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LifeWindows

- LifeWindows is a personalized, interactive, and engaging stand-alone software program designed to help PLWHA achieve and maintain adequate ART adherence.

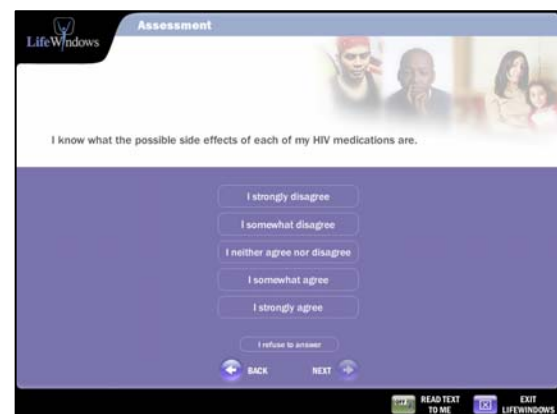
User Environment

- “Marcus,” the on-screen video host of LifeWindows, welcomes users to the program, guides them through it, and provides personalized feedback along the way.
- The LifeWindows program adapts to the needs of the user and tracks each user’s adherence and barriers to adherence over time.
- LifeWindows provides users with a highly informative, involving, and interactive experience.



Assessment

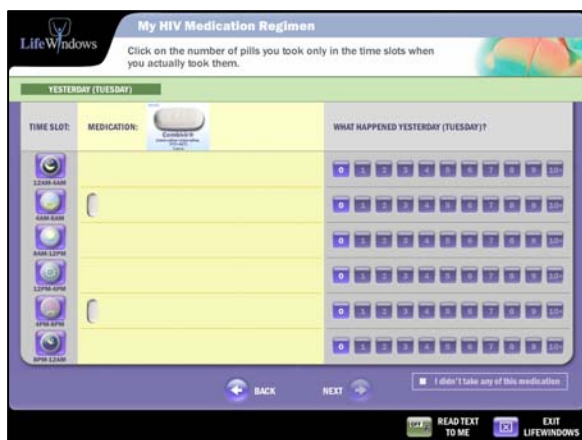
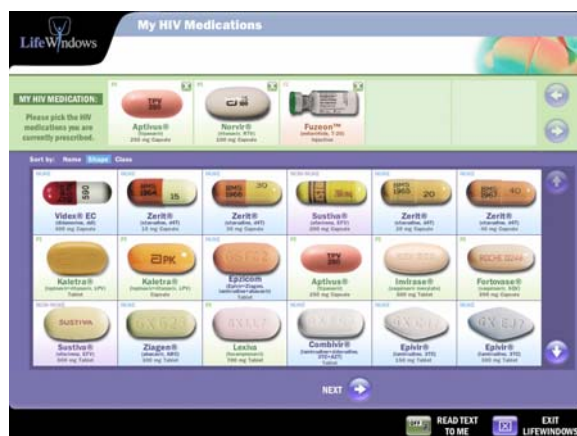
- Users are asked to complete a series of questions that assess:
 - Demographics
 - Self-reported physical and mental health
 - Information, Motivation, and Behavioral skills Barriers to ART adherence
 - Self-reported ART regimen
 - Self-reported ART adherence



ART Regimen Selector

- Users are presented with an on-screen visual display depicting all currently available ART medications and are asked to select the medications that they are currently prescribed.
- Users can sort the medications by name, shape and color, or class of medication.

After selecting their medications, users are asked to indicate the details of their regimen, including when medications are supposed to be taken and how many doses of each medication they are supposed to take.



Adherence Assessment

- ART Adherence is assessed over a 3-day and 3-4 week period.
- 3-day adherence is assessed using a modified version of Chesney et al.'s (2000) AACTG measure. The modified measure differs from the original in that users are asked to report the amount of each dose taken, rather than the number of doses missed (see screenshot to the left).
- Adherence over the past 3-4 weeks is assessed using a computer-based version of Walsh et al.'s (2002) visual analog scale (VAS). On a series of scales with values ranging from 0% to 100%, users are asked to indicate how much of each HIV medication they have taken over the last 3-4 weeks

The LifeWindows Program: Interventions

- Based on their self-reported barriers to ART adherence, users are provided with a tailored list of adherence-promoting strategies and are asked to select a strategy to work on during their LifeWindows session.
- Users are then presented with a list of adherence-promoting interventions and are asked to select the one that would help them most with taking their ART medications.
- In total, LifeWindows contains 20 different theory-based interventions that address a variety of unique adherence-related barriers.

Current Status of LifeWindows and Interim Conclusions

- The efficacy of using LifeWindows to increase ART adherence is currently being assessed through a randomized controlled trial at five HIV care centers in Connecticut. Final outcome data will be available 2007-2008.
- By assessing PLWHA's specific ART adherence-related IMB deficits, and by providing users with tailored computer-based interventions, it is anticipated that LifeWindows will be effective at increasing and maintaining ART adherence in an efficient and cost-effective manner.

References

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- Fisher, J. D., Fisher, W. A., Amico, K. R., & Harman, J. J. (in press). An information-motivation-behavioral skills model of adherence to antiretroviral therapy. *Health Psychology*.
- Walsh JC, Mandalia S, & Gazzard BG. Responses to a 1 month self-report on adherence to antiretroviral therapy are consistent with electronic data and virological treatment outcome. *AIDS*. 2002; 16: 269-277.

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