

DRR₂

StaySafe for Women's Health Issues

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Aims for Women's Health App

- Develop and test *StaySafe* with content relevant for women's health and relationship issues
- Content draws on health risk literature and evidenced-based health practices (sources: CDC and NIH)

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StaySafe for Women's Health Issues: Pilot Study

- **Problem:** Women on probation have high rates of substance use and HIV/HBV/HCV/STI infections
- **Sample:** Women on probation in Texas residential treatment program
- **Target behaviors:** risky drug use and sex behaviors
- **Intervention:** 6-session application using the *StaySafe* platform same decision-making schema (WORK IT) in the parent *StaySafe* app
- **Hand-held tablet:** provides privacy to work through topics that might be sensitive for some women

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Modifications for StaySafe: Session Content

Theme Selection Frequency	NEW THEMES
54	Intimidation and intimacy
52	Having a partner that uses (drugs)
37	Talking about your health with others
22	Asking your partner to use protection
11	Protecting your unborn child from HIV

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StaySafe Session Content

Intimidation and intimacy: self-care decision-making (e.g., practicing safe sex) for women in relationships with intimidating partners

Having a partner that uses: women's decision-making related reducing risk of having unsafe sex; not participating in getting high

Talking about your health with others: planning for talking about reproductive health with healthcare professionals; healthcare resources

Asking your partner to use protection: draws on TCU research and curriculum developed for *Time out for Me*, an assertiveness/sexuality workshop specifically designed for women

Protecting your unborn child from HIV: prevention for healthy women and steps for a woman who is seropositive during pregnancy

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Theme: Asking a partner to use protection

Options	Supporting facts and sources
Carry condoms for your partner	Using condoms when you have anal or vaginal sex can help protect you and your partners from HIV http://www.cdc.gov/hiv/basics/prevention.html
Use female condoms and get tested regularly	Female condoms are comparable to male condoms at preventing HIV and other STDs http://www.cdc.gov/hiv/basics/prevention.html
Don't have sex without a condom	Condoms reduce HIV risk for sexually active people; only abstinence is 100% effective prevention http://www.cdc.gov/hivrisk/decreased_risk/
Discuss protection before things get intimate	Communication with partners about protection can decrease your chances of getting or spreading HIV http://www.cdc.gov/hivrisk/decreased_risk/

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Staysafe Parent Study	Study Week	StaySafe Women's Health
Control Condition	-1	Enhanced Condition
Consent	-1	Consent
Eligibility screening week	0	Eligibility screening week
Baseline Assessment	1	Baseline Assessment
	2	Tablet S1
	3	S2
	4	S3
	5	S4-PC
	6	S5
	7	S6
	8	
	9	
	10	
	11	
	12	
Post Intervention Assessment	13	Post Intervention Assessment

Study Design

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Methods

Timeline

- Rollout Jan 2017
- Consent window closes Feb 2018

SAMPLE (as of Sept 30, 2017)

- Consented N = 56
 - Age range 18-54 (M = 33.25)
 - 18% sample are active participants
 - 25% sample attrition (absconded from CJ program)
- Baseline Surveys N = 56
- Post Surveys N = 32



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Preliminary Results

Survey Data from DRR 1 Scales
 Enhanced Condition Sample
 Paired t-tests Analysis

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DRR 1 Scale - Knowledge

Residential Sample (N = 32)	Baseline	Post	p
SCALE Pre-Post	M = 40.8	M = 42.7	0.017

Subscales: Response set: (1=disagree strongly to 5= agree strongly)

HIV Knowledge

- You know enough to teach others about how to avoid getting HIV from sexual activities.

Confidence

- You feel very confident that you could be a role model for others in helping reduce HIV risks.

Motivation

- Even if it means being embarrassed, you will talk to others about your HIV/AIDS concerns.

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DRR 1 Scale - Avoid Risky Sex

Residential Sample (N = 32)	Baseline	Post	p
SCALE Pre-Post	M = 41.5	M = 43.6	0.019

Subscales: Response set: (1=disagree strongly to 5= agree strongly)

Knowledge

- You have learned to think ahead in order to make less risky decisions about sex.

Confidence

- You are confident that you could avoid having sex if a condom wasn't going to be used.

Motivation

- You have promised yourself to avoid risky sex activities.

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DRR 1 Scale - HIV Test Planning

Residential Sample (N = 32)	Baseline	Post	p
SCALE Pre-Post	M = 42.7	M = 45.0	0.019

Subscales: Response set: (1=disagree strongly to 5= agree strongly)

Knowledge

- You know what to do to get tested for HIV

Motivation

- If you "slip" and engage in risky drug use, you will get tested for HIV.
- If you "slip" and engage in risky sex, you will get tested for HIV.

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Conclusions

Research Goal
Make available an easy-to-use affordable tool aimed at impacting public health by reducing disease transmission and improving health in a high risk population of women on probation with substance use problems.

Preliminary Findings
Women who participated in testing the *Women's Health Issues* app are more confident and motivated to practice safe sex and are better prepared to make informed decisions about HIV testing.

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