



E-VOLUTION

Evidence-Informed for the Linking and Retention in HIV Care Chapter

POPULATION

- Youth and young adults with HIV

KEY INTERVENTION EFFECTS

- Improved retention in HIV care
- Improved HIV viral suppression

BRIEF DESCRIPTION

E-VOLUTION is a mobile health (mHealth) intervention with a human support element aiming to improve assistance with overcoming barriers to improve health outcomes via two components:

- Automated, two-way text messaging (comprising an alert system for medical case managers [MCMs] to intervene within 24 hours as prompted), including:
 - Daily medication reminders
 - Appointment reminders
 - Semi-weekly mood checks
 - Monthly questions about housing and financial needs – when challenges were indicated, MCM received an alert and followed up with participant within 24 hours
- Live text messaging between MCMs and participants
 - Asked about well-being and made referrals to resources

DURATION: 12 months

SETTING: HIV clinic sites at Washington University School of Medicine in St. Louis, MO

STUDY YEARS: 2017 – 2019

STUDY DESIGN: One-group, pre-post

DELIVERERS: Medical case manager, cell phone

DELIVERY METHODS: Text messaging

STUDY SAMPLE

The baseline study sample of N = 100 participants was characterized by the following:

- 93% Black or African American persons
 - 7% White persons
- 91% male persons
 - 9% female persons
- Median age = 23 years

STRUCTURAL COMPONENTS

There are no structural components reported for this study.

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

- At the 6-month and 12-month follow-ups, a significantly greater proportion of intervention participants attended medical visits than at baseline (χ^2 [chi-square] = 34.03, $p = 0.000$ and $\chi^2 = 9.59$, $p = 0.002$, respectively).
- At the 6-month and 12-month follow-ups, a significantly greater proportion of intervention participants were virally suppressed than at baseline ($\chi^2 = 8.83$, $p = 0.003$ and $\chi^2 = 4.32$, $p = 0.038$, respectively).

CONSIDERATIONS

- At the 6-month and 12-month follow-ups, average viral loads among intervention participants were lower when compared to baseline (z score = -2.09, p = 0.037 and z = -2.62, p = 0.009, respectively).
- Significantly fewer participants attended their 12-month medical appointment (n = 70) when compared to their 6-month appointment (n = 87, p = 0.000).

ADVERSE EVENTS

The author did not report adverse events.

FUNDING

- Health Resources and Services Administration (grant H79HA28897)

PRIMARY STUDY

Gerke, D. R., Glotfelty, J., Slovacek, S., Freshman, M., Schlueter, J., & Plax, K. (2023). [More than just reminders: Using text messaging to improve HIV care outcomes among youth and young adults living with HIV](#). *AIDS and Behavior*, 27(9), 2988–2996. doi.org/10.1007/s10461-023-04022-2

PLEASE CONTACT STUDY AUTHOR FOR TRAINING AND INTERVENTION MATERIALS.

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