app

# EARN UP TO \$400

for Participating in the LifeSkills Mobile Study

**Are You**

- A trans woman or trans femme
- 16-29
- Sexually active
- HIV negative or unsure

**Do You**

- Have access to a smartphone or home computer
- Understand English
- Live in the U.S. or territories

Study participants will do a web-based survey and HIV and PrEP home tests every 6 months for up to 4 years

Children's Hospital LOS ANGELES

LGBTQ+

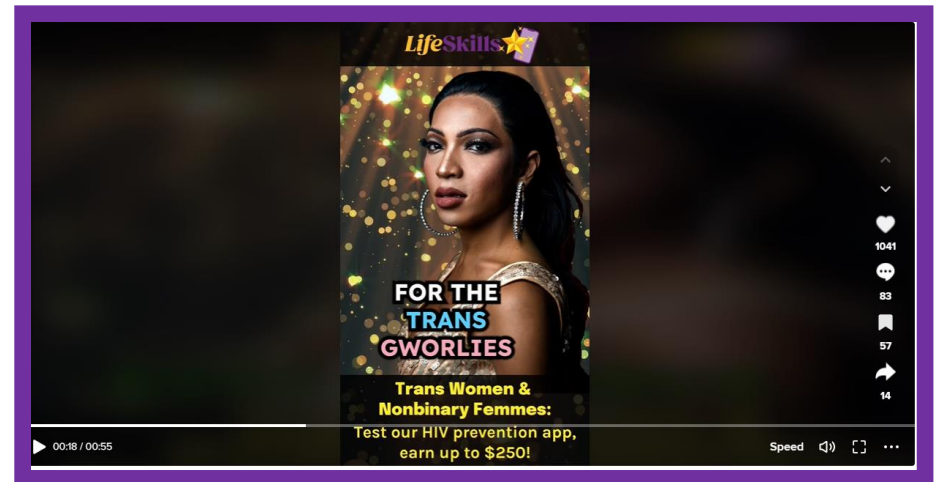
Ann & Robert H. Lurie Children's Hospital of Chicago  
The Pritzker Family Division of *Ardenwood and Younes Ardenwood*

This study was approved by the Lurie Children's IRB # 2021-4086, MPIs: M.Mimiaga, L.Kuhns, M. Belzer



# [ Recruitment approaches ]

- Influencer Tiktok/Instagram reels



# Recruitment approaches

- CBO collaboration



FENWAY  HEALTH

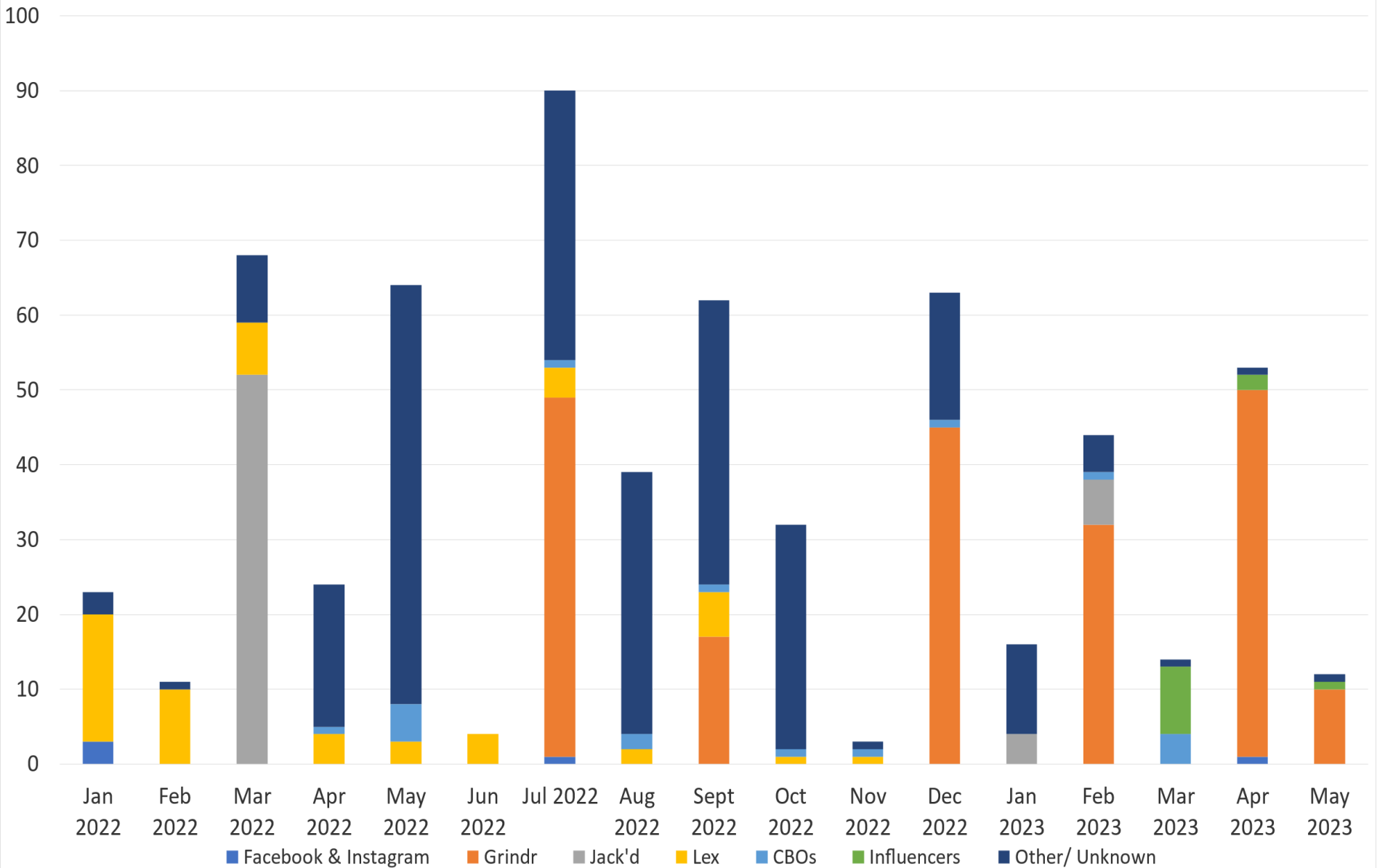


# Recruitment approaches

**Table 2: Screeners and Enrollment (w/ CBOs collapsed)**

Platform	Screened, n	Eligible, n (%)	Enrolled, n (%)
Facebook & Instagram	50	11 (22)	4 (36)
Grindr	3264	713 (22)	254 (35)
Jack'd	187	37 (19)	10 (27)
Lex	146	93 (64)	29 (31)
TikTok	24	12 (50)	--
CBOs	131	41 (31)	18 (44)
Influencers	122	50 (41)	12 (26)
Other/Unknown	1273	541 (42)	262 (48)

### No. of Enrolled Participants by Month and Link Source



# Progress to date

- Screened: 2,919
- Eligible: 1,519
- Enrolled: 650
- 44% non-White
- Average age is 24.9 (SD=3.2)
- 54/57 EHE jurisdictions represented
- Average days from screening-to-enrolled = 26.6

# Colleagues & collaborators

- CHLA: Julie M, Kacey D, Zaya M
- Lurie: Jesse H, Myah B
- UCLA: Eun K, Keyanna T
- Community Consultants: Ebonii W, Kayley W
- Scientific Co-Is/Consultants: Amy Johnson, Claire Coyne, Katie Biello, Ken Freeberg, Marco Hidalgo, Rob Garofalo, Sari Reisner
- Critical contributions to refinement of the intervention, study procedures, study promotion, recruitment approaches and strategies

