

# Internet-Based Biomarker Collection Feasibility: Experiences of a Tobacco Cessation Program for People Living with HIV

Shanda Vereen MSPH, DeAnne Turner MPH, Melody Chavez MPH,RDN,LDN, Regina Roig-Romero MPH, Elizabeth Lockhart MPH, PhD, Stephanie Marhefka PhD

## Background

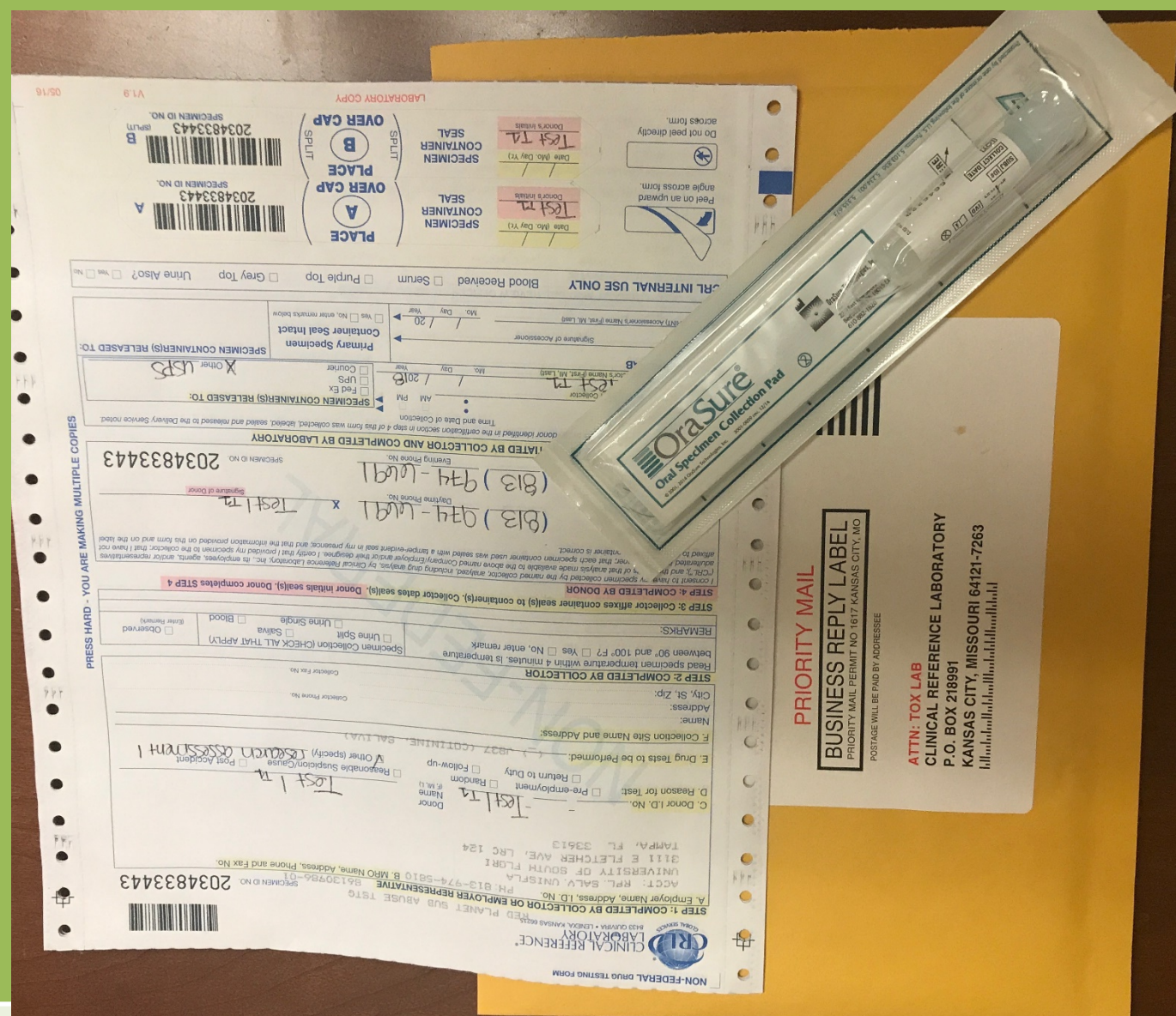
- Biomarker collection is a commonly used research tool generally thought to be less feasible for e-health research
- Objective: To investigate the practicality of using video-conferencing observation for cotinine oral swab collection

## Methods

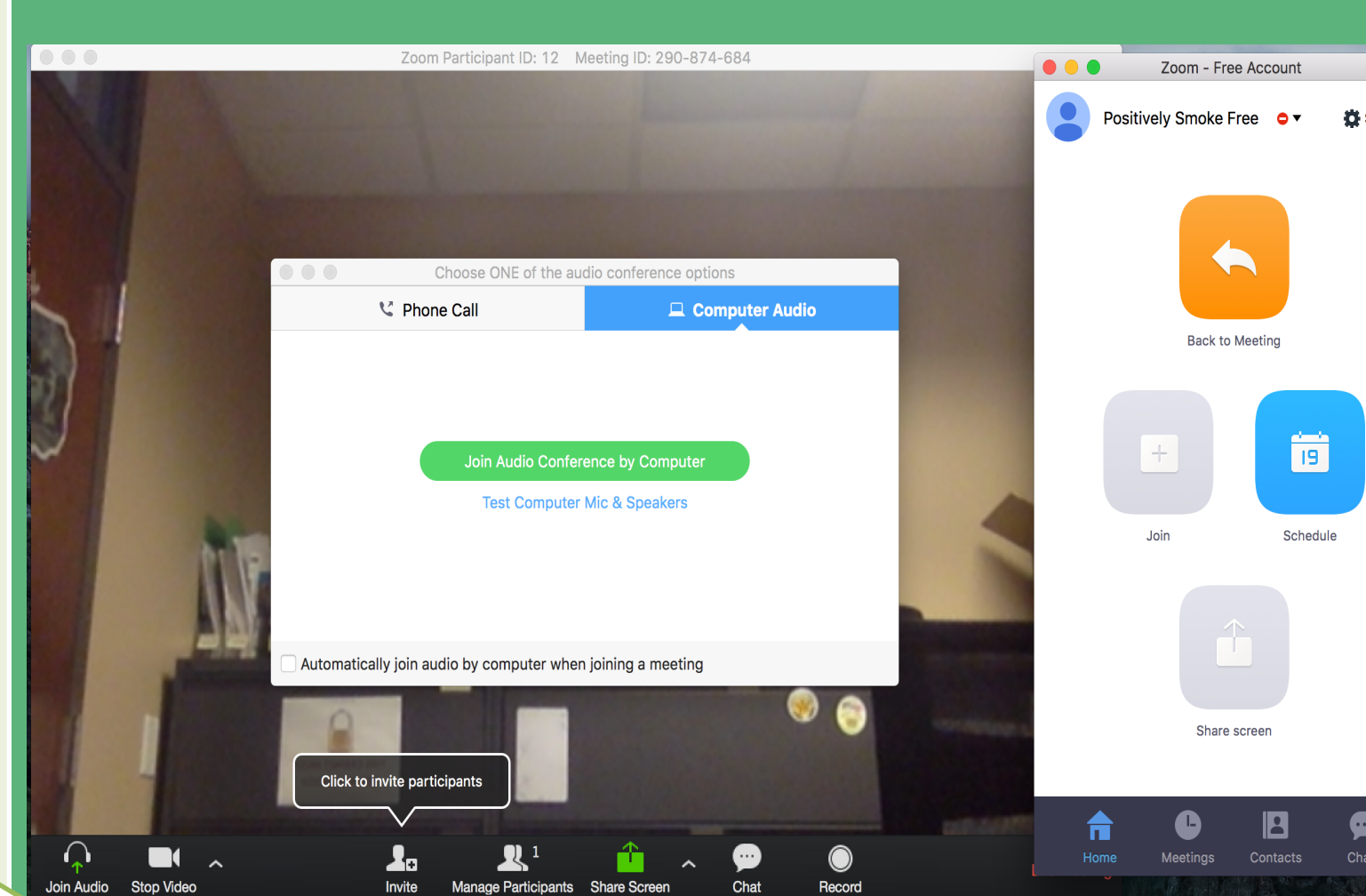
- Participants enrolled in Positively Smoke Free Video Group, a smoking cessation program for people living with HIV
- Trained research assistants guided participants through oral cotinine swabs via video-conferencing
  - Wave 1 (N=9) at study completion
  - Wave 2 (N=16) at baseline, program completion, and 90-day follow-up
- Participants in both waves attended focus groups via video-conferencing at study completion

## Results

### STEP 1: Participant receives test package



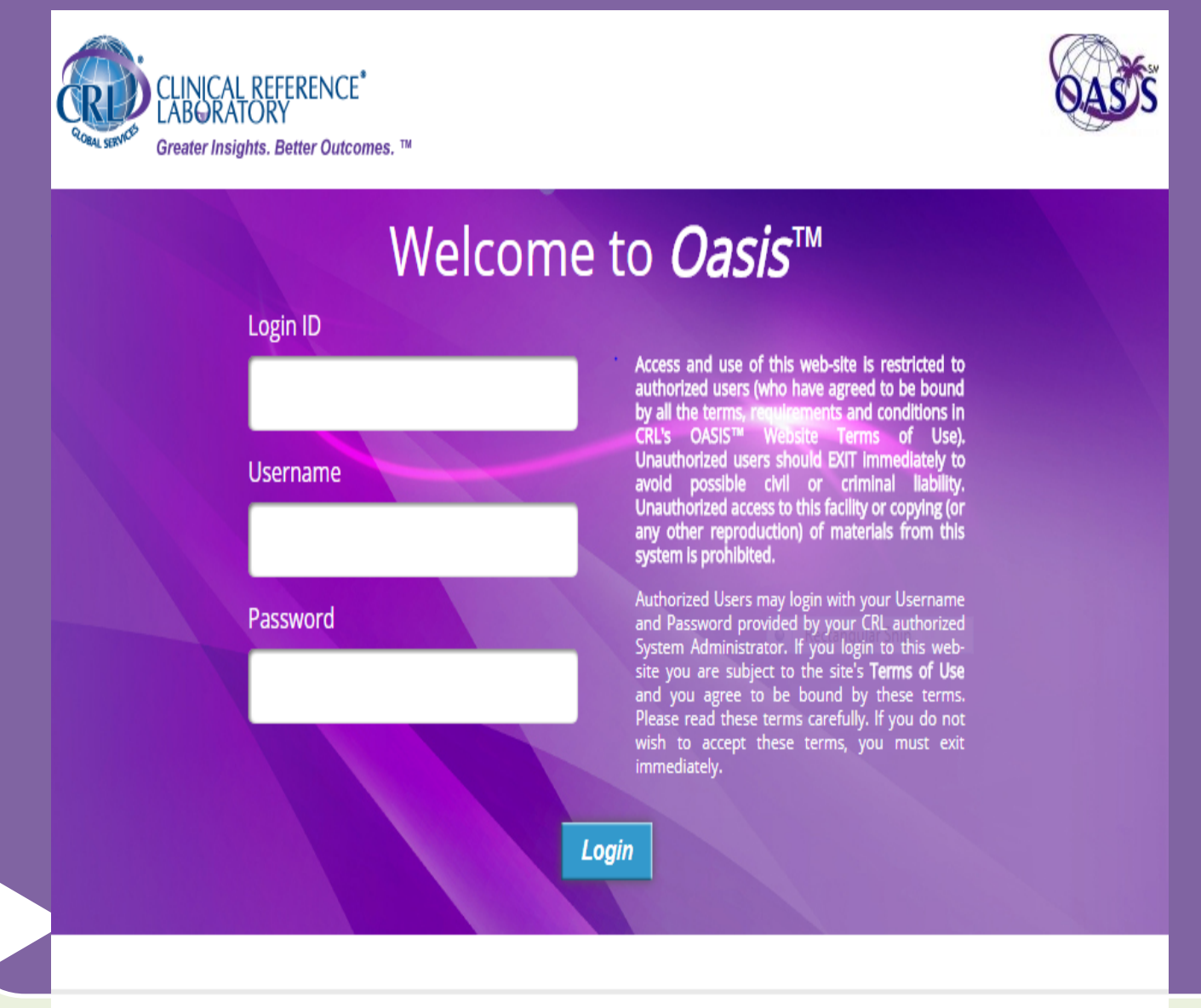
### STEP 2: Participant is guided through test



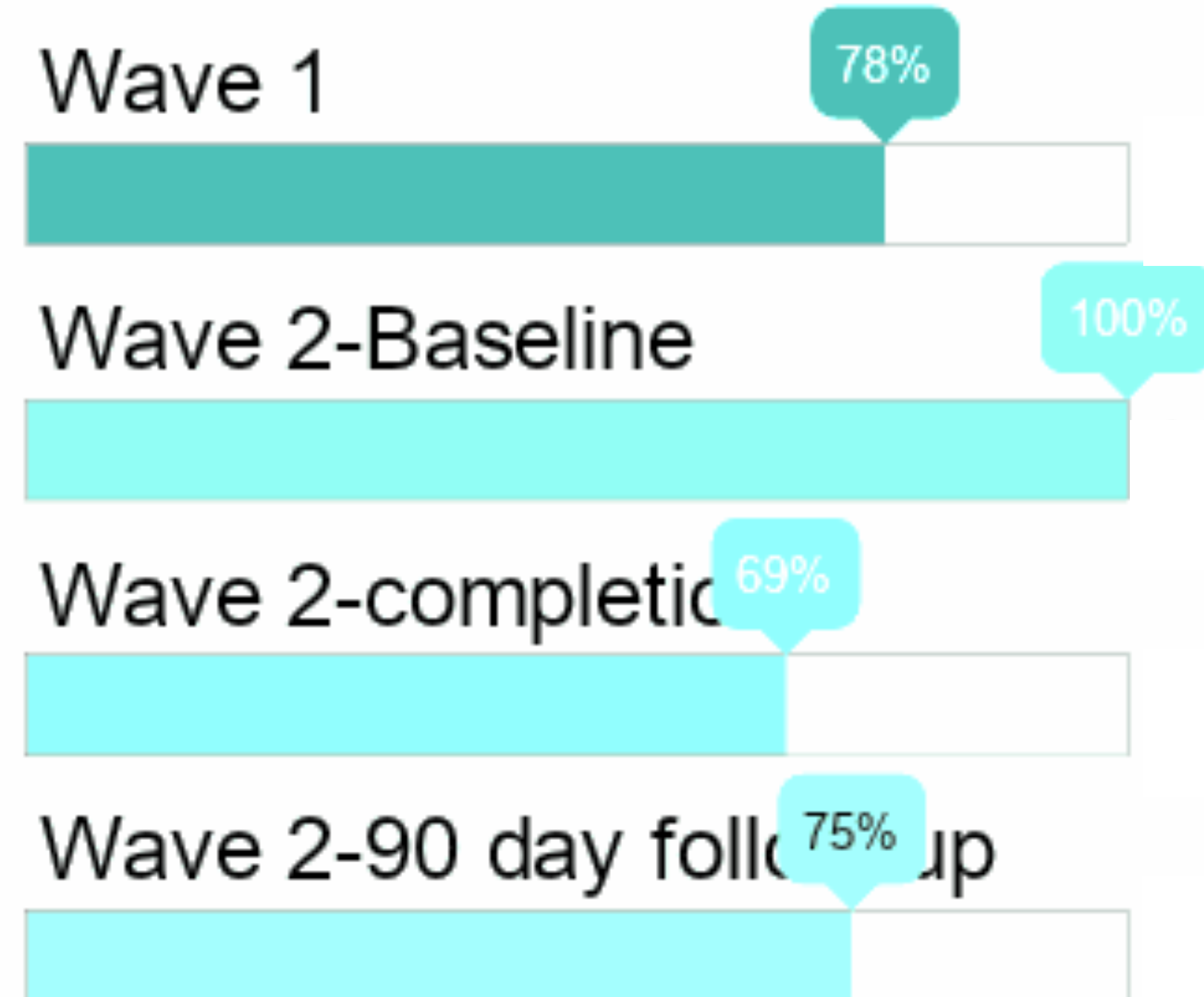
### STEP 3: Participant sends test to lab



### STEP 4: Study team reviews test results



### Cotinine Oral Swab Completion Rates



## Advantages and Disadvantages

- Testing is quick and accessible
- Reach participants in various regions
- Feasible for other biomarker tests

“...Don’t need to make it simpler. Easier having your picture there... you can confirm I’m doing it right. Makes it more personal.”

- Test rescheduling

“I was a little uneasy being watched.”

## Conclusion

Guided participant biomarker collection via video-conferencing may be a useful tool in e-health research and has the potential decrease barriers for participants in research. May be feasible for other biomarker collection tests.