DOT MOBILE APP
Evidence-Informed for the Pre-Exposure Prophylaxis Chapter

POPULATION
➢ Culturally diverse young men who have sex with men (MSM)

KEY INTERVENTION EFFECTS
➢ Improved PrEP adherence

BRIEF DESCRIPTION
DOT is a PrEP adherence mobile app that combines personalized PrEP pill reminders with positive psychology-based texts to encourage PrEP adherence and provide PrEP information.

The DOT app uses three different text messaging types:
• Daily pill reminders
• Alternating daily educational or motivational texts
• Weekly text: “It’s PrEP every day and condoms every time.”

DURATION: Six weeks
SETTING: Mobile health environment (participants reside mostly in Boston, Massachusetts)
STUDY YEARS: No study years listed
STUDY DESIGN: One-group pre-post
DELIVERERS: Mobile application delivered texts to participants on a set delivery timeline
DELIVERY METHODS: Text messaging

STUDY SAMPLE
The baseline study sample (n = 54) of all male participants was characterized by the following:
• 52% White persons
  19% Black or African American persons
  19% Asian persons
  6% Multiracial persons
• 6% Persons who identify as Hispanic or Latino regardless of race
• Mean age = 26 years
• Mean length of 17 months using PrEP
Note: Percentages for race or ethnicity do not add up to 100% due to missing data

STRUCTURAL COMPONENTS
There are no reported structural components reported for this study.

KEY INTERVENTION EFFECTS (see Primary Study for all outcomes)
• The mean percentage of participants who reported perfect (100%) PrEP adherence significantly increased from pre- to post-intervention (0.39 vs. 0.72, t = 4.458, p < 0.001).

CONSIDERATIONS
• The interactive, privacy-protected pill reminders were valued by participants.
• Tailored motivational and educational texts were experienced as supportive.
Participants thought adding supportive resources, a virtual avatar, automatic time zone adjustments for pill reminders, and enhanced adherence graphing capabilities would be helpful.

ADVERSE EVENTS
- The author did not report adverse events.

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PRIMARY STUDY

Please contact study author for intervention and assessment materials.

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