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 Stoove, Edwina Wright
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.

Ryan et. al., IAS Mexico City, 2019
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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

Ryan et. al., IAS Mexico City, 2019
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

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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
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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

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Thanks to all PrEPX participants and the PrEPX Study team

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