

# PrEP Choice: Supporting Shared Decision Making for HIV Pre-Exposure Prophylaxis

Kathrine Meyers, DrPH, MS, MPP, Nadia Nguyen, PhD, Benjamin Lane, MPH, Harrison Fillmore, MSc

What decision making processes govern pre-exposure prophylaxis decision-making for patients? How do patients make the decision to start, stop, and pause PrEP? How do they decide between modalities?

## BACKGROUND

With approval of long-acting injectable (LAI) PrEP and the increased acceptability of event-driven (ED) PrEP, decision-making around PrEP initiation, switching, and persistent use has become more complex. While studies of modality preference have often focused on evaluating factors such as cost, efficacy, and logistics, a dual process model suggests that both intuitive (System 1) and deliberative (System 2) processes play a role in such decision-making. Understanding how potential and current PrEP users make decisions is essential to build clinician capacity to support their patients to choose an HIV prevention method that works for them.

## DESCRIPTION OF ORGANIZATION

The Meyers Lab is focused on more effectively bridging the gap between the development of optimal therapeutic, prophylactic, and diagnostic approaches for infectious diseases (eg HIV, viral hepatitis, coronaviruses) and their practical implementation. Using mixed-method approaches, our goal is to ensure that emergent clinical and public health interventions are available to practitioners and to potential beneficiaries, to prepare for the rapid and sustained adoption of new biomedical interventions and to maximize health benefits at the population level. To that end, our lab collaborates with clinical sites, community-based organizations and government organizations to implement NIH-funded studies internationally and domestically.

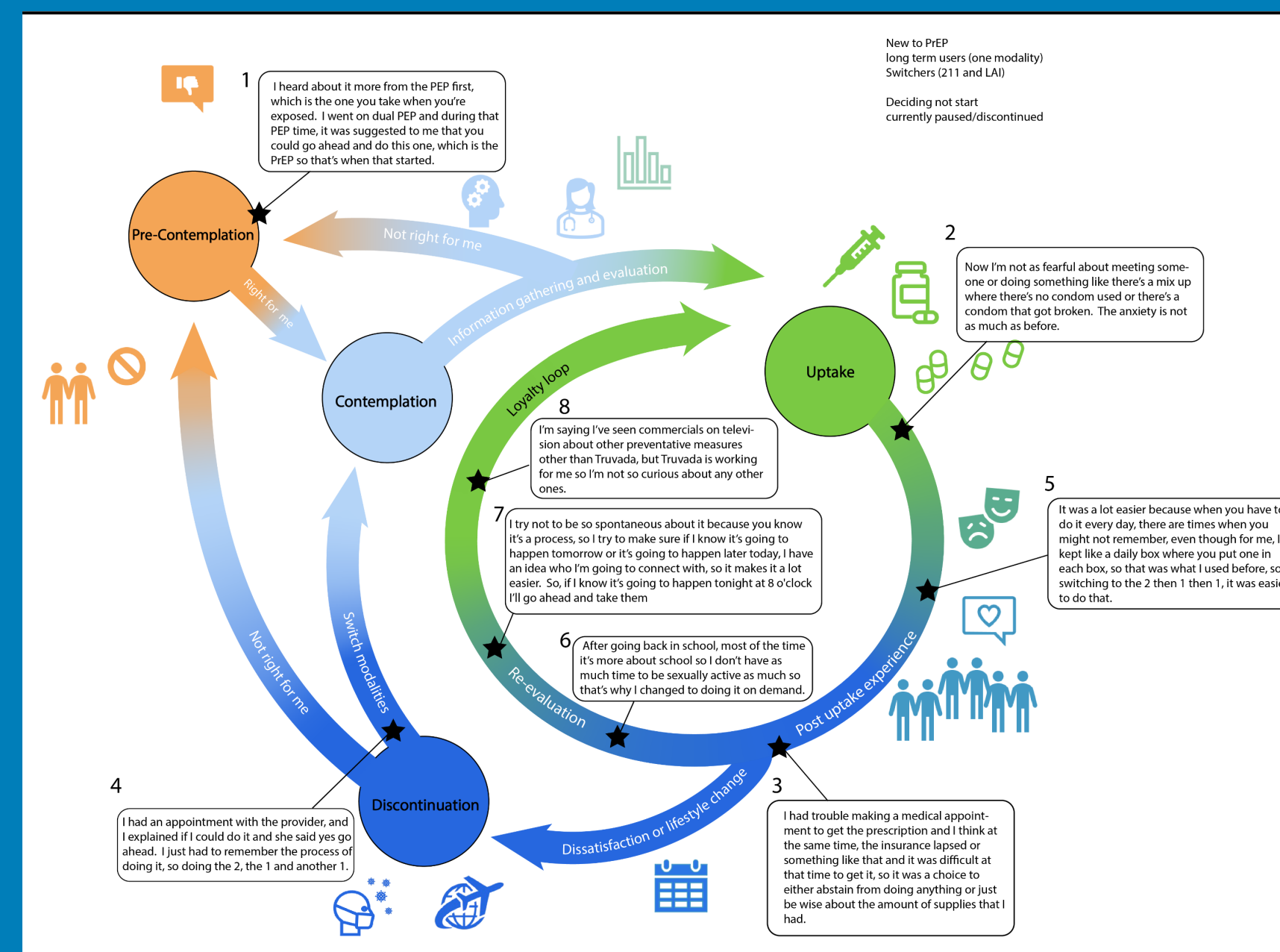
## SYSTEM 1 AND SYSTEM 2

### system 1

heuristic  
associative  
holistic  
automatic  
unconscious  
intuitive  
affective  
gist

### system 2

analytic  
rule-based  
systematic  
controlled  
conscious  
logical  
planful  
facts



## METHODS

We conducted 60-minute semi-structured interviews with 25 men seeking sexual healthcare at NYP's Comprehensive HIV Program between August 2021 and May 2022. Transcribed interviews were analyzed in Dedoose using thematic analysis to identify System 1 and System 2 thought processes that influence PrEP decision-making.

This research found evidence of both System 1 and System 2 thought processes that influenced decision-making in HIV pre-exposure prophylaxis; it begins to characterize both the emotional and rational responses that patients may have to different PrEP modalities.

## DISCUSSION

Eliciting, responding to, and leveraging System 1 factors has implications for health messaging, building provider capacity to discuss different PrEP modalities, and designing patient-facing tools to support decision-making.

## REFERENCES

- Bauermeister, J. A., et al. (2020). "PrEP Product Acceptability and Dual Process Decision-Making Among Men Who Have Sex with Men." *Curr HIV/AIDS Rep* 17(3): 161-170.
- Meyers, K., et al. (2021). "Salient Constructs for the Development of Shared Decision-Making Tools for HIV Pre-Exposure Prophylaxis Uptake and Regimen Choice: Behaviors, Behavioral Skills, and Beliefs." *AIDS Patient Care STDS* 35(6): 195-203.