



BUDD: a mobile health intervention for people who participate in chemsex

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Corinne Herrijgers



Chemsex care in 2019

- Very limited designated care
- People who engage in chemsex fall between two stools:
 - Drug support services: little expertise on specific context and substances; limited knowledge and self-efficacy on sexual aspect
 - Sexual healthcare: lack of expertise on addiction and substances

How was care offered in 2019?

Counselling



Online programmes



Development of a mobile phone intervention

- Chemsex users often carry their phone on them
- Possibility for permanent communication

- Offer intervention when needed and required
- And only then!

Just-in-time adaptive interventions

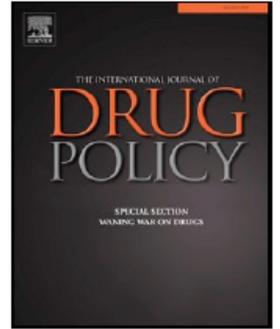


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Commentary

Digital chemsex support and care: The potential of just-in-time adaptive interventions

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Overview



literature study



2019

2022

Overview



literature study

in-depth
interviews



2019

2022

Overview



literature study

in-depth
interviews

development
first version

2019

2022

Overview



literature study



in-depth
interviews



development
first version



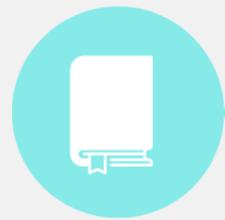
pilot study



2019

2022

Overview



literature study



in-depth
interviews



development
first version



pilot study



effectiveness
study



Overview



literature study



in-depth
interviews



development
first version



pilot study



effectiveness
study

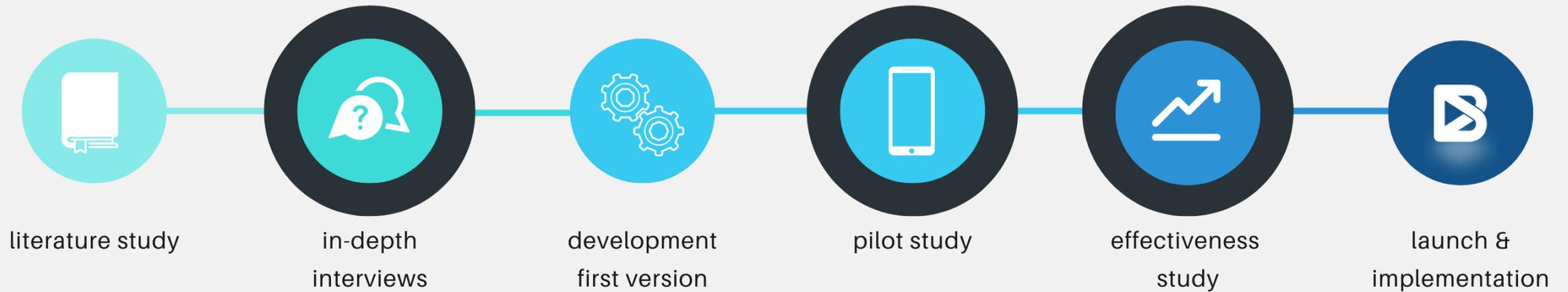


launch &
implementation

2019

2022

Co-creation



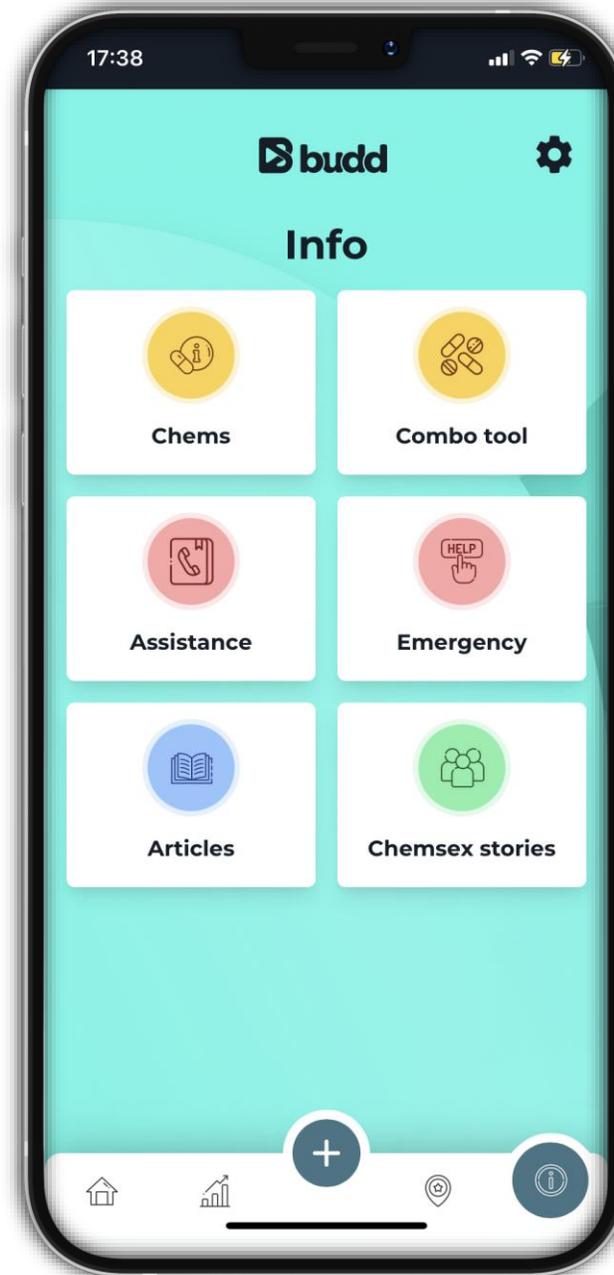
INFORMATION MODULE



INDIVIDUAL SUPPORT



INFORMATION MODULE



Information module

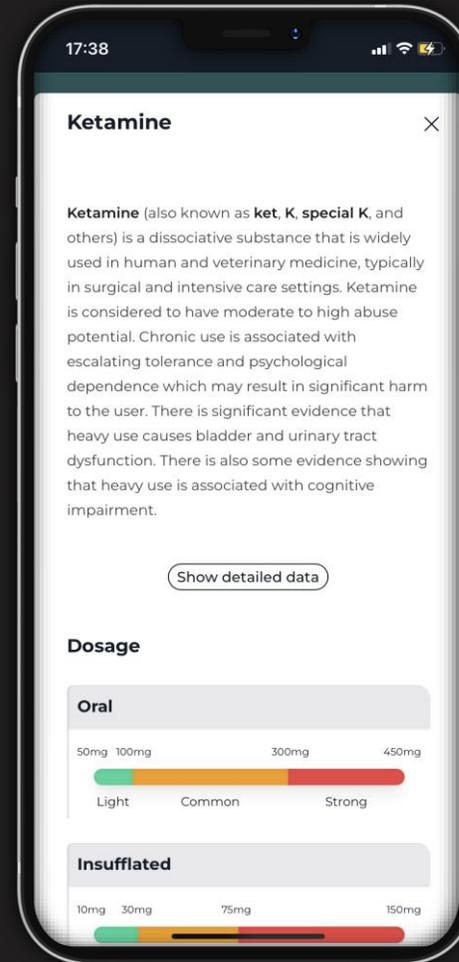


Information about substances

Budd contains information on dosage, duration and effects of the most commonly used chemsex substances.

Combination tool

With the Budd '**Combo tool**' button you can quickly and easily get information about the different drug combinations.



Information module

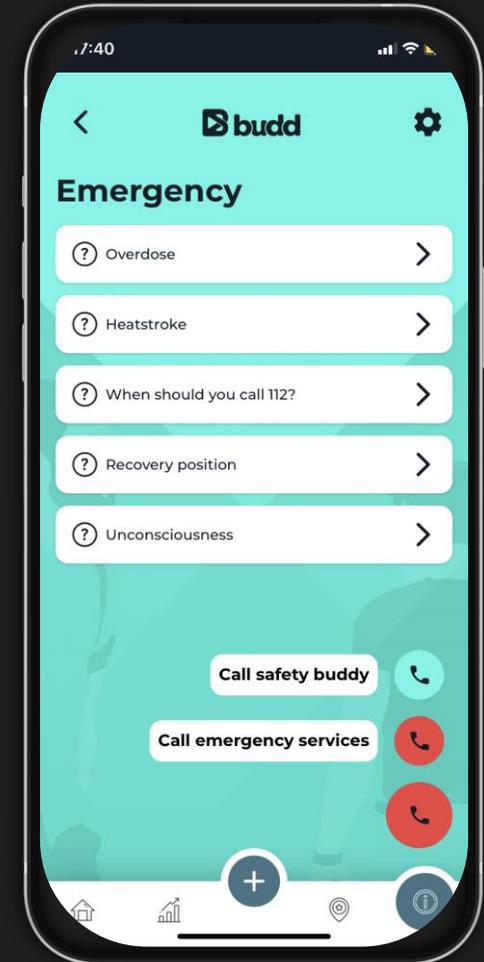
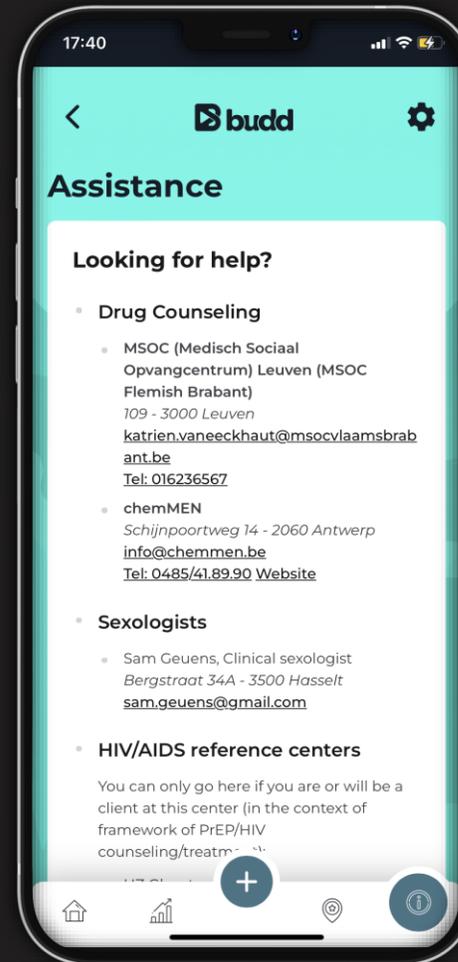


Healthcare services

Looking for help? Via the button 'Assistance' you can consult an overview of the existing local healthcare and peer support services.

Emergency information

The Budd 'Emergency info' button gives you access to the most common emergencies that can occur during a chemsex session.



Information module

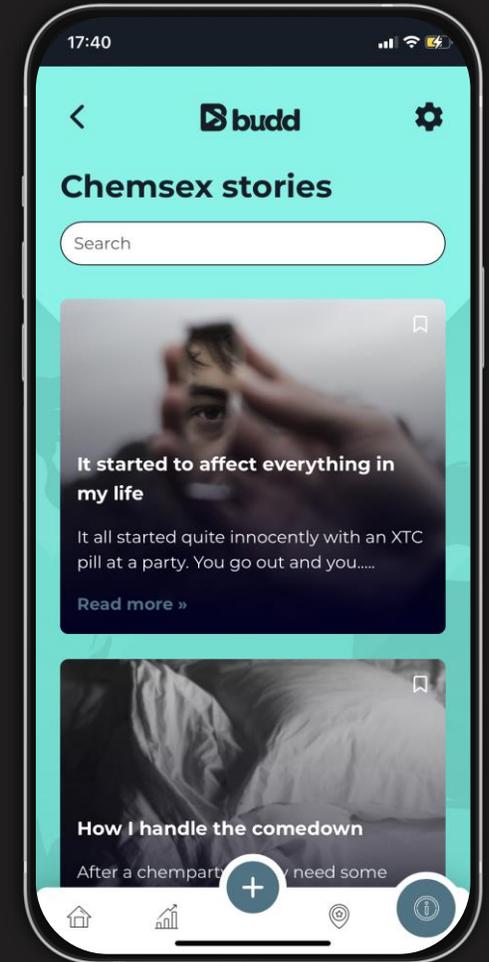
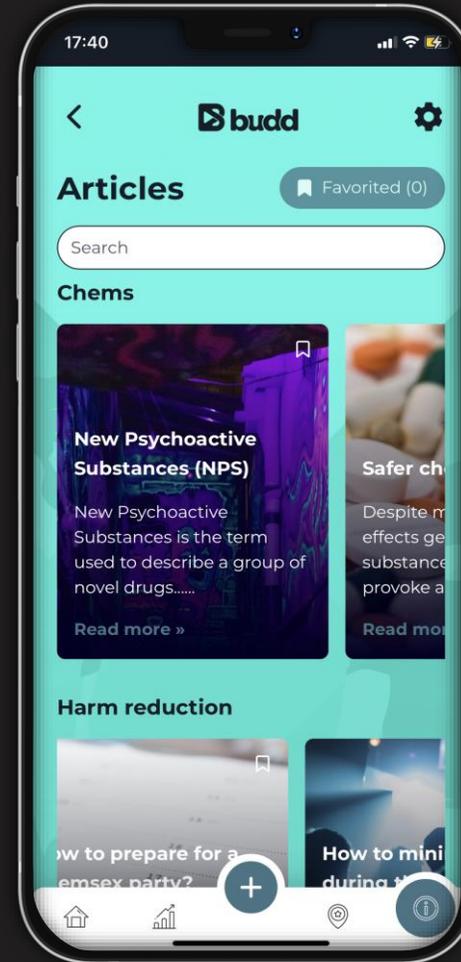


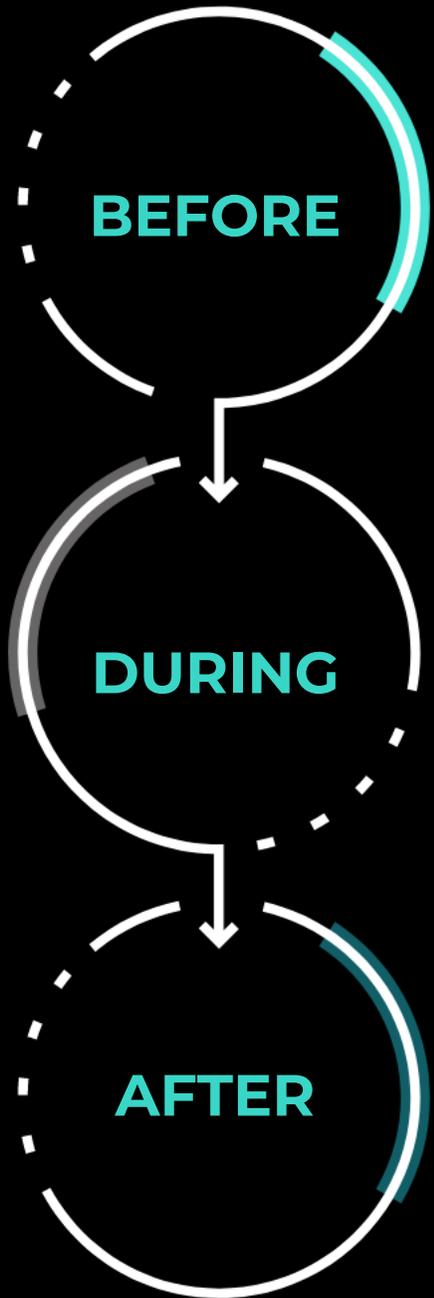
Articles

The Budd '**Articles**' button contains articles on sexual health, safe(er) drug use and harm reduction tips before, during and after chemsex sessions.

Testimonials

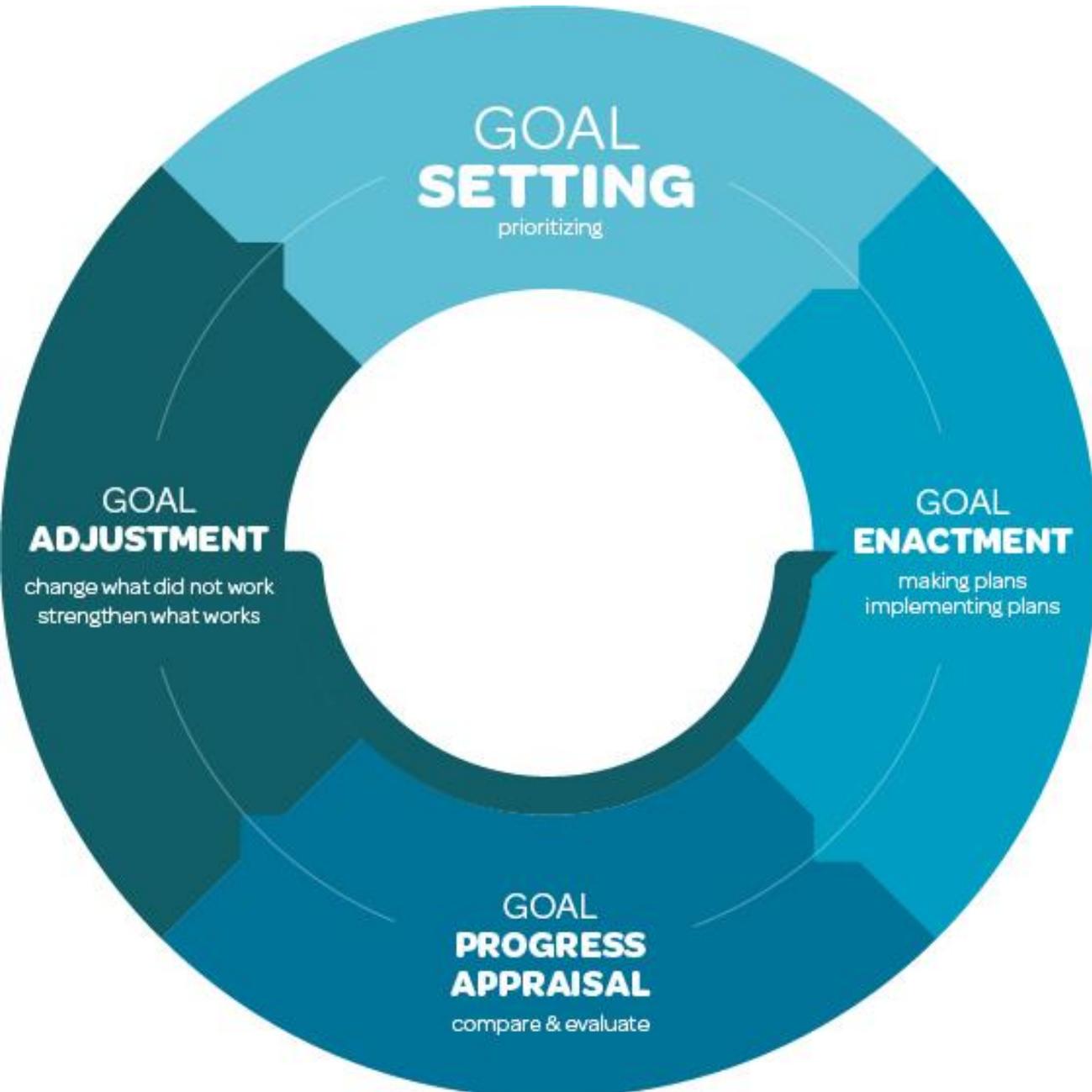
Via the button '**Chemsex stories**' you can read (or watch) experiences of other persons who participated in chemsex and shared their stories.





INDIVIDUAL SUPPORT





Self-control as conceptual framework to understand and support people who use drugs during sex

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²Open University of the Netherlands, Netherlands

³Utrecht University, Netherlands



frontiers

in Public Health

Public Mental Health

NEW

Individual Support
module accessible
without email address

INDIVIDUAL SUPPORT



1. *Before*

Before

before the event:

**Preparation
& planning**

During

during the event:

Harm reduction

After

after the event:

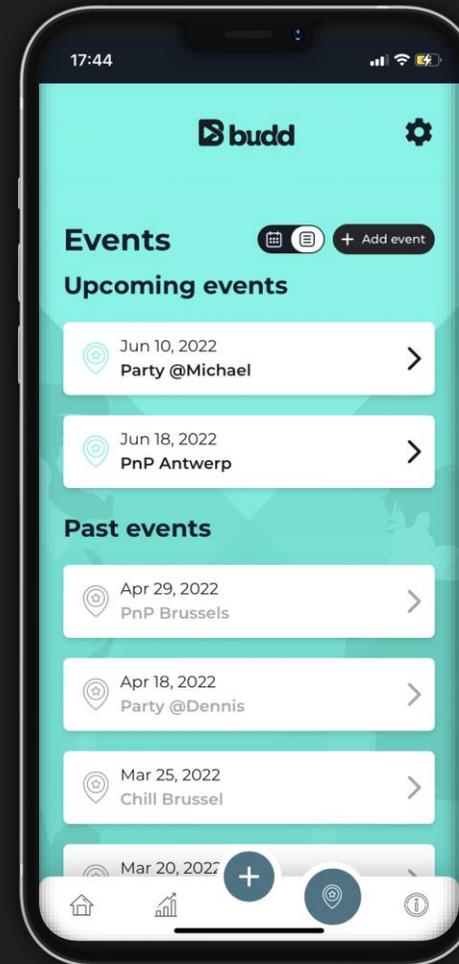
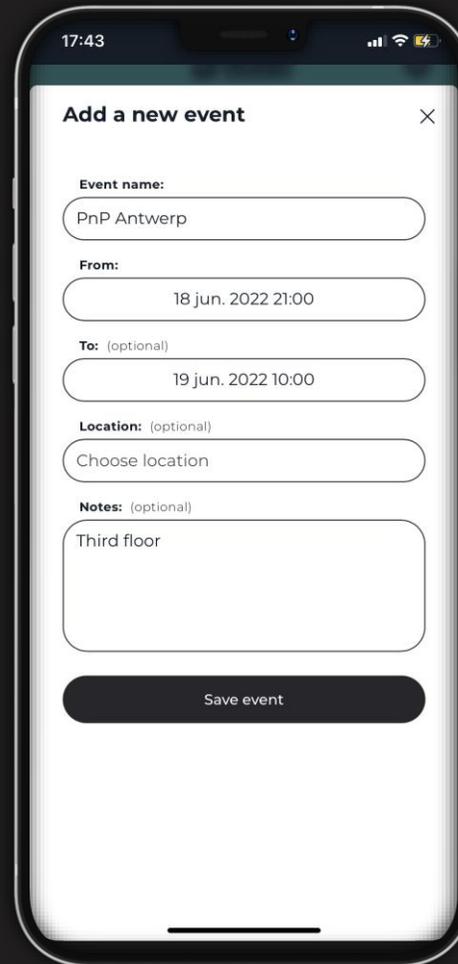
**Reflection
& monitoring**



Before: CREATE AN EVENT



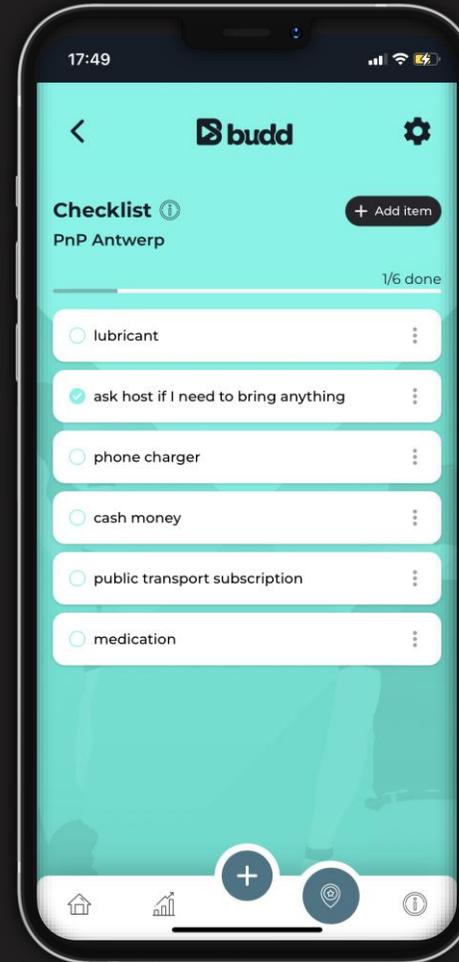
Planning to go to
an event?
Put it in Budd!



Before: CREATE A CHECKLIST



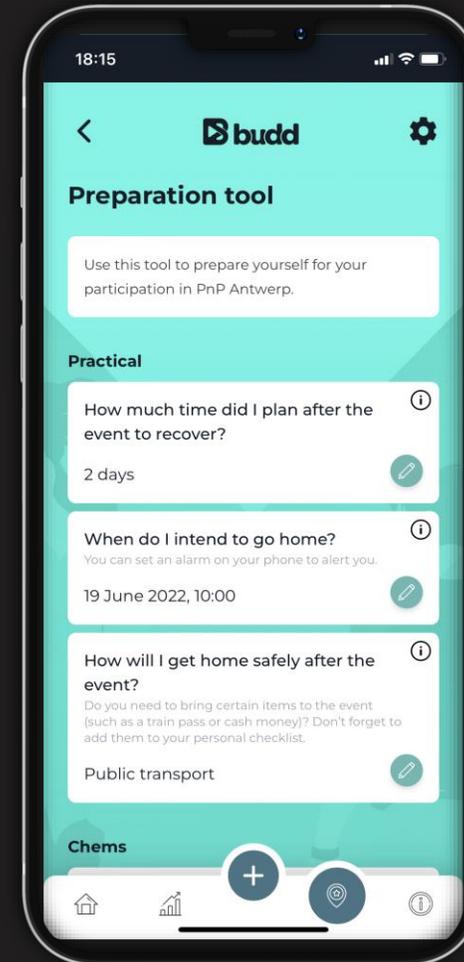
Create your **personal checklist** of things you don't want to forget to bring or actions you need to take in the run-up to an event.



Before: PREPARE YOURSELF



Use the preparation tool to reflect on your intentions and personal boundaries.



2. *During*

Before

before the event:

**Preparation
& planning**

During

during the event:

Harm reduction

After

after the event:

**Reflection
& monitoring**



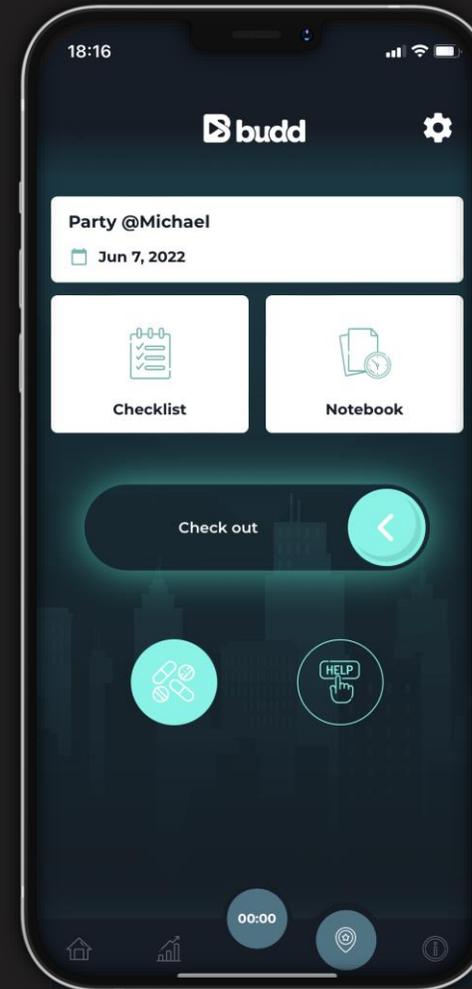
During: LET'S PARTY



Arrived at the event?
Check-in

A **timer** shows how long you have been there.

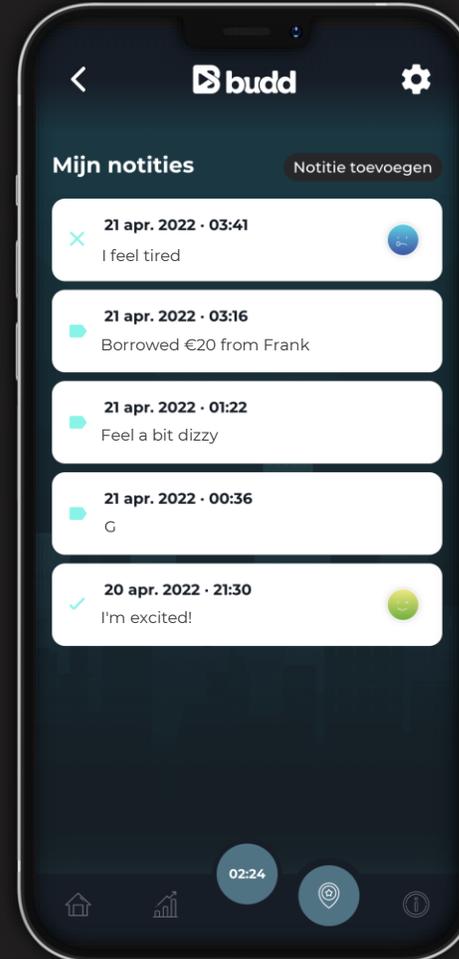
Budd displays the most **relevant information** to reduce risks during the event



During: MAKE NOTES



Use the notebook to follow the progress of the event.



3. *After*

Before

before the event:

**Preparation
& planning**

During

during the event:

**Risicobeperking
& planning**

After

after the event:

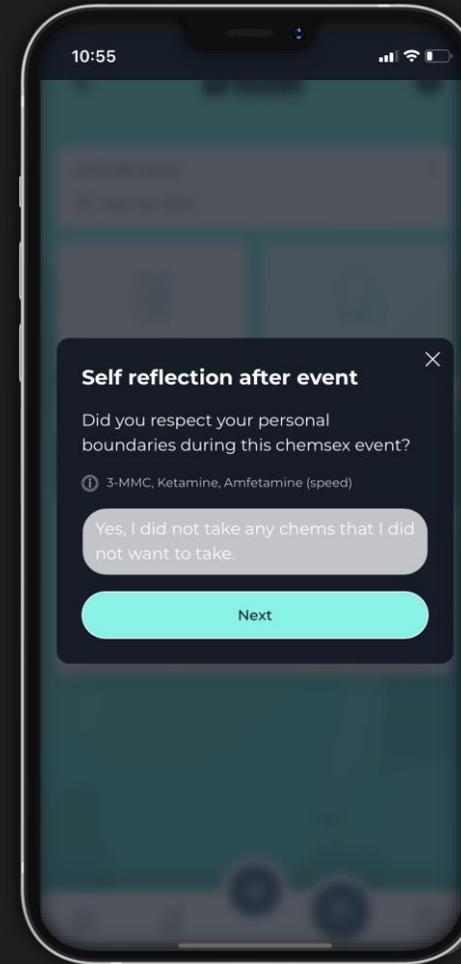
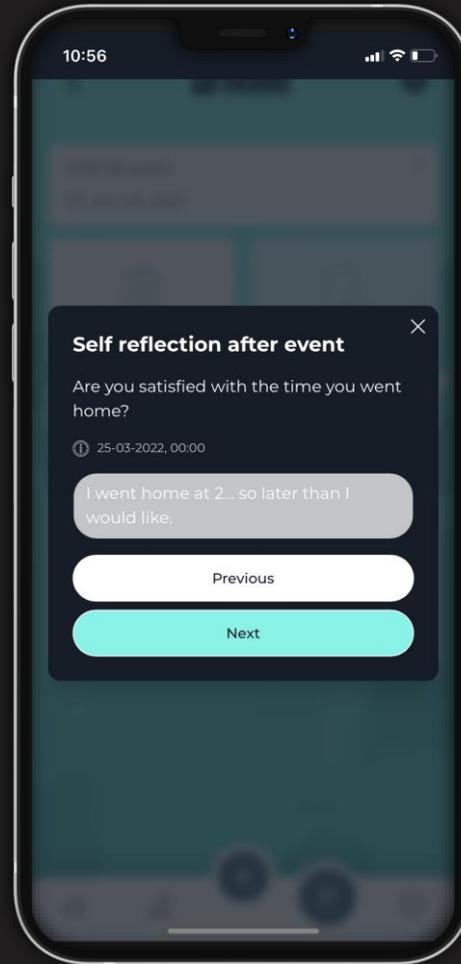
**Reflection
& monitoring**



After: REFLECT



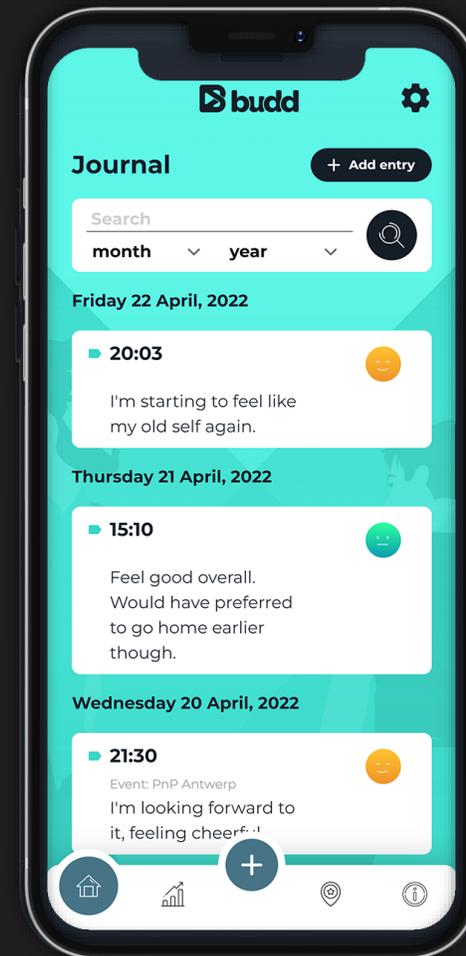
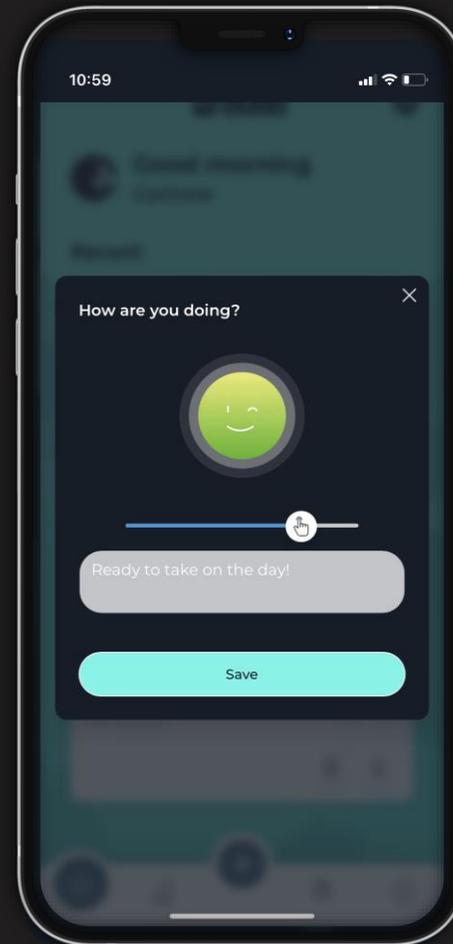
After the event, reflect on your formulated intentions.



After: WRITE IN YOUR JOURNAL



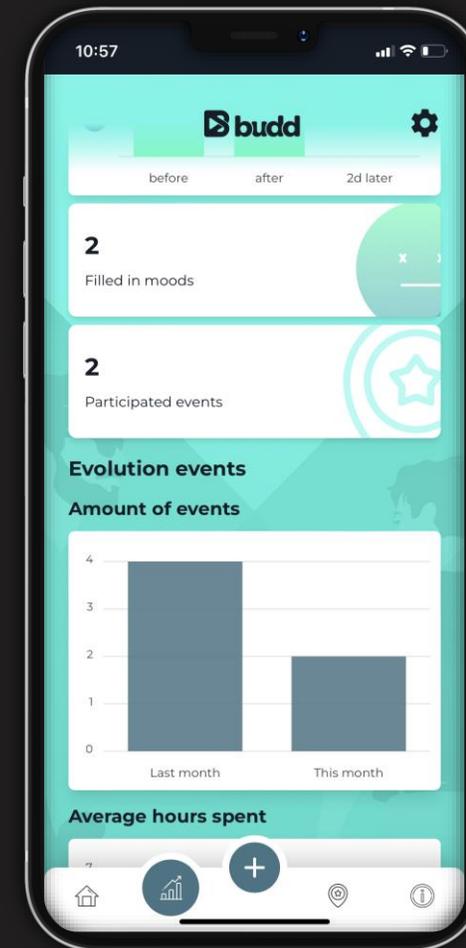
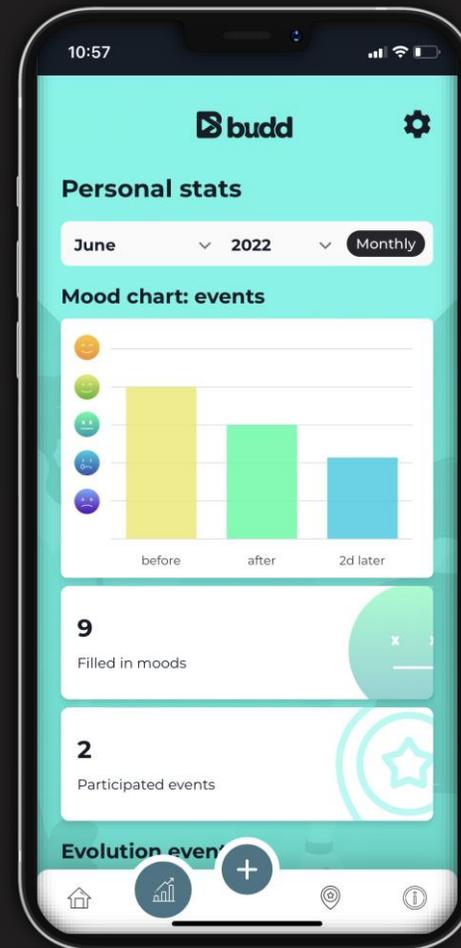
Get in touch with what you are thinking and feeling by keeping a mood journal.



After: MONITOR YOUR PARTICIPATION



Gain insight into your personal participation and see how it affects your state of mind.



Applications?



stand-alone



within care and support programme

Psycho-education (Information module)
Self-monitoring & behavioural goals (Individual Support)
Follow-up / referral (Support services)

Promotors



Corinne Herrijgers



Eric Florence

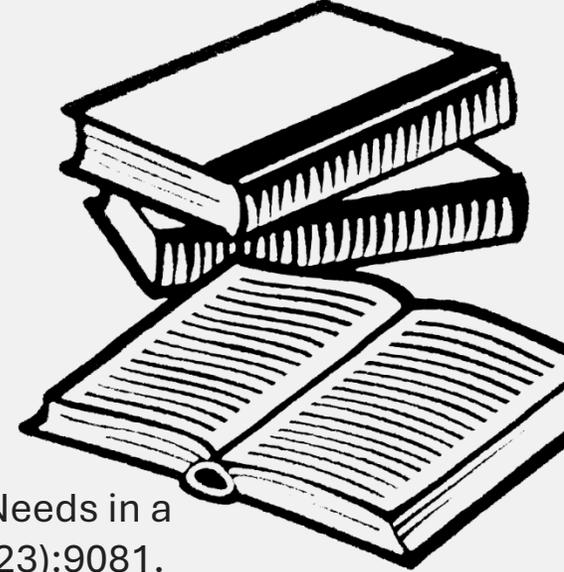


Karolien Poels



Heidi
Vandebosch

Want to learn more?



Platteau T, Herrijgers C, de Wit J. Digital chemsex support and care: The potential of just-in-time adaptive interventions. *Int J Drug Policy*. 2020 Nov;85:102927.

Herrijgers C, Poels K, Vandebosch H, Platteau T, van Lankveld J, Florence E. Harm Reduction Practices and Needs in a Belgian Chemsex Context: Findings from a Qualitative Study. *Int J Environ Res Public Health*. 2020 Dec 4;17(23):9081.

Herrijgers C, Platteau T, Vandebosch H, Poels K, Florence E. Using Intervention Mapping to Develop an mHealth Intervention to Support Men Who Have Sex With Men Engaging in Chemsex (Budd): Development and Usability Study. *JMIR Res Protoc*. 2022 Dec 21;11(12):e39678

Platteau T, Herrijgers C, Florence E, Poels K, Verboon P, Apers L, Vandebosch H. Drug behaviors, STI prevention, and sexual consent during chemsex: Insights generated in the Budd app after each session. *Front Public Health*. 2023;11:1160087.

Herrijgers C, Verboon P, Florence E, Vandebosch H, Poels K, Platteau T. Assessing the effectiveness of an mHealth intervention to support men who have sex with men engaging in chemsex (Budd): Single-case and pre-post experimental design study. *JMIR Form Res*. 2024;8:e56606.

Presentation Budd app: https://www.youtube.com/watch?v=EqGs6tnrQk0&ab_channel=Budd

Development process Budd app: https://www.youtube.com/watch?v=gOLWeqQyEMI&ab_channel=Budd

<https://app.budd.be/>