

# DAILY OR EVENT-DRIVEN PREP? INTERIM RESULTS OF “BE-PRÉP-ARED”, A PREP DEMONSTRATION PROJECT AMONG MEN WHO HAVE SEX WITH MEN IN BELGIUM

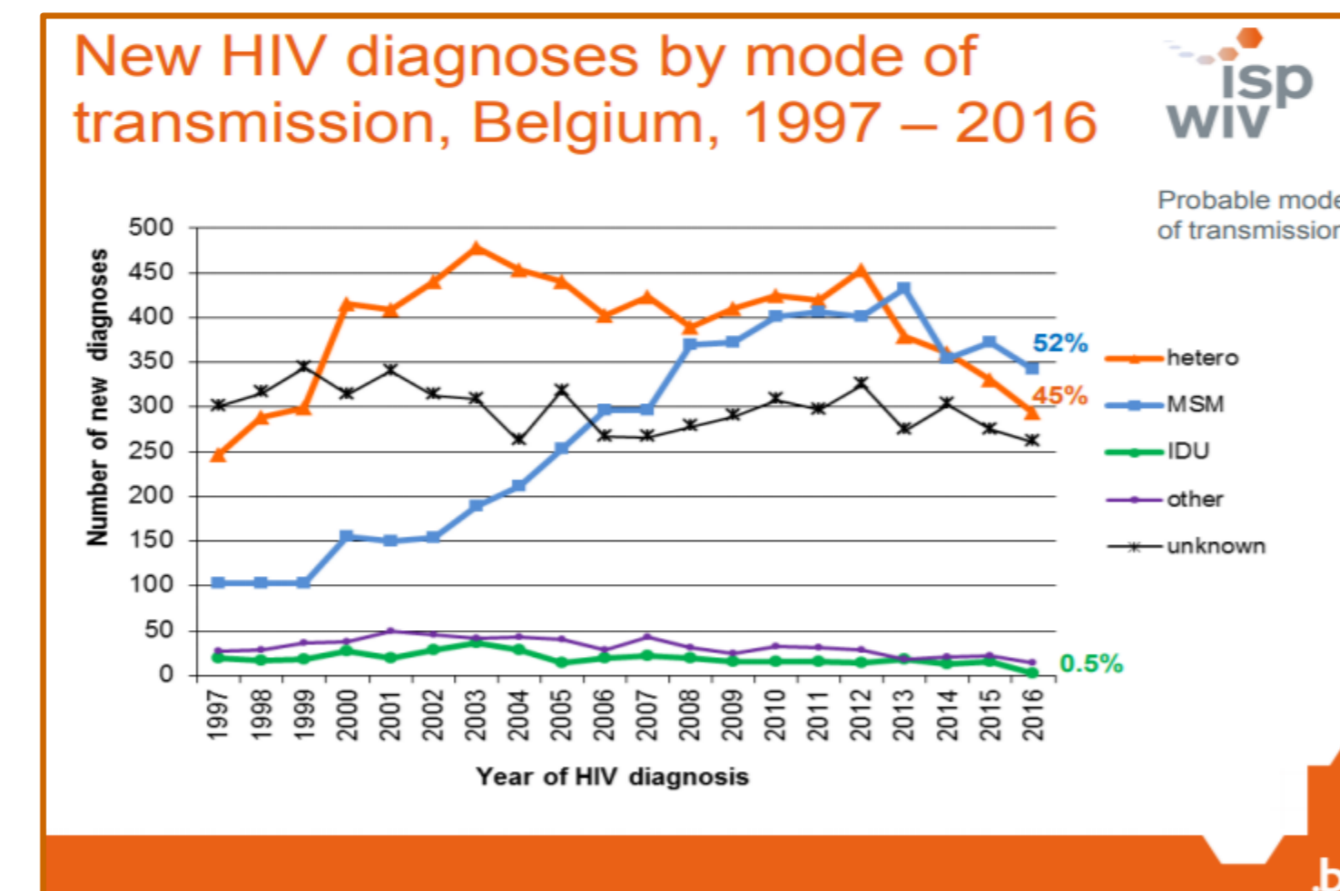
Vuylsteke B<sup>1</sup>, Reyniers T<sup>1</sup> De Baetselier I<sup>2</sup>, Wouters K<sup>2</sup>, Nöstlinger C<sup>1,3</sup>, Buyze J<sup>2</sup>, Laga M<sup>1</sup>

<sup>1</sup> Department of Public Health, Institute of Tropical Medicine, Antwerp, Belgium  
<sup>2</sup> Department of Clinical Sciences, Institute of Tropical Medicine, Antwerp, Belgium  
<sup>3</sup> Faculty of Applied Psychology, University of Vienna, Vienna, Austria

## BACKGROUND AND OBJECTIVES OF THE STUDY

### Background

- HIV incidence in Belgium is high among Men who have Sex with Men (MSM)
- Efficacy and safety of Pre-Exposure Prophylaxis (PrEP) has been proven in various clinical trials
- Questions remain on how to optimize implementation



### Objectives of the Be-PrEP-ared study

- To document current preventive needs of MSM: uptake, acceptability and feasibility of 2 regimens of PrEP
- To evaluate adherence to the 2 PrEP regimens
- To study the impact of PrEP on condom use and on STI incidence

## METHODS



### Study design

- Monocentric open-label cohort
- Study drug: Truvada (TDF/FTC)
- Study population: 200 HIV neg, high risk MSM and transgenders
- Study site: Institute of Tropical Medicine (ITM), Antwerp, Belgium
- Follow-up: 18 months (starting Sept 2015)

### Study methods

- Web-based diary with self-recording of sexual activity and PrEP intake
- Medical interview and examination
- Self-administered questionnaire
- HIV & STI testing: *N. gonorrhoeae* (NG)\*, *C. trachomatis* (CT)\*, *M. genitalium* (MG)\*, *T. vaginalis* (TV)\*, syphilis; hepatitis C (HCV)

At each study visit (3-monthly)  
\* urine, anal and pharyngeal  
HCV: 6-monthly

### Study regimen: participants self-select in 2 groups (#):

- Daily PrEP
- Event-driven PrEP (2 tablets before anticipated sex, continuing with 1 tablet daily until 2 days after the last sex event)

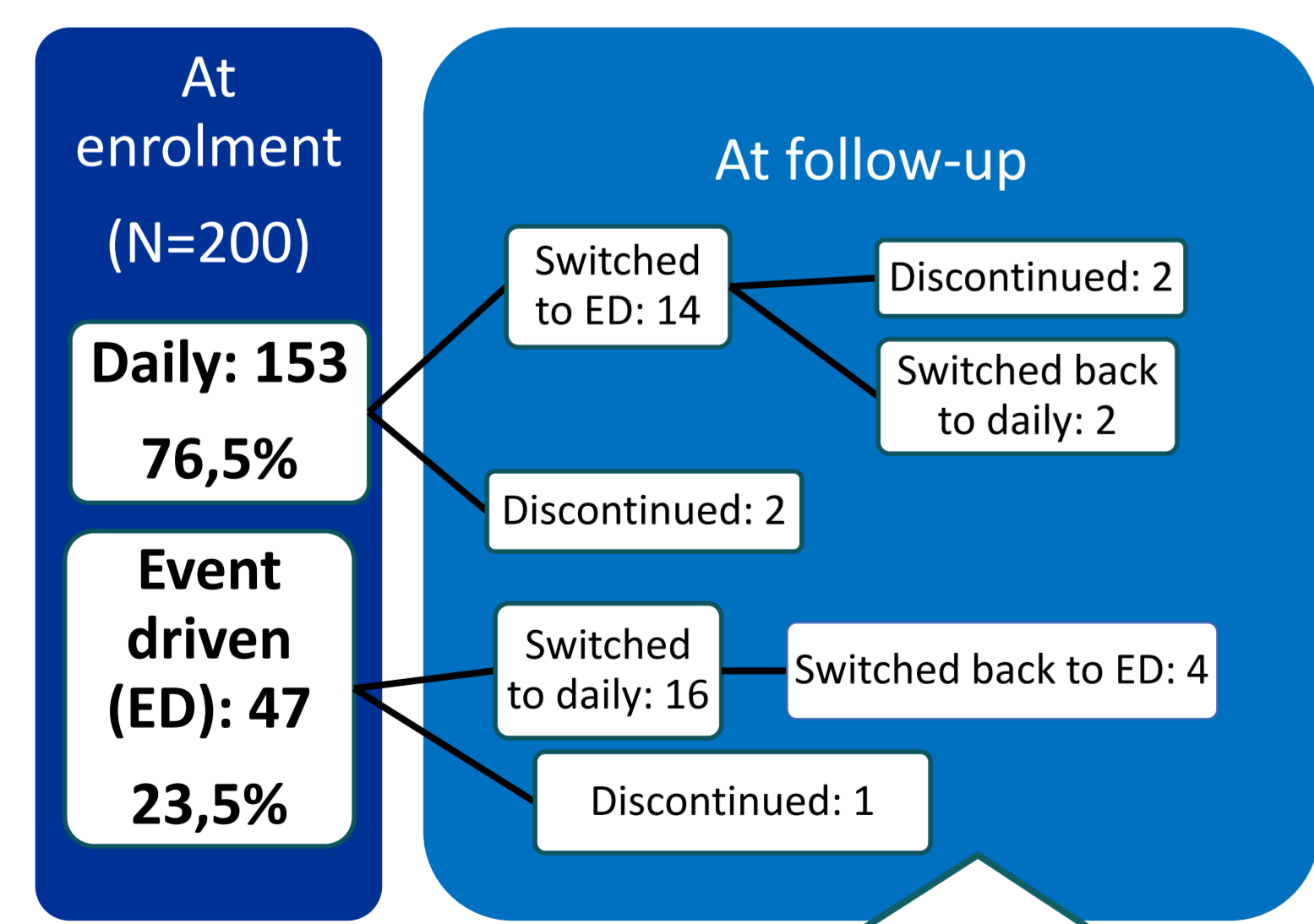
# Switch-over between groups is possible

## RESULTS AND CONCLUSIONS (12 MONTHS FOLLOW-UP)

### Study population:

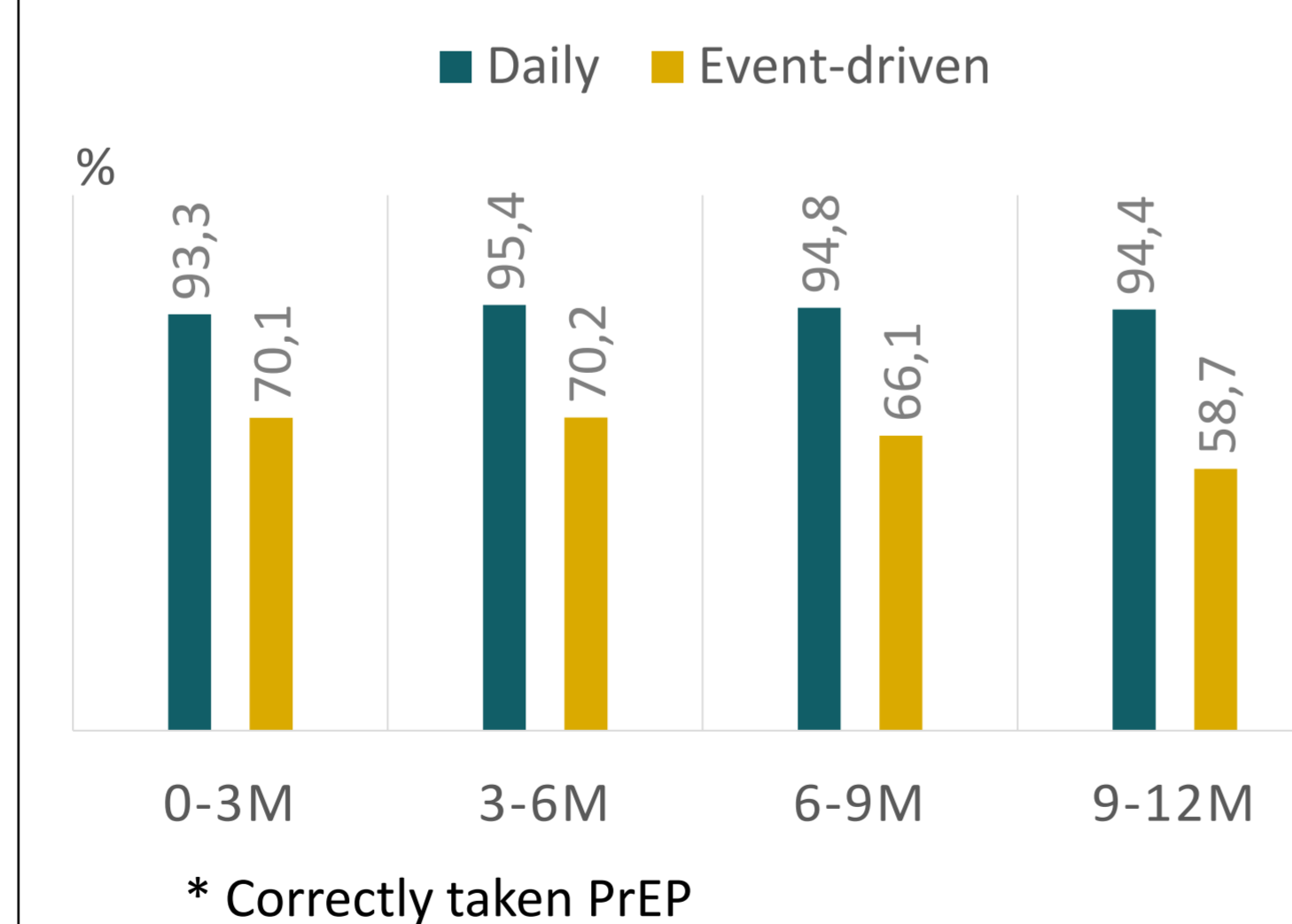
- 197 MSM, 3 transgender women
- Mean age 39 yrs (range 22-70)

### Chosen drug regimen:



Reasons: difficulty to remember to take the pills (11); change in sexual relationship (6); side effects of Truvada (5), illness (4), too many pills (4), ...

### Adherence: Proportion of covered (\*) sex acts

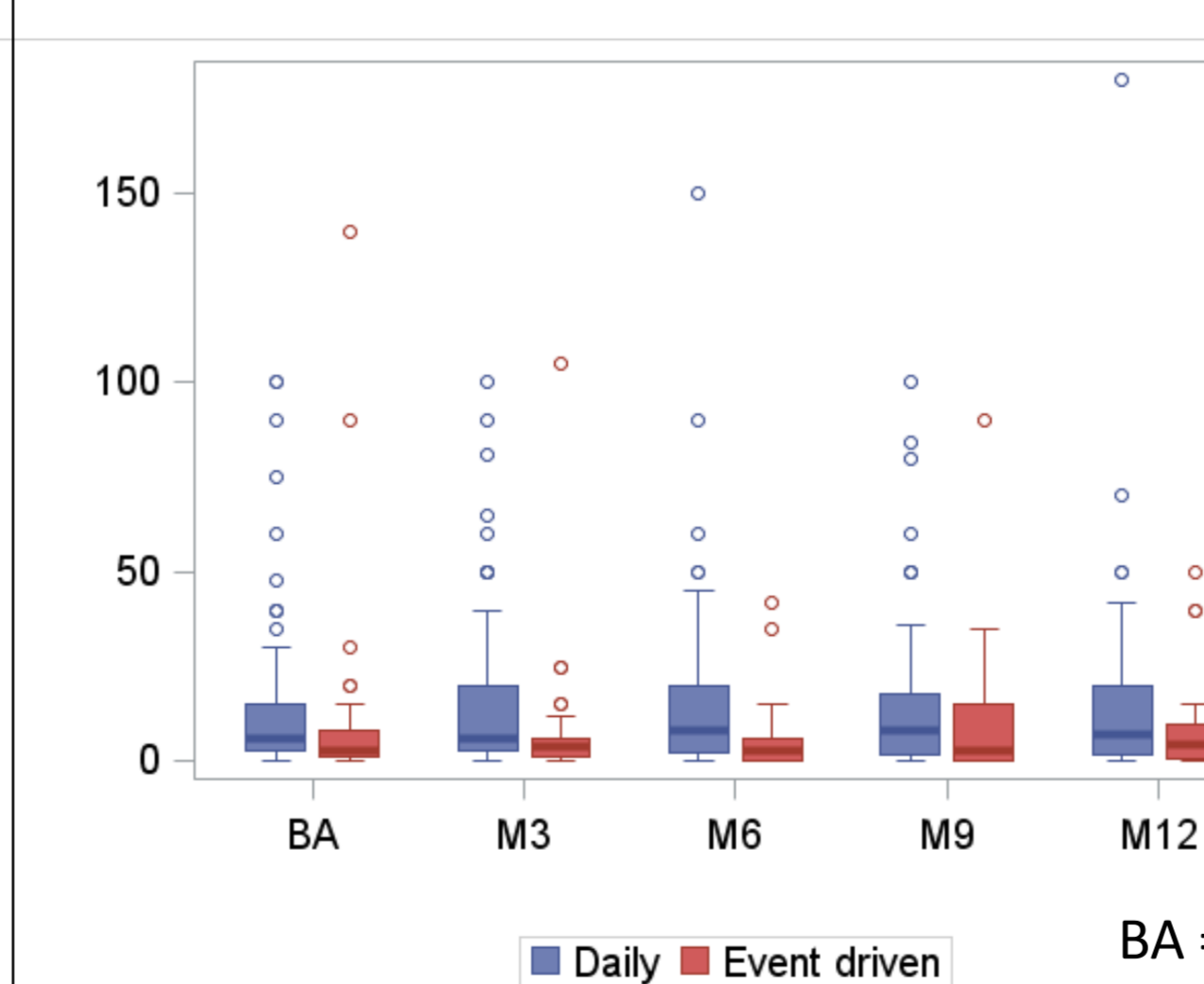


### Conclusions:

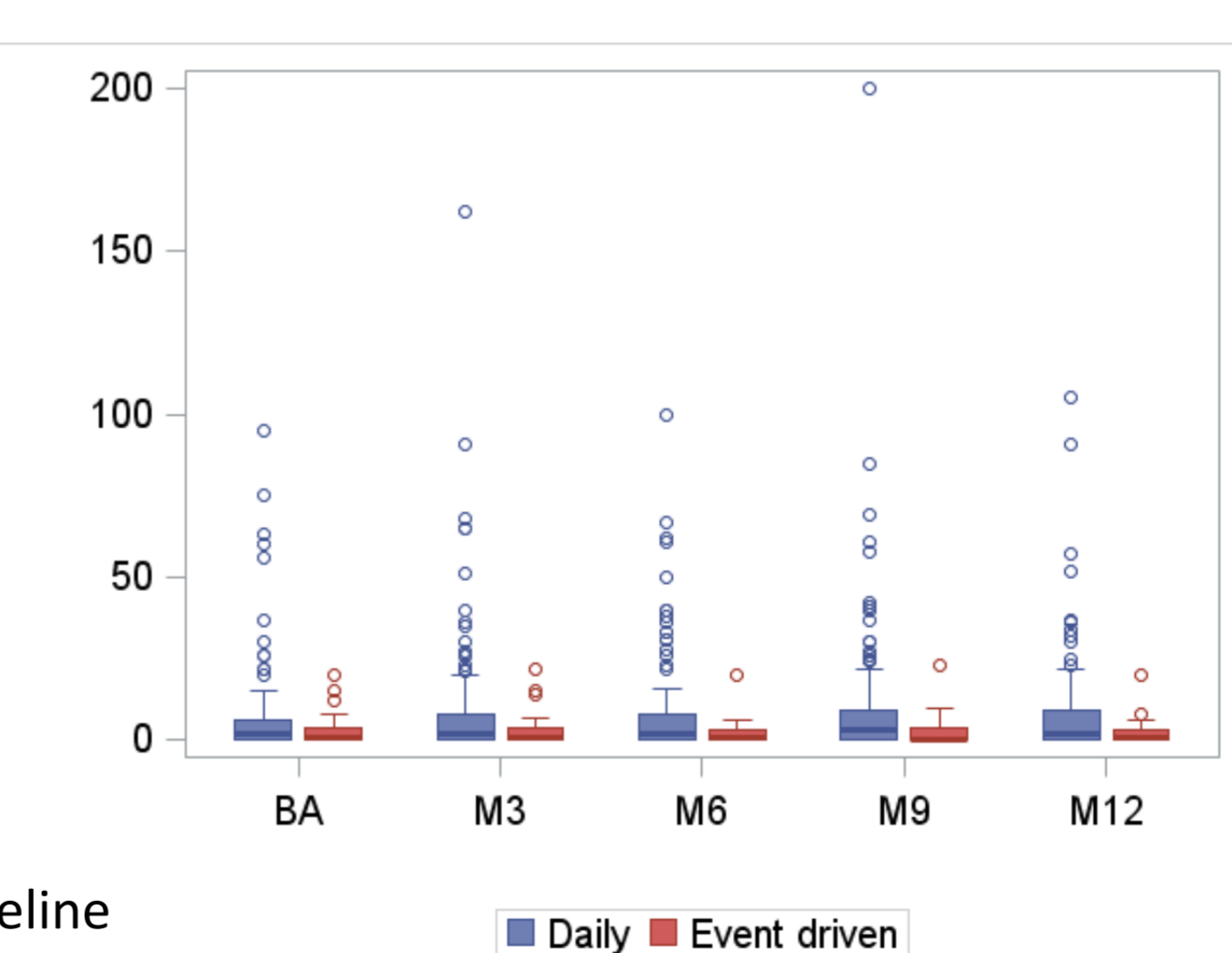
- Event-driven PrEP was preferred by about 1/4 PrEP users, which may better suit their prevention needs
- Adherence to PrEP was high
- Despite high risk behaviour and high incidence of STI during FU, no new HIV infections were observed.

### Risk behaviour, previous 3 months:

#### Nb of anonymous sex partners



#### Nb of condomless receptive sex



STIs:	Enrollment, % Prevalence N=200	FU, 100PY Incidence (95% CI)
HIV	0	0
Syphilis *	7,5	9,3 (5,6-15,5)
NG *	12,2	36,7 (28,4-47,5)
CT *	11,7 §	34,5 (26,5-45,0) §§
MG *	17,2	25,0 (17,9-35,0)
Any of (*)	39,5	74,9 (59,9-93,6)
TV	0	1,1 (0,3-4,4)
HCV	1,5	2,8 (1,2-6,7)

§ 1 LGV/22 non LGV; §§ LGV: 4,0 100PY/ non LGV: 31,5 100 PY