2070

Non-Daily Use of HIV Preexposure Prophylaxis in a Large Online Sample in the U.S.

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BACKGROUND

- Event-driven PrEP dosing using the 2-1-1 strategy is effective for men who have sex with men (MSM)
- However, data are limited on interest in and use of non-daily PrEP in the U.S.

METHODS

- Developed and piloted a survey to assess interest in and experiences with PrEP, including non-daily use
- Recruited HIV-negative adults from sexual networking sites frequented by MSM in May 2019
- Log-binomial regression to compute prevalence ratios (PRs) for factors associated with non-daily PrEP use

RESULTS

Table 1. Characteristics of respondents (N=9,697)

Age, mean	43
Gender identity	
Male	92%
Non-binary	7%
Other	1%
MSM	91%
Race/ethnicity	
Non-Hispanic white	69%
Non-Hispanic Black	8%
Hispanic	12%
Other	12%
Commercially insured	67%
U.S. region	
South	34%
West	26%
Northeast	20%
Midwest	20%
Puerto Rico	<1%

Over 60% were interested in non-daily PrEP and **5% of recent PrEP users reported non-daily dosing**, including 2-1-1 and other strategies.

Figure 1. PrEP interest and experience (N=9,697)

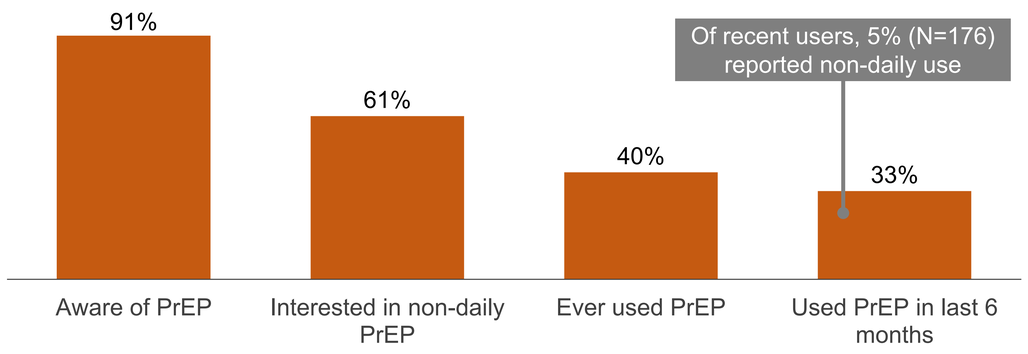

Table 2. Examples of non-daily PrEP regimens (N=176)

Only around the time of sex	48%	• 2-1-1 • One pill day before and one pill day after sex • One pill day of sex
On a regular schedule but not daily	24%	• T and S (Tues, Thurs, Sat, Sun) • Every other day • Fridays and Saturdays
Only for a few weeks at a time	19%	• On vacations
Other non-daily regimen	8%	• Daily when expecting sexual activity, otherwise every other day • Whenever I remember

Figure 2. Reasons for non-daily PrEP use (N=176)

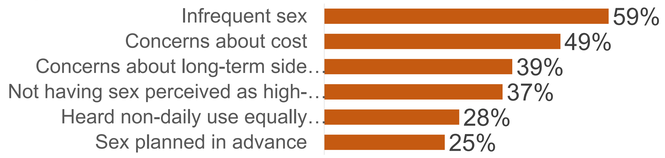

Table 3. Factors associated with non-daily PrEP use

	PR	(95% CI)	*P*
U.S. region (ref: South)			
West	1.8	(1.2, 2.7)	0.003
Midwest	1.4	(0.9, 2.3)	0.15
Northeast	1.6	(1.0, 2.5)	0.030
Sex planned in advance (ref: always)			
Never	0.5	(0.3, 1.1)	0.09
Rarely	0.4	(0.2, 0.7)	<0.001
Sometimes	0.6	(0.4, 0.9)	0.010
Very often	0.5	(0.3, 0.8)	0.003
Number of sex partners (ref: 0-1)			
2-9	0.7	(0.5, 1.0)	0.024
10+	0.6	(0.4, 0.8)	0.005
Meth, cocaine, or heroin use	2.0	(1.5, 2.8)	<0.001

Unadjusted prevalence ratios were from log-binomial regression. Other demographics, bacterial STI diagnosis, and condom use were not associated with non-daily PrEP use.

SUMMARY

- Over 60% were interested in non-daily PrEP and 5% of recent PrEP users reported non-daily use
- Common reasons for non-daily PrEP use were infrequent sex and concerns about the high cost of PrEP
- Non-daily PrEP use was more prevalent among those who lived in the West or Northeast vs. the South, always planned sex, had fewer sex partners, or reported drug use
- Non-daily PrEP use included regimens that have not been evaluated in clinical studies

CONCLUSIONS

- Availability of non-daily PrEP may increase uptake, especially for people with cost barriers and planned, infrequent sex
- **U.S. public health authorities need to provide clear guidance on effective non-daily PrEP dosing for MSM**