

“There’s an app for that”

A novel tool to help community correction populations learn strategies to decrease HIV risk behaviors after release



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Background:

Computer apps for treatment settings

- **Computerized interventions have demonstrated promising findings**
 - ✓ Substance abuse treatment
 - ✓ HIV and public health education
- **Similar or more efficacious results**
 - ✓ Adding a browser-driven HIV intervention to traditional counselor-led treatment session enhanced outcomes compared to traditional alone for youth with SUD
 - ✓ Promising CDC pilot of comic book-based app about HIV “There is something I need to tell you.” Public debut planned for late 2014
 - ✓ Motivational Interviewing app for re-entry



Challenge: Adapt WORKIT for STAYSAFE

FROM “in-person” mapping with a counselor (individually or in group)
TO self-administered computer tablet app

THEORETICAL CONSIDERATIONS	RELEVANCE FOR TABLET APP DEVELOPMENT
Dual Coding	<ul style="list-style-type: none">• Use words and pictures• Make connections - visual and audio
Cognitive Load	<ul style="list-style-type: none">• Maximize visibility of text and graphics• Contiguity of words near graphics• “Brain-friendly” content structure
Active Processing	<ul style="list-style-type: none">• SOI – selecting, organizing, integrating• Personalize materials – “this program is about...” vs. “You are about to start ...”



STAYSAFE app development (cont.)

Mapping adaptations

Story boards - present a visual of WORKIT elements

Overlays - plan individual elements in layers

- audio voiceover
- video script
- problem themes

Similar structure - 8 sessions use a standard templates

Menu of problems (HIV/SUD risk themes)

Guided WORKIT process for each problem
(different video, text, & audio)



STAYSAFE app development (cont.)



Menu-driven

- People (practicing safe sex, getting tested)
- Places (friends want to meet at a bar but being around alcohol is a trigger for you)
- Things (too many things to do and this causes you stress. Stress puts you at risk for relapse)

Format of each Session

- Pick a problem
- Watch video - verbalized by someone else
- Choose best option of someone else's choices
- Use WORKIT yourself
- Recap ("speed round" game-like format)



Summary

Simple - adapts mapping EBP for tech-driven use

Engaging - vicarious learning (watch someone else solve a problem and then weigh in on their choice)

- virtual learning (imagine the steps you'd take to solve a your problem)
- game-like elements
- menu of relevant personal problems

Reinforcement - practice the WORKIT process 8x

Sustainable - developed after gathering input from clinical and community corrections

