Alcohol, Drug Use and Non-Adherence to HAART
The Challenges in HIV/AIDS Treatment (CHAT) Study

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OBJECTIVES

- Alcohol and drug use are associated with poor adherence to HAART
- Adherence interventions must be flexible to work with substance users at various levels of use—from those who wish to stop to those who do not.

METHODS

- Randomized Controlled Trial (2-arm)
- Telephone screening for eligibility
- Baseline assessment
- Interviewer and self-administered questionnaires
- Blood specimens—Viral Load & CD4
- Randomization

MEASURES

Dependent variable

- Self-report HIV medication adherence past four days

Independent variables

- Demographic characteristics
- Alcohol and recreational drug use in the past 6 months
- Type of drug use (past 6 months)
- Concern about alcohol use
- Concern about drug use
- Ever been concerned
- Still concerned

Inclusion Criteria

- Currently receiving care for HIV and taking HAART
- Age 18 years or older
- Use of alcohol and/or recreational drug use in the past 3 months
- Able to understand and speak English
- Shared accommodation of 4 or more individuals

RESULTS (Preliminary data of the first 100 participants)

- Age/Gender/Sexual Orientation
- Median age 45 years
- Male 63%
- Self-identified gay/bi-sexual 74%
- African-American 26%
- Caucasian 44%
- More than 50 copies/ml

- Habitation
- Less than $10,000 38%
- $10,000 - $19,999 42%
- $20,000 + 20%

- Education
- Less than high school 10%
- High school graduate 31%
- Some college 32%
- College graduate 17%

- Age
- Age <=39 55%
- Ethnicity (white vs. non-white) 46%
- Age/Gender/Sexual Orientation 43%
- Income (<$19,000) 72%
- Self-identified gay/bi-sexual 74%

- Employment
- Full-time employed 38%
- Part-time employed 31%
- Unemployed 21%

- Medical History
- Cardiovascular disease 19%
- Diabetes 16%
- Chronic lung disease 15%

- Adherence to HAART
- Individual adherence to HAART 72%
- Group adherence to HAART 84%

- Levels of Adherence to HAART

- Past 4 days
- % of participants taking at least 90% of their medications
- % of participants taking at least 95% of their medications

- Past 4 months
- % of participants taking at least 90% of their medications

- Drug use
- Any drug use (yes/no)
- Number of drugs
- Type of drug use (past 4 months)

- Type of drug use (past 6 months)
- Type of drug use (past 12 months)

- Concern about drug use
- Use drug in past 6 months
- Concern about drug use
- Ever been concerned
- Still concerned

- Problem solving related to alcohol and drug use
- Interpersonal problems scale
- Generalized anxiety scale

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