

Preventing HIV in Sub-Saharan Africa

1.7 m

New HIV infections in 2018

47%

of new HIV infections were in east and southern Africa

20%

of infections were among young women aged 15 to 24



What End-Users Think About HIV Prevention Products and Multipurpose Prevention Technologies (MPT)

Engaging and empowering women to shape future HIV prevention options is a critical step to achieving high adoption and use of existing and novel HIV prevention tools.

What Is the TRIO Study?

The Tablets, Ring, Injections as Options study, or TRIO, was conducted with young women aged 18 to 30 in Kisumu, Kenya and Soshanguve, South Africa between 2015 and 2017. The study examined young women's perspectives on future MPT in a clinical study of three placebo MPT products. This allowed researchers to focus on attributes of each delivery form outside of drug-related side effects or varying (or unknown) efficacy that might influence acceptability. TRIO identified anticipated enablers and barriers to adoption and use of future MPT, explored preferred product characteristics, and solicited novel product design recommendations.

TRIO was a multiphase study that drew on multiple, complementary research approaches

CROSSOVER CLINICAL STUDY

A crossover clinical study in which women tried each placebo product in a randomly assigned order and then chose their preferred one to use.

PREFERENCE SURVEY

Women then indicated their product preferences and considered trade-offs among options via an experimental preference survey.

QUALITATIVE COMPONENT

Women, male partners, and health providers discussed their opinions and experiences with the products via in-depth interviews and focus group discussions.

The TRIO study showed that **product choice and engaging women** are critical to inform next-generation HIV prevention.

Women emphasized that **multiple options are needed** to address distinct circumstances, relationships, and life stages.

Nearly all **women preferred a TRIO product over male condoms**, an effective HIV prevention method, and an existing MPT.

Using these methods, the study evaluated three MPT, or "2-in-1" products for combined HIV and pregnancy prevention—daily oral tablets, a monthly vaginal ring, and monthly dual injections—and assessed product preferences, choice, and use.

TRIO

What Did We Learn from TRIO?



Women expressed an overall desire for a choice among a diversity of products.

Participants emphasized that a diversity of products for women with different circumstances, relationships and life stages, and in varied geographic settings would likely lead to better coverage and use.

Women preferred longer-acting products and favored more familiar product forms.

Injections were the most common choice, but more than 1 in 3 women preferred another MPT product (rings or tablets). South African women expressed a greater preference for injections than Kenyan women.

Women stressed the need for options with a low burden on their daily lives.

Prevention products offering more privacy and less frequent dosing allowed women to feel “worry free.” Women underscored their interest in products that offer the security of continuous protection and do not interfere with their normal daily activities and routine.

Experience with a product was important to informing opinions.



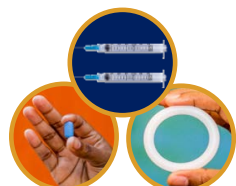
Women appreciated taking an active role in choosing future prevention tools that align with their needs, felt empowered by this, and cited this as a critical reproductive health delivery consideration. Satisfaction ratings increased for all products after women gained experience with each delivery form. The increase was greatest for the least familiar product: the vaginal ring.

Engaging women as codesigners resonated with them

Engaging study participants as codesigners facilitated their sharing their honest opinions about the products and the perceived disadvantages and barriers to use.

What Does TRIO Mean for HIV Prevention?

Offering women a choice of product options provides the best opportunity for adoption of HIV prevention.



Using multiple research methods helped **reveal the varied dimensions of acceptability, preference, and choice** in the context of diverse biomedical MPT prevention delivery forms and deepened understanding of preferences.

Uncovering important insights about 2-in-1 prevention products will help inform enhanced HIV prevention product design, development, and future implementation.

We are not the same. Some they will like the ring. Some they will like the tablet ... People are not the same.

South African participant, age 26

If you give tablets to the woman selling vegetables at the market, she will leave in the morning without taking the tablets, and she will come back late in the night so tired, she will just sleep ... At least if she gets the injection, it will be good even if she forgets, she will just be okay ... provided she remembers the return date for the injection.

Kenyan participant, age 26

To Learn More

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Additional Resources

rti.org/womens-global-health-imperative

Minnis et al. Young women's stated preferences for biomedical HIV prevention: Results of a discrete choice experiment in Kenya and South Africa. *J Acquir Immune Defic Syndr*. 2019;80(4):394-403. doi:10.1097/QAI.0000000000001945

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