

Increase in quarterly HIV testing and UAI amongst MSM in London with decrease in anxiety

Updates from a continuous online assessment tool

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Outline



Who are we



What was the online questionnaire about



Findings from the questionnaire



What to expect next



Who are we?

Over the last 10 years, we have:

- ❖ Delivered over **4,200** sessions in more than **150** venues and key events (e.g. Pride and National HIV testing week)
- ❖ Engaged with more than **428,000** people during the outreach sessions
- ❖ Talked to over **206,000** men regarding HIV and sexual wellbeing related issues
- ❖ BASK assessed more than **17,000** MSMs (face to face)

Between 2008 and 2014,

- ❖ **4,731** counselling sessions were provided to **661** MSM
- ❖ **1,445** mentoring sessions were provided to **253** MSM

Since April 2013, we have:

- ❖ conducted about **5,000** HIV tests





The Assessment Tool – 14Q

- BASK to 14Q under LHPP contract (Do it London)
- From July 2015, we started using online questionnaires – self-assessment toll: <http://www.gmipartnership.org.uk/gmi-survey/>
 - Target: MSM, dating app users
 - Aims:
 - To assess behavioural risks, e.g. UAI and chemsex
 - To promote up-to-date HIV prevention information, e.g. HIV testing, PrEP, PEP, and Undetectable equals Untransmittable (U=U)
 - Observe attitudes and collect thoughts regarding the prevention methods
 - To engage with those who might need further support
- Primarily broadcast via Grindr
- Evolving - responding to DiL campaigns and trends within the community

2018 HIV Prevention Survey for Gay and Bisexual Men in London

Before hitting the 'Submit' button at the end of this survey you can find further information and links to useful sites here.

HIV Testing

If you are sexually active, it is recommended that you test for HIV and STIs at least once a year, regardless of your situation, and more frequently if you are having unprotected sex with casual partners. For more information on HIV testing, including self-testing, where to test and HIV transmission visit the Do it London website www.doitlondon.org.uk/2018/

Condoms

Using a condom during sex is still the best way to protect yourself against HIV and sexually transmitted infections. LHPP Funks Freedom Shop to deliver the high quality condoms and lube to venues across London. You can pick up your free condoms and lube in over 85 gay venues and the DiL Partnership outreach service. You can also purchase a huge variety of reusable condoms and lube via the Freedom Shop website. Please visit www.doitlondon.org.uk/2018/ for more information.

Pre-exposure prophylaxis (PrEP)

PrEP is a HIV prevention strategy that would use antiretroviral drugs to protect HIV-negative people from HIV infection. In this strategy, people would take the medications before they have sex to help to lower their risk of infection. For more information on PrEP visit www.doitlondon.org.uk/2018/

Post-exposure prophylaxis (PEP)

If you have had unprotected sex (including condom failure, incidents of shared drug injecting equipment with somebody who might be HIV positive, that you may consider PrEP - a one-month course of HIV treatment - needs to reduce the risk of you becoming infected with HIV.

To have the best chance of it being effective you need to start being PEP as soon as possible after the possible exposure to HIV and certainly within 72 hours. For more information on PEP visit the HAHI website www.hahi.org.uk/2018/

Undetectable

People living with HIV on ART (antiretroviral therapy) with an undetectable viral load in their blood have a negligible risk of sexual transmission of HIV. Depending on the drugs, antiretroviral therapy may take as long as six months for the viral load to become undetectable. Continued and reliable HIV suppression requires a combination of adherence, quality and accurate adherence to treatment. HIV viral suppression should be monitored to assure both personal health and public health benefits.

NOTE: An undetectable viral load is typically under 40 copies/ml depending on the diagnostic tests. However, studies show a person living with HIV on antiretroviral therapy (ART) with a viral load of 200 copies/ml or less are sexually undetectable. This is called being 'virally suppressed'. For the purposes of the LHC campaign and any Prevention Action Campaign materials, the term 'undetectable' is used synonymously with the term 'virally suppressed', meaning a person living with HIV with a viral load of 200 copies/ml or less cannot transmit HIV.

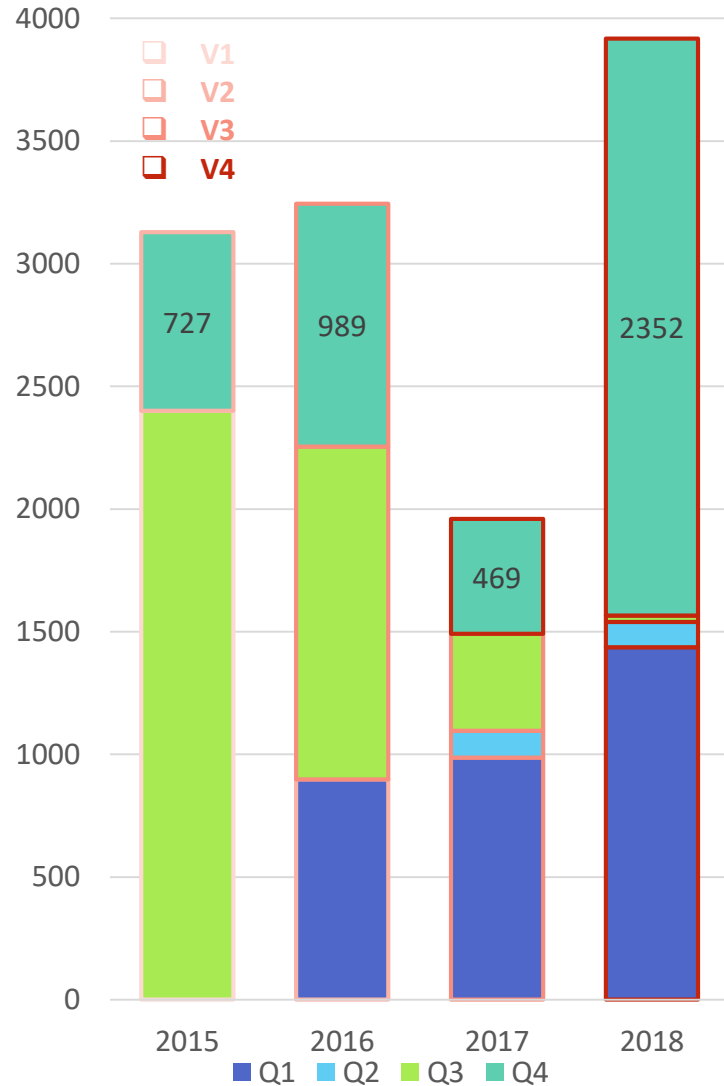
For more information on LHC visit www.doitlondon.org.uk/2018/

Further Support

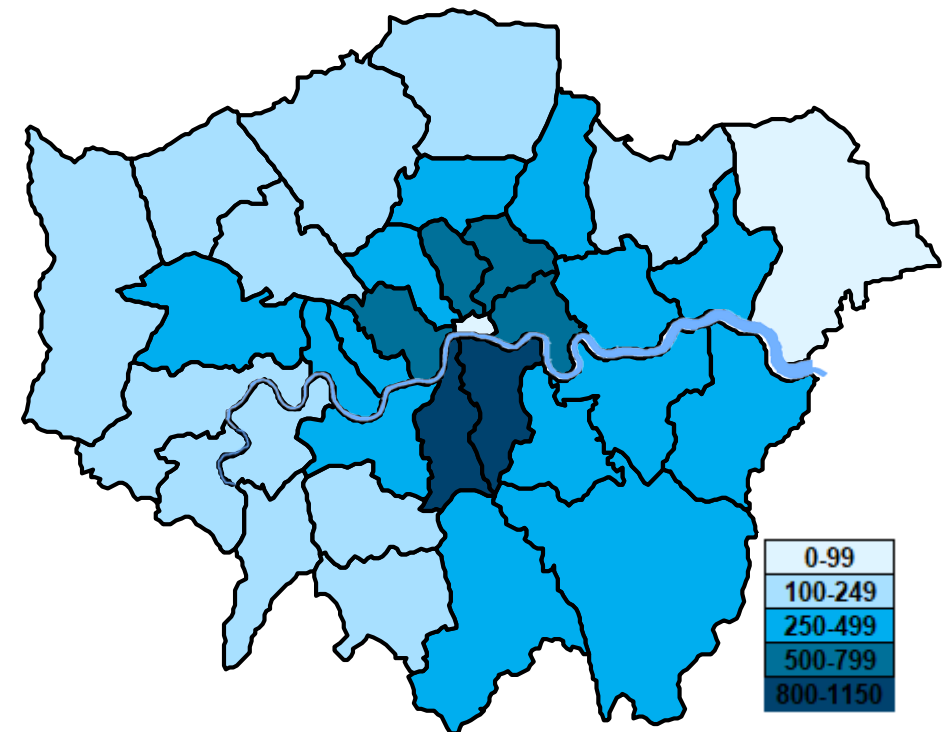
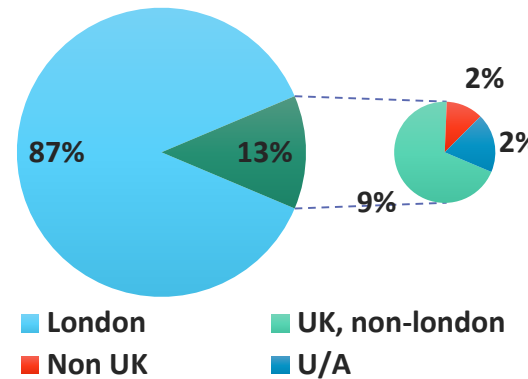
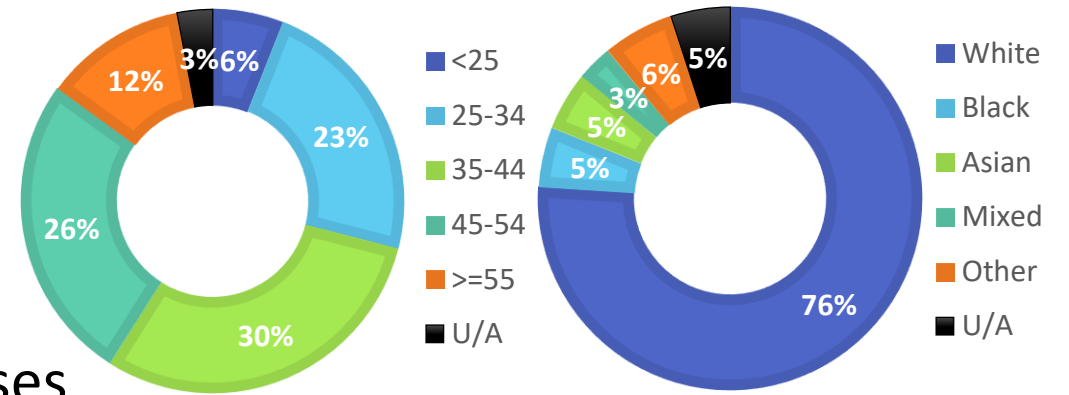
If you are being harassed and are worried about it, get in touch with us at DiL and we can help you through all the support options in your area. We can give you information on behaviour change services such as individual and group support, free to go sexual health (LGBT) drug and alcohol services and provide information on your local services.

You can either email DiL - DiL@doitlondon.org.uk or visit the DiL website for further information on who we are and our contact details www.doitlondon.org.uk/2018/

Findings - general

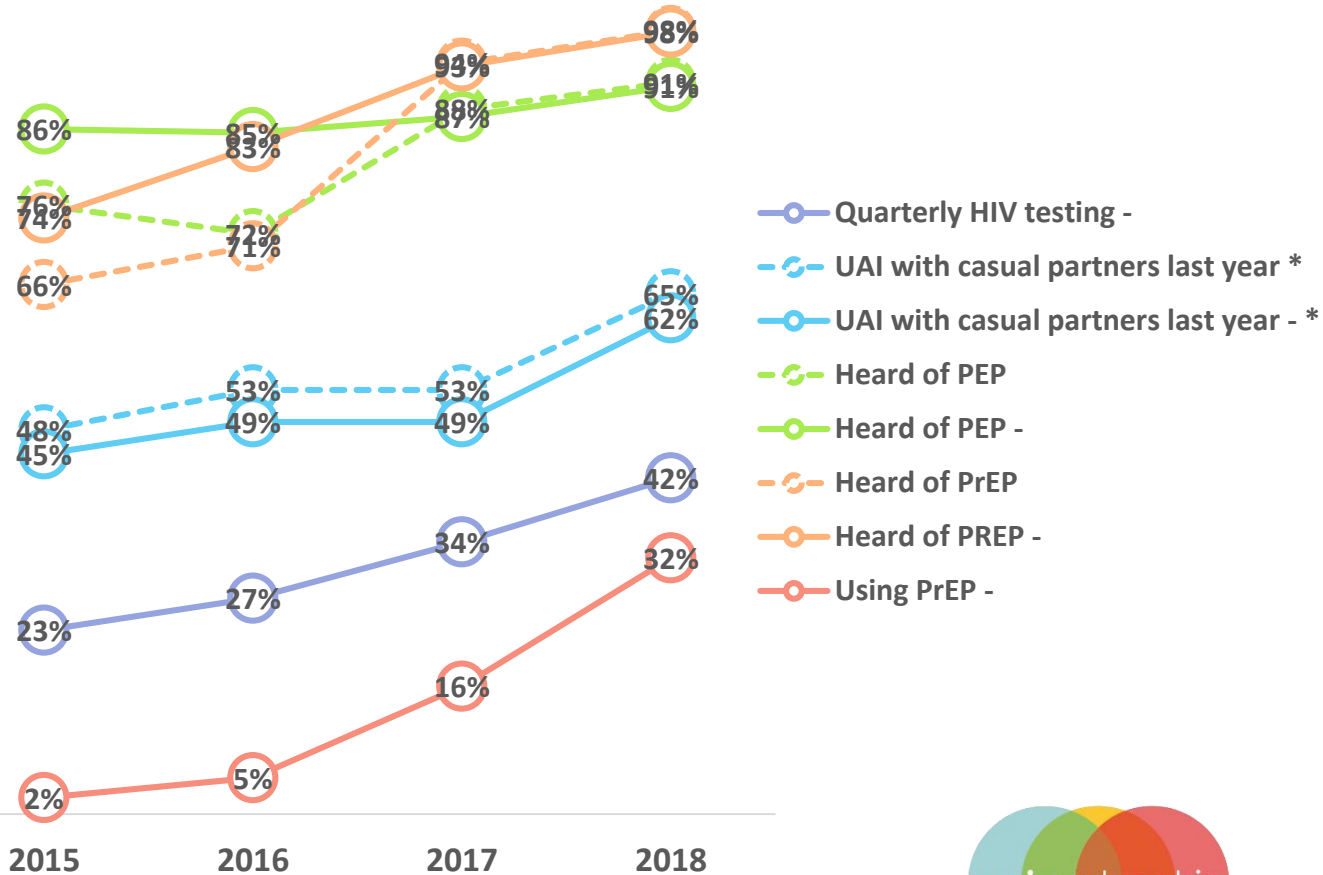


- **12,250** responses since July 2015
- **4,537** during comparing periods

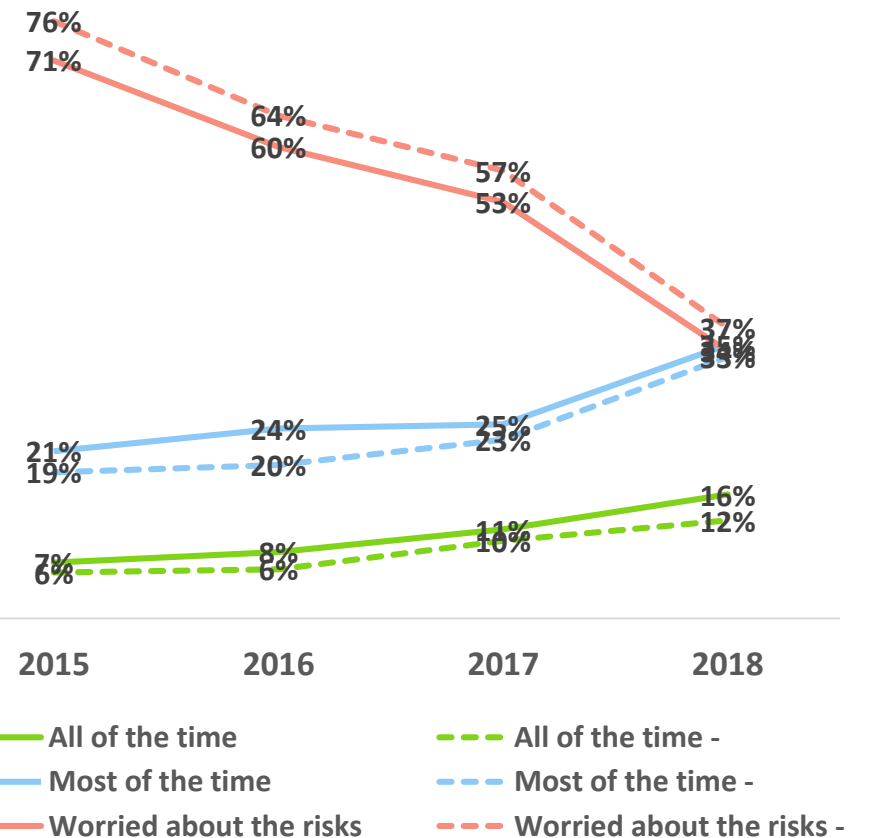


Findings - trends

- Compare Q4 data over 4 years,



*Among those who have had UAI with casual partners,



Finding - limitation



LIMITS OF
SAMPLING METHOD



LIMITS OF
QUESTIONS



LIMITS IN
INTERPRETATIONS

Next step



Continue and modify Q14

Secure provisions

Identify key information and key questions



Research partner

Academic institutes

Research professionals



In-depth research

Quantitative & qualitative

Reasons behind changes of behaviours and attitudes

Specific target groups, e.g. over 50s.

Thank you!

LOND DO IT
TEST·PROTECT·PREVENT HIV



info@gmipartnership.org.uk

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