

Title: Feasibility, acceptability and evidence of efficacy of a one-time motivational interviewing (MI) in Improving treatment adherence

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Abstract

Youth in the United States with HIV are at an increased risk of non-adherence to medications and non-disclosure of their diagnosis to sexual partners. **Purpose:** This pilot project aimed to determine the feasibility, acceptability and evidence of efficacy of a one-time motivational interviewing (MI) session with feedback for youth living with HIV (YLH). **Methods:** Participants (N=18), ages 13 to 24 years were recruited from an urban clinic to receive a one-time session of MI with feedback from a nurse practitioner. Each participant answered several computerized questionnaires before and after the session related to adherence, disclosure, and acceptability of the intervention. **Results:** MI with feedback was a feasible and acceptable tool for this sample of HIV infected youth. **Conclusion:** Further research is warranted to study the efficacy of MI with feedback. Specifically, there is a need for qualitative research to explore the issues of HIV disclosure and adherence to medications in HIV infected youth.