



POPULATION

- Transgender women who speak Spanish and are HIV negative

KEY INTERVENTION EFFECTS

- Increased PrEP use

BRIEF DESCRIPTION

ChiCAS (*Chicas Creando Acceso a la Salud or Girls Creating Access to Health*) is a Spanish-language, group- and empowerment-based intervention that aims to increase use of PrEP, condoms, and medically supervised gender-affirming hormone therapy. The participants develop skills to seek and obtain PrEP and hormone therapy from a medical provider within the community. The intervention addresses behavioral determinants such as:

- Knowledge of HIV and sexually transmitted infection (STI) transmission and prevention behaviors
- Knowledge of PrEP
- Knowledge of the benefits of medically supervised gender-affirming hormone therapy
- Knowledge of where and how to access PrEP and gender-affirming services and resources
- Perceived access to health care and related services
- Self-efficacy to overcome access barriers
- Condom use skills, self-efficacy, and intentions
- Communication skills with providers and partners
- Sociocultural contexts, such as transphobia and sense of community

DURATION: Two four-hour sessions in person or two, two-hour sessions via video conferencing

SETTING: Community or residential areas (North Carolina, South Carolina)

STUDY YEARS: 2019 – 2022

STUDY DESIGN: Randomized controlled trial (RCT)

DELIVERERS: Peers, interventionist

DELIVERY METHODS: Lecture, skills building, discussion

STUDY SAMPLE

The baseline study sample of N = 144 participants was characterized by the following:

- 100% Hispanic or Latina persons
- 100% transgender persons
- Median age of 33 years of age (SD = 9.4)

STRUCTURAL COMPONENTS

There are no structural components reported for this study.

KEY INTERVENTION EFFECTS (see **Primary Study** for all outcomes)

- Intervention participants were more likely to report current PrEP use than control participants at 6 months post-intervention (Adjusted Odds Ratio = 4.64, Confidence Interval: 1.57 - 13.7; p < 0.006).

CONSIDERATIONS

- At the 6-month follow up, intervention participants showed increases in knowledge of HIV, STIs, and gender-affirming hormone therapy; PrEP awareness, knowledge, and readiness; condom use skills; and community attachment when compared to control participants.

ADVERSE EVENTS

The author did not report adverse events.

FUNDING

- Centers for Disease Control and Prevention (U01PS005137)

PRIMARY STUDY

Rhodes, S. D., Alonzo, J., Mann-Jackson, L., Aviles, L. R., Tanner, A. E., Galindo, C. A., Bessler, P. A., Courtenay-Quirk, C., Garcia, M., Sucaldito, A. D., Smart, B. D., Goldenberg, T., & Reboussin, B. A. (2024). [PrEP uptake among Spanish-speaking transgender women: A randomized controlled trial in North and South Carolina, 2019-2022](#). *American Journal of Public Health*, 114(1), 68-78. doi: 10.2105/AJPH.2023.307444

PLEASE CONTACT STUDY AUTHOR FOR TRAINING AND INTERVENTION MATERIALS.

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