

Title: Describing Multi-level Triggers to HIV Self-Management Adherence in Young Adults

Project Abstract: Young adults are increasingly diagnosed with HIV in the United States and around the globe. Young HIV+ adults (aged 18-24 years) have poor adherence to medications, physical activity and diet recommendations, and poor engagement with the health care system. These adherence behaviors, termed self-management, are critical for maintaining the health and well-being of young HIV+ adults, and developing new strategies to increase these behaviors is critical. Furthermore, young HIV+ adults are experiencing a transition period in which they will develop patterns of behaviors that will help them to organize their self-management for the rest of their lives, making the need for efficacious adherence interventions all the more imperative. However, there have been few interventions to improve adherence behavior in this population, and even fewer have been successful. And although, some studies have examined the barriers to adherence in young HIV+ adults, none have examined the triggers of adherence in this population. Triggers cue people how to behave and can be anything in the young adult's environment including technological cues such as text messages and social cues such as peer group activities. To fill these gaps, the purpose of our study is to identify and describe the individual's perception of the multi-level triggers of adherence to positive HIV self-management behaviors in young HIV+ adults, and their association with the individual's social network, thereby elucidating potential mechanisms of action to adherence to HIV self-management behaviors in this population that can be successfully exploited in future intervention studies. This new study will be presented and discussed in preparation for an upcoming grant submission.