

Clinical Sciences - Poster Abstracts / Sciences cliniques - Abrégés affiches

Abstract #292

Experiences with Technology among Adults Aging with HIV Engaged in an Online Community-Based Exercise Intervention Study: a Longitudinal Qualitative Descriptive Study and Secondary Data Analysis

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Objectives: Our aim was to describe experiences with technology uptake and usage among adults living with HIV participating in a six-month online community-based exercise (CBE) intervention.

Methods: We conducted a longitudinal qualitative descriptive study using interview data from adults aging with HIV in Toronto, Canada. Participants engaged in a six-month online CBE intervention in partnership with the YMCA, consisting of thrice weekly exercise, supervised biweekly with online personal coaching sessions, weekly group exercise classes, and monthly self-management education sessions (via Zoom®). Technology included Zoom® software and webcam; Sweat for Good YMCA App® and YMCA Virtuagym Website®; and participants wore a wireless physical activity monitor (Fitbit Inspire 2®) throughout. Participants completed interviews at baseline and post-intervention. We conducted a group-based content analysis of interview transcripts, focusing on digital access, setup, usage, and perceptions of technology. Questionnaire data describing digital literacy and access to technology provided additional context to the interview data.

Results: Eleven participants completed at least one interview (six women, five men; median age 52 years). Experiences with technology uptake and usage among adults aging with HIV were characterized by four components: i) preparations for technology; ii) interactions with technology; iii) facilitators and satisfaction with technology; and iv) challenges and frustrations with technology, that interacted with intrinsic contextual factors (prior exposure with technology) and extrinsic contextual factors (COVID-19 pandemic, technological and social support).

Conclusion: Experiences with technology among adults aging with HIV engaging in an online CBE intervention varied from increasing ease of use, to increasingly burdensome over time. Results highlight the need to incorporate personal preferences, and ongoing technological support when implementing online CBE intervention with adults aging with HIV.