To investigate the effect of the mVIP app on the symptom experience of PLWH

Persons living with HIV (PLWH) experiencing more adverse symptoms associated with the disease and its treatment

PLWH’s ability to manage their symptoms is strongly associated with HIV disease progression and adverse clinical profiles

A dearth of mobile health (mHealth) technology interventions focusing on PLWH’s self-management

Little known about the impact of using mobile apps for managing PLWH’s symptom experience

We developed a mHealth app (mVIP), which delivers evidence-based self-care strategies to PLWH based on their symptom reporting

mVIP was associated with improved symptom burden and increased medication adherence in PLWH in a 12-week trial

mHealth apps have the potential to support aspects of patient-reported outcomes

76 participants completed the study.

Significant improvement in the intervention group in 5 Symptoms: Anxiety (p=.001), Depression (p=.001), Neuropathy (p=.002), Fever/Chills/Sweats (p=.037), and Weight Loss/Wasting (p=.020)

Significant improvement in the intervention group in Adherence to Antiretroviral Medications (p=.017) measured via CASE Adherence Index

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