

# Updates on IMPAACT 2016:

A Group-Based Intervention to Improve Mental Health and ART Adherence Among Youth Living with HIV in Low Resource Settings

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**IMPAACT**

International Maternal Pediatric Adolescent  
AIDS Clinical Trials Network

**ANNUAL MEETING**

2023

# Scientific Question

- ▶ Can a group-based, peer-led mental health intervention improve mental health outcomes for youth living with HIV?
  - ▶ **Population:** Youth 15-19 years of age with mental distress
  - ▶ **Primary Outcome:** Change in mental distress
  - ▶ **Secondary Outcome:** Change in objective measures of ART adherence and HIV RNA



# Why is IMPAACT 2016 important?

- ▶ Adolescents living with HIV
  - ▶ key population
  - ▶ high risk of virologic failure
- ▶ Mental health challenges
  - ▶ ~50% present by 14 years-old
  - ▶ 75% present by 24 years-old
  - ▶ overlooked and unaddressed
- ▶ Improving mental health → ↑ ART adherence → better viral outcomes



The NEW ENGLAND JOURNAL of MEDICINE

Perspective  
AUGUST 17, 2023

Prioritizing Mental Health in the HIV/AIDS Response in Africa

Catherine Godfrey, M.D., and John Nkengasong, Ph.D.

# Study Location

- Four countries
  - Malawi
  - Zimbabwe
  - Botswana
  - South Africa
- Eight Sites
- Five Languages



# Intervention Content

- ▶ Mental health literacy
- ▶ Trauma-informed
- ▶ Cognitive Behavioral Therapy
  - ◆ Thoughts → Feelings → Behavior
  - ◆ Change unhelpful/unhealthy T-F-B to helpful/healthy T-F-B
- ▶ Coping with stress
- ▶ Relaxation techniques
- ▶ HIV education
- ▶ Adherence strategies
- ▶ Gender-based violence and gender roles
- ▶ Safe sex practices

- ▶ 6 sessions
- ▶ 120 minutes
- ▶ Group-based
- ▶ Peer-led
- ▶ 2 caregiver sessions

# Study Progress

IMPAACT 2016 Protocol V2

Manual of Procedures V2

Adaptation Guidance Manual update V2

Botswana

✓ IYL training

✓ Regional training

✓ Site Activation

Malawi

✓ IYL training

✓ Regional training

**Site Activation**

South Africa

✓ IYL refresher training

✓ Regional training

**Site Activation**

Zimbabwe

✓ IYL training

✓ Regional training

✓ Site Activation

## Study Training for IMPAACT 2016 Underway

MAY 2023

ANNOUNCEMENTS

SHARE 

Training for **IMPAACT 2016** – a group-based intervention study among Youth Living with HIV in low-resource settings is underway, with the trauma-informed cognitive behavioral therapy (TI-CBT) training of indigenous youth leaders completed at the clinical research sites in Botswana (Gaborone and Molepolole) and South Africa (PHRU, Soweto).

Mary Fabri, PsyD and Geri Donenberg, PhD, led the training in Botswana and South Africa. The TI-CBT intervention is a six-session intervention to be delivered over eight weeks. IMPAACT 2016 is a multi-site, two-arm, randomized, controlled study to evaluate if an Indigenous Leader Outreach Model (ILOM) of TI-CBT intervention demonstrates improved mental health outcomes for Youth living with HIV compared to a discussion control.



*Members of the IMPAACT 2016 team pose for a photo with Youth Leaders in Botswana.*

# Potential Global Impact

- ▶ Improved mental health for adolescents living with HIV
- ▶ Increased ART adherence and better viral outcomes
  - ▶ Reduced transmission to others
  - ▶ Prevention of mother-to-child transmission as adolescents become mothers
  - ▶ Increased health and productivity for the community
- ▶ Scalability (4 countries, 8 sites)
- ▶ Capacity development



# Acknowledgments

**THANK YOU** to the....

**Teams in Botswana, Malawi, South Africa, Zimbabwe**

**Youth, caregivers, and community**

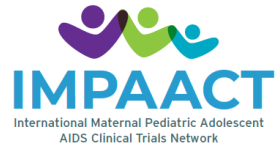
**Protocol Clinical Research Managers**

**Pim Bowers, Susannah Allison, Sonia Lee, Ellen Townley**

**IMPAACT Network leadership**

**We sincerely thank you**

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# Questions?



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