

Study Targeting Affect Regulation (STAR)

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Project Description:

The STAR study will develop and pilot test a multi-component intervention to promote affect regulation among HIV+ methamphetamine-using MSM.

In Phase 1a of this study, the intervention will be pilot tested with 10 HIV+ methamphetamine-using MSM to obtain initial feedback that will assist with refining the protocol.

In Phase 1b, we will conduct a pilot randomized controlled trial to examine the feasibility, acceptability and potential clinical utility of this affect regulation intervention with 70 HIV+ methamphetamine-using MSM.

Significance:

In prior research conducted by our team, we observed that enhanced affect regulation (lower HIV-specific traumatic stress and depressive symptoms as well as higher positive affect) was associated with decreased stimulant use and improved HIV disease management. Establishing that this affect regulation intervention is safe, feasible, and potentially efficacious with HIV+ methamphetamine-using MSM represents a crucial first step to inform subsequent clinical research designed to examine whether it can boost the effectiveness of substance abuse treatment.