TRUST

**Good Evidence for the Risk Reduction Chapter**

**Evidence-Based for the Structural Intervention Chapter**

**POPULATION**
- Young Black or African American men who have sex with men (YBMSM) and transgender women (TW)

**KEY INTERVENTION EFFECTS**
- Increased HIV self-testing

**BRIEF DESCRIPTION**

**TRUST** is a brief, peer-based behavioral intervention designed to increase uptake of consistent (every three months), rapid HIV self-testing (HST). TRUST is delivered via friend pairs to enable joint learning of self-testing and support future self-testing. Friend pairs consist of the primary eligible participant (PEP) and a friend of the PEP who engage in HIV self-testing together using rapid HIV self-test kits.

The intervention includes:
- An interactive session that consists of describing how HIV testing fits into an optimal sex life, HIV self-testing instruction, skills building on how to use the self-test, identifying, and communicating the specific peer support needed to support consistent testing, planning for risk reduction and consistent testing over time
- Free HIV self-test kits at baseline visit and every 3 months via preferred delivery method (control participants also received free HIV self-tests)

**DURATION:** One year

**SETTING:** New York, New York

**STUDY YEARS:** July 2016 – December 2017

**STUDY DESIGN:** Randomized controlled trial (RCT)

**DELIVERERS:** Trained peer educator

**DELIVERY METHODS:** Counseling, HIV self-test kits

**STUDY SAMPLE**
The baseline study sample of N = 188 PEPs was characterized by the following:
- 53% Black or African American
- 30% African/other
- 7% Afro-Latino
- 9% Caribbean
- 86% persons identifying as male
- 12% persons identifying as transgender
- 2% persons identifying as female
- <1% persons identifying as another gender
- Means age 23 years

**STRUCTURAL COMPONENTS**

Access – HIV testing
- Increased access to HIV testing via provision of self-test kits

Physical Structure – Services provided in nontraditional settings
- HIV self-testing could be done at a location chosen by the participant

**KEY INTERVENTION EFFECTS** *(see Primary Study for all outcomes)*
- Participants in the intervention arm had twice the odds of reporting HIV self-testing in the past 3 months at the 3-month follow-up as participants in the control arm (57% vs 42%; unadjusted Odds Ratio [uOR] = 2.29; 95% Confidence Interval [CI]: 1.15 - 4.58).
• Participants in the intervention arm had almost twice the odds of reporting HIV self-testing in the past 3 months at the 6-month follow-up as participants in the control arm (54% vs. 42%; uOR = 1.94; 95% CI: 1.00 - 3.75).

CONSIDERATIONS
• Two PEPs reported testing HIV positive during follow-up (1 in the intervention arm and 1 in the control arm). Five friends of PEPs self-reported testing positive during follow-up (2 in the intervention arm and 3 in the control arm). One PEP in the intervention arm reported using HIV self-test to identify the new infection; however, the one PEP in the control arm did not report using HIV self-testing to identify the new infection.

ADVERSE EVENTS
• The author did not report adverse events.

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PRIMARY STUDY

PLEASE CONTACT STUDY AUTHOR FOR TRAINING AND INTERVENTION MATERIALS.

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