

## **Differences in PrEP Use and Engagement Across Gender Subgroups Within a National Sample of Transgender and Nonbinary Young Adults**

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# Background

- Transgender individuals demonstrate significantly greater risk of HIV, compared to their cisgender counterparts
- Of the transgender people with newly diagnosed HIV infection during 2009-2014:
  - 84% were transgender women
  - 15% were transgender men
  - 0.7% were nonbinary individuals
- Need more research stratified by gender identity

Clark et al. (2017). Diagnosed HIV infection in transgender adults and adolescents: results from the National HIV Surveillance System, 2009-2014. *AIDS and Behavior*, 21(9), 227-2783.

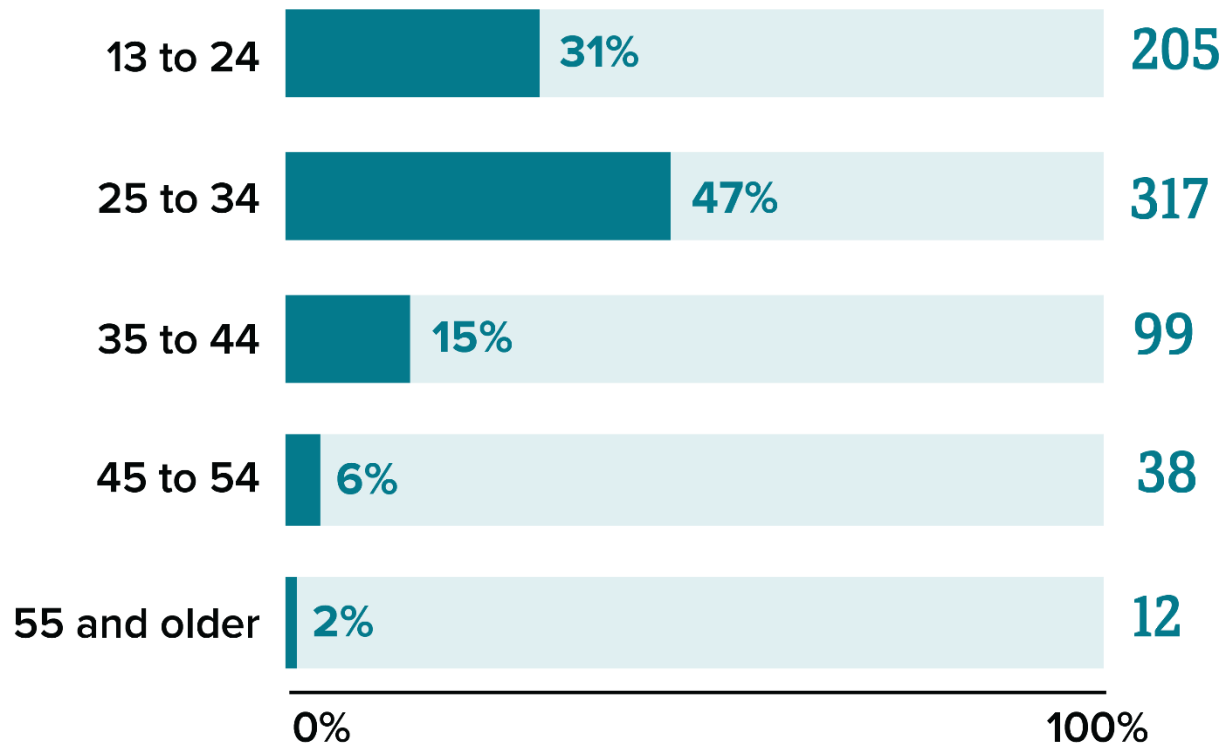
Shover et al. (2018). Using sexual orientation and gender identity to monitor disparities in HIV, sexually transmitted infections, and viral hepatitis. *American Journal of Public Health*, 108, S277-S283.

Centers for Disease Control and Prevention. *Fast Facts: HIV and Transgender People*. <https://www.cdc.gov/hiv/data-research/facts-stats/transgender-people.html>

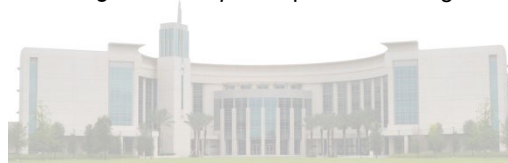


# Background

Among transgender people, most new HIV diagnoses were among people age 25 to 34.



Centers for Disease Control and Prevention. *Fast Facts: HIV and Transgender People*. <https://www.cdc.gov/hiv/data-research/facts-stats/transgender-people.html>



# Background

- Research on PrEP often combines transgender and nonbinary individuals with cisgender men who have sex with men or focuses exclusively on transgender women
  - 3% of sexually active transgender people currently take PrEP (trans women: 3.2%, trans men: 2.3%)
- Lack of research examining differences across gender groups, especially among emerging adults

Sevelius et al. (2020). HIV testing and PrEP use in a national probability sample of sexually active transgender people in the United States. *Journal of Acquired Immune Deficiency Syndromes*, 84(5), 437-442.



# Current Research Aim

- To examine factors associated with PrEP use and engagement across gender subgroups among a national sample of transgender and nonbinary emerging adults.



# Study Design and Eligibility Criteria

- National (U.S.) cross-sectional survey (2023-2024)
- Inclusion criteria:
  - 1) a gender identity that does not match one's sex assigned at birth;
  - 2) age 18 to 26;
  - 3) currently living in the U.S.;
  - 4) sufficiently fluent in English to complete the survey in English; and
  - 5) have Internet access and provide a telephone or mobile number.

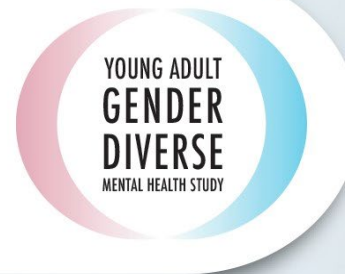


# Recruitment

- Paid social media advertisements on Facebook, Instagram, and Twitter (X)

# Screening

- Qualtrics eligibility screener
- Telephone eligibility reconfirmation call to prevent fraud



## We're looking for participants!

Make a difference and improve your community's well-being by sharing your perspectives in a study to better understand protective factors that might prevent suicide among transgender and gender non-binary young adults.

Your participation would involve completing one 45-minute online survey for a \$40 gift card.

[Click below to learn more and see if you are eligible.](#)





# Data Collection and Measures

- Lifetime PrEP use: Have you ever used PrEP?
- Recent PrEP use: Have you taken any PrEP medication in the past 3 months?
- PrEP prescription: Do you currently have a PrEP prescription?
- PrEP discussion with healthcare professional: Have you ever discussed PrEP with a healthcare provider?
- PrEP use intentions: Have you ever seriously considered going on PrEP?





# Data Collection and Measures

- Number of AMAB partners: Sum of items assessing past 30-day number of sexual partners who were transgender women, cisgender men, and/or AMAB nonbinary individuals
- Anticipated discrimination: If I am open about my gender identity/expression, I could be denied good medical care. (from the Gender Minority Stress and Resilience Measure)
- Lack of receipt of needed healthcare: At any time in the last 30 days, did you need an appointment with a doctor, nurse, or other physical health professional, but did not get it for any reason?



# Participants (N = 560)

- Gender identity:
  - n = 107, 19.1% transgender women
  - n = 257, 28.1% transgender men
  - n = 69, 12.3% AMAB nonbinary individuals
  - n = 226, 40.4% AFAB nonbinary individuals
- Age: 18 to 26 years ( $M = 22.37$  years)
- Race/Ethnicity: 14.6% Hispanic/Latinx/e, 10.4% Black, 8.2% Asian, 62.9% White, 3.4% Another race
- U.S. states represented: n = 48



# Data Analytic Plan

- Descriptive statistics regarding PrEP use and engagement
- Multivariate logistic regression analyses examining factors associated with PrEP outcomes
- Nonparametric analyses examining number of AMAB sexual partners across gender groups



# Results: Descriptive Statistics

Measure	%
Ever used PrEP	8.6%
Recently used PrEP (past 3 months)	4.5%
Has a PrEP prescription	4.1%
Discussed PrEP with a healthcare professional	13.0%
Seriously considered using PrEP	20.0%



# Results: Regression Analysis - Ever Used PrEP

Variable	OR (95% CI)
Gender	
<i>Transgender women (reference group)</i>	
Transgender men	1.70 (0.70, 4.12)
<b>AMAB nonbinary individuals</b>	<b>2.58 (1.02, 6.53)</b>
<b>AFAB nonbinary individuals</b>	<b>0.32 (0.11, 0.95)</b>
Age	0.07 (0.94, 1.23)
Race/Ethnicity	0.72 (0.37, 1.40)
<b>Number of AMAB sexual partners</b>	<b>1.49 (1.20, 1.84)</b>
Lack of receipt of needed healthcare	1.24 (0.60, 2.56)
Anticipated discrimination in healthcare	0.87 (0.67, 1.13)



# Results: Regression Analysis - Recently Used PrEP (past 3 months)

Variable	OR (95% CI)
Gender	
<i>Transgender women (reference group)</i>	
Transgender men	1.59 (0.47, 5.35)
<b>AMAB nonbinary individuals</b>	<b>3.78 (1.18, 12.15)</b>
AFAB nonbinary individuals	0.00 (0.00, 0.00)
Age	1.16 (0.95, 1.42)
Race/Ethnicity	0.58 (0.23, 1.49)
<b>Number of AMAB sexual partners</b>	<b>1.72 (1.32, 2.24)</b>
Lack of receipt of needed healthcare	1.45 (0.50, 4.19)
Anticipated discrimination in healthcare	0.74 (0.51, 1.06)



# Results: Regression Analysis - PrEP Prescription

Variable	OR (95% CI)
Gender	
<i>Transgender women (reference group)</i>	
Transgender men	0.55 (0.15, 1.97)
AMAB nonbinary individuals	2.87 (0.96, 8.54)
<b>AFAB nonbinary individuals</b>	<b>0.70 (0.01, 0.61)</b>
Age	1.15 (0.94, 1.42)
Race/Ethnicity	0.55 (0.21, 1.46)
<b>Number of AMAB sexual partners</b>	<b>1.55 (1.19, 2.02)</b>
Lack of receipt of needed healthcare	1.82 (0.63, 5.23)
Anticipated discrimination in healthcare	0.81 (0.56, 1.16)





# Results: Regression Analysis - Discussed PrEP

Variable	OR (95% CI)
Gender	
<i>Transgender women (reference group)</i>	
Transgender men	0.90 (0.45, 1.81)
AMAB nonbinary individuals	1.02 (0.46, 2.27)
<b>AFAB nonbinary individuals</b>	<b>0.37 (0.18, 0.79)</b>
Age	1.08 (0.97, 1.21)
Race/Ethnicity	1.31 (0.78, 2.20)
Number of AMAB sexual partners	1.21 (1.00, 1.48)
Lack of receipt of needed healthcare	1.37 (0.77, 2.43)
Anticipated discrimination in healthcare	0.93 (0.74, 1.15)



# Results: Regression Analysis - Seriously Considered PrEP

Variable	OR (95% CI)
Gender	
<i>Transgender women (reference group)</i>	
Transgender men	1.26 (0.66, 2.43)
<b>AMAB nonbinary individuals</b>	<b>3.25 (1.60, 6.64)</b>
AFAB nonbinary individuals	0.61 (0.31, 1.18)
<b>Age</b>	<b>1.11 (1.01, 1.22)</b>
Race/Ethnicity	1.12 (0.71, 1.75)
<b>Number of AMAB sexual partners</b>	<b>1.25 (1.04, 1.51)</b>
Lack of receipt of needed healthcare	1.18 (0.72, 1.92)
Anticipated discrimination in healthcare	1.20 (0.98, 1.47)



# Results: Nonparametric Test - Number of AMAB Sexual Partners in the Past 12 Months

Gender Identity	5% Trimmed Mean	Minimum	Maximum
Transgender women	0.62	0.00	8.00
Transgender men	0.37	0.00	7.00
AMAB nonbinary	0.51	0.00	6.00
AFAB nonbinary	0.34	0.00	8.00
Notes: Max possible = 18. Kruskal Wallis Test = 7.85, $p < .05$ .			



# Discussion

- Significant differences in PrEP use and engagement by gender identity, even after accounting for number of AMAB sexual partners
- Lack of access to needed healthcare and anticipated discrimination in healthcare settings not associated with PrEP use or engagement, suggesting low use and engagement are due to other factors
- Transgender women reported greatest mean number of AMAB sexual partners, yet max number of partners was similar across gender identity groups



# Discussion

- Need to ensure clinicians engage in discussions about potential need for PrEP and not ignore populations based on their gender identities
- Need to increase PrEP use among young people from high-risk populations, before they start engaging in high-risk behaviors



# Acknowledgements

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# Thank you!



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