

Mobile Messaging Intervention to Present New HIV Prevention Options for Men who have Sex with Men: Randomized Controlled Trial

7. Written Messages

| Index of Written Messages for M-CUBED | | |
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| ID# | Construct | Message Text |
| <u>ART-1</u> | Information (Fact) | Did you know...when people take their HIV medication every day, they have a much lower chance of passing the virus to sexual partners. |
| <u>ART-2</u> | Perceived Relevance | People who treat their HIV early and take their medications every day can live a near normal lifespan. Get tested, get treated, and get the most out of life. |
| <u>ART-3</u> | Norms | It's normal to face challenges with taking HIV medicine. Some people forget and others may have side effects, but it works best if you never miss a dose. |
| <u>ART-4</u> | Barriers | Taking HIV medicine every day can be hard. Getting support from trusted friends, family, a spouse or partner makes it easier to take every dose, every day. |
| <u>ART-5</u> | Self-Efficacy | Taking your HIV medications as prescribed can be challenging. Put yourself in control by setting a regular schedule, and ask your provider for help, if needed. |
| <u>ART-6</u> | | Sometimes we forget to take our medication. You can set reminders in {app}! |
| <u>Con-1</u> | Information (Fact) | Condoms reduce the risk of getting sexually-transmitted diseases like HIV, Chlamydia, Gonorrhea, syphilis, and herpes, when used correctly and consistently. |
| <u>Con-2</u> | Perceived Relevance | Did you know that water-based or silicone-based lubricants can make sex more enjoyable and safer by reducing the risk of condom breakage and slippage? |
| <u>Con-3</u> | Norms | Having an active and healthy sex life includes consistent and correct condom use. Latex condoms are very successful at preventing the sexual passing of HIV. |
| <u>Con-4</u> | Barriers | Don't wait for a situation where you don't have a condom! Find out where you can pick some up: [link; e.g., http://www.condomfinder.org/find.php]. |
| <u>Con-5</u> | Self-Efficacy | One way to protect yourself and your partner is by always using condoms and lubricant. Taking this simple step can reduce your risk of getting or passing HIV. |
| <u>Con-6</u> | | Getting ready to go out? Make sure you have condoms. |
| <u>Eng-1</u> | Information (Fact) | Syphilis, chlamydia and gonorrhea are treatable with antibiotics. Hepatitis, herpes, HPV and HIV are not curable, but the symptoms can be treated. |
| <u>Eng-2</u> | Perceived Relevance | Making regular appointments with your healthcare provider to talk about HIV, STIs or any other concern is important so you can stay healthy! Make one today. |
| <u>Eng-3</u> | Norms | Many people take medication for health reasons. Whether you are living with HIV or not, it's important to see your doctor and take medications as prescribed. |
| <u>Eng-4</u> | Barriers | Staying on top of your health can get expensive! Find out here [link; e.g., www.healthcare.gov] how to get insurance so you can see your provider regularly. |
| <u>Eng-5</u> | Self-Efficacy | You can make time to see your healthcare provider - it's an important investment toward your future! |

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| <u>HIV-1</u> | Information (Fact) | Testing is for everyone. Sexually-active men should test for HIV at least once a year. Men living with HIV should check their viral load at least twice a year. |
| <u>HIV-2</u> | Perceived Relevance | HIV is still a priority for our community. Know your status - get tested! |
| <u>HIV-3</u> | Norms | Most men talk about HIV with their partners. Make getting tested for HIV part of your routine, and talk to your partners about also getting tested. |
| <u>HIV-4</u> | Barriers | There are more ways than ever to get tested for HIV: at home, with your partner, or at a community center. What test is right for you or your partners? |
| <u>HIV-5</u> | Self-Efficacy | Know your HIV status to take care of yourself and your partners. Make an appointment to test soon and encourage your partners to do the same. |
| <u>HIV-6</u> | Barriers | Rapid HIV tests can give you results within a minute and new tests can detect HIV within just days after infection. What test is right for you or your partners? |
| <u>HIV-7</u> | | Research shows that people can live a near normal lifespan with HIV with early treatment. Getting an HIV test is the only way to know your HIV status. |
| <u>HIV-8</u> | | Your phone tells you where to find the nearest coffee shop! It can also help you or your partners find the right place to get an HIV test. Check {APP feature} |
| <u>PrE-1</u> | Information (Fact) | Pre-exposure prophylaxis or “PrEP” is a pill taken once daily to help prevent HIV infection in HIV-negative people. |
| <u>PrE-2</u> | Perceived Relevance | PrEP is prescribed by a health care provider for HIV-negative men at high risk for HIV infection and who agree to take the pill once daily as required. |
| <u>PrE-3</u> | Norms | Increasingly guys are asking their providers if PrEP is right for them and their partners. Ask your doctor if PrEP is right for you. |
| <u>PrE-4</u> | Barriers | Worried you can't afford PrEP? Many insurance plans and medication assistance programs cover some or all of the cost. |
| <u>PrE-5</u> | Self-Efficacy | If you are worried about HIV, there are ways to protect yourself and your partner. HIV-negative men who have sex with men should ask their doctors about PrEP. |
| <u>PrE-6</u> | | Using PrEP consistently can offer you and your partners peace of mind when you have sex. Ask your provider if it's right for you. |
| <u>PrE-7</u> | | Condoms and PrEP offer a lot of protection. Using them together increases their success in preventing HIV and STI infections. |
| <u>STI-1</u> | Information (Fact) | Sexually active gay, bisexual, and other men who have sex with men should get tested for syphilis, chlamydia, gonorrhea, and hepatitis at least once a year. |
| <u>STI-2</u> | Perceived Relevance | Getting tested for STIs is an important part of taking care of your body. Some STIs have no visible signs or symptoms. Only routine testing can tell for sure. |
| <u>STI-3</u> | Norms | Healthy sexual relationships include routine HIV/STI testing. Being open with your partner about HIV/STIs can help make sex more exciting and fun. |
| <u>STI-4</u> | Barriers | Many testing locations offer STI testing for free or at reduced cost for those in need. Visit gettested.cdc.gov to find STI testing locations near you |
| <u>STI-5</u> | Self-Efficacy | Even though STI testing may feel scary, knowing your status puts you in charge of your sexual health. Talk to your provider about getting tested for |

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| | | STIs. |
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