

Study of Methamphetamine Use and Adherence to Anti-Retroviral Therapy (SMAART)

Project Staff: Adam W. Carrico, Judith T. Moskowitz, Mallory O. Johnson

Project Description: The goal of the SMAART study is to collect pilot data on a stress and coping model of adherence to highly active anti-retroviral therapy (ART) in HIV+, methamphetamine-using men who have sex with men (MSM). Over a period of 12 months, we will interview 230 HIV+ MSM on ART who report using methamphetamine at least once in the past month. Utilizing these data, we will test a theory-based model where: 1) meaning-focused coping efforts are associated with enhanced positive affect and 2) positive affect relates to decreased substance use and increased adherence to ART. We will also conduct three focus groups with 30 HIV+, methamphetamine-using MSM on ART to obtain qualitative data regarding participants' impressions of the associations among coping, mood and adherence over time.

Informed by these pilot data, we plan to develop and test innovative adherence interventions for HIV+ methamphetamine-using MSM.

Significance: In the era of ART, achieving and maintaining adequate levels of adherence are crucial for individuals living with HIV infection to derive the maximum therapeutic benefit as well as prevent the emergence of some medication-resistant strains of HIV. However, a substantial minority of HIV+ persons have co-morbid substance use disorders, which can significantly interfere with ART adherence. Among MSM, methamphetamine use has been associated with higher rates of sexual risk taking behavior and greater risk of HIV seroconversion, but few investigations have examined substance use as an obstacle to ART adherence in this population.

Project Website: www.SMAARTProject.com

Project Recruitment Dates: March 1, 2007 – April 30, 2008

Project End Date: April 30, 2008