Changing goal importance during partial lockdown contributes to the effective self-regulation of COVID-19 risk among men who have sex with men (MSM) in the Netherlands.

Authors
John de Wit (Utrecht University - Netherlands), Philippe Adam (UNSW Sydney - Australia), Chantal den Daas (University of Aberdeen - United Kingdom), Eline Op de Coul (National Institute for Public Health and the Environment - Netherlands), Paul Zantkuilj (STI AIDS Netherlands - Netherlands), Wim Zuilhof (STI AIDS Netherlands - Netherlands)

Presenting author
John de Wit

Among men who have sex with men (MSM), behavior change to prevent COVID-19 transmission can involve the self-regulation of potentially conflicting goals: wanting to protect one’s health and wanting to engage in sexual contact that may pose a COVID-19 risk. We hypothesized that the early 2020 partial lockdown in the Netherlands promoted the importance of the goal to protect one’s health among MSM, and that goal importance was associated with compliance with COVID-19 measures and reduced sexual activity with non-household partners (NHP). We tested these hypotheses using data from an online survey of 2182 MSM, recruited through social media from late July to early September 2020. Participants indicated the importance of five goals (1=very unimportant, 5=very important): health protection, and social, physical, intimate and sexual contact (alpha=0.84), in three consecutive periods. Protecting one’s health became the most important goal during lockdown (M=4.47), increased from pre-lockdown (M=3.74), and maintained after lockdown (M=4.24). Compliance with COVID-19 measures during lockdown was positively associated with the importance of health protection (beta=0.50, p<.001), and negatively associated with the importance of having social contact (beta=-0.11, p<.001) or sexual contact (beta=-0.10, p<.001). A higher number of NHP during lockdown was positively associated with the importance of sexual contact (beta=0.15, p<.001) and negatively associated with the importance of health protection (beta=-0.13, p<.001). Findings support the hypotheses and suggest that lockdown triggered a change in the relative importance of potentially conflicting goals. This change goal importance supports the effective self-regulation of COVID19 risk, including through sexual contact.
#safesex – The effectiveness of social media influencers as ambassadors of sexual health behavior

**Authors**
Loes Janssen (Tilburg University - Netherlands), Emmelyn Croes (Tilburg University - Netherlands), Alexander Schouten (Tilburg University - Netherlands)

**Presenting author**
Loes Janssen

To reach young adults (18-25 years), institutions for health promotion increasingly collaborate with 'social media influencers'. For example, the Dutch institution for sexual health, Soa Aids Nederland, regularly collaborates with popular YouTubers to inform and advise youngsters about safe sex. Given the commercial success of influencer recommendations, integrating health messages in entertaining video content seems a promising campaign tool for a young adult audience. However, no academic research to date has investigated whether influencer-generated content can be effectively harnessed to promote (sexual) health behavior. In the first phase of a joint research project with Soa Aids Nederland, we have performed a content analysis on a corpus of 175 Dutch, UK, and US YouTube vlogs about sexual health behavior. We identified key strategies that influencers use to communicate with their audience about safe sex practices, and analyzed how they relate to engagement (e.g., views, likes, and comments), being an important indicator of attitudinal and behavioral effects. Among others, our findings indicate that disclosing intimate sexual experiences in an intimate setting, using a clear take-home-message, most successfully engages an audience. Female vloggers are more likely to apply these strategies than male vloggers, who tend to resort to humor to convey their message. Whereas influencer self-disclosure is reciprocated with positive and self-disclosing viewer comments, the use of humor, especially slapstick humor, generates many views, but inhibits active engagement. This study provides a first step for systematically investigating the effectiveness of influencer-endorsed health information, resulting in an advisory instrument for health promoting organizations.
Temporal changes in attitudes towards two biomedical HIV prevention strategies among HIV-negative men who have sex with men – An Attitude Network Analysis in the Amsterdam Cohort Study

Authors
Hanne Zimmermann (Public Health Service Amsterdam - Netherlands), Udi Davidovich (Public Health Service Amsterdam; University of Amsterdam - Netherlands), Frenk van Harreveld (University of Amsterdam; National Institute for Public Health and the Environment - Netherlands)

Presenting author
Hanne Zimmermann

Background
Biomedical HIV-prevention strategies among men who have sex with men (MSM) are relatively new and their uptake gradual. Using a longitudinal attitude network analysis, we investigated which beliefs are associated with uptake over time of pre-exposure prophylaxis (PrEP) and viral load sorting (VLS, i.e. treatment as prevention).

Methods
HIV-negative MSM reporting anal sex during the previous six months were drawn from two six-monthly data waves of the Amsterdam Cohort Study (T1 (N=486): July-December 2017 and T2 (N=454): July-December 2019). We estimated weighted, undirected networks for each time point, where we included pairwise interactions of the variables PrEP and VLS uptake and 9 VLS-beliefs and 21 PrEP-beliefs. Results
From T1 to T2, PrEP use significantly increased from 10% to 31% (p<0.001), while VLS uptake remained similar and was reported in 8% of participants on average. Network structure differed over time: At T2, strongest correlates directly related to PrEP uptake were lower expected burden of side-effects and gay friends using PrEP, while at T1 PrEP’s affordability and impact on sex life were more important. Strongest direct correlates of VLS uptake at T2 were its perceived positive impact on quality of sex life and gay friends approving of VLS as HIV prevention strategy, while at T1 VLS uptake was more directly related to its perceived efficacy.

Conclusions
The network structure differed between the first and last time point, suggesting changes in uptake motives over time. These findings may be used in communication to improve uptake among non-users.
Mindfulness in relation to diet quality in adults with type 1 and type 2 diabetes: Diabetes MILES-The Netherlands

Authors
Shengxin LIU (Karolinska Institute - Sweden), Ivan Nyklicek (Center of Research on Psychological and Somatic disorders (CoRPS), Department of Medical and Clinical Psychology - Netherlands), Giesje Nefs (Department of Medical Psychology, Radboud University Medical Center, Radboud Institute for Health Sciences, Nijmegen - Netherlands), Jane Speight (School of Psychology, Deakin University, Geelong, Victoria, Australia - Australia), Mariska Bot (Department of Psychology, University of Southern Denmark, Odense - Denmark), Frans Pouwer (Department of Psychology, University of Southern Denmark, Odense - Denmark), Sabita S. Soedamah-Muthu (Center of Research on Psychological and Somatic disorders (CoRPS), Department of Medical and Clinical Psychology, Tilburg - Netherlands)

Presenting author
Shengxin LIU

Introduction
Higher levels of mindfulness have been associated with better diet quality in the general population. However, it remains unknown whether this holds for people with diabetes, for whom diet quality is a crucial predictor of diabetes outcomes. Methods
Data from the cross-sectional Diabetes MILES-the Netherlands Study was used. In total, 296 adults with type 1 diabetes and 364 with type 2 diabetes completed questionnaires. We assessed mindfulness (Five Facet Mindfulness Questionnaire-Short Form, including total mindfulness and five facets: ‘observing’, ‘describing’, ‘acting with awareness’, ‘being non-judgmental’ and ‘being non-reactive’) and diet quality (Dutch Healthy Diet 2015 index). Linear regression models were used to estimate the association. Mediation effects from symptoms of depression, anxiety and diabetes-related distress were evaluated using the PROCESS macro with bias-corrected bootstrapped confidence intervals. Results
Higher scores on the total mindfulness (β=0.14, p=0.02) and the facet ‘observing’ (β=0.15, p=0.01) were significantly associated with a better diet quality in people with type 1 diabetes, after adjustment for demographic factors. These associations were not mediated by symptoms of depression, anxiety or diabetes-related distress. No statistically significant association for mindfulness and its facets with diet quality were observed in type 2 diabetes. Conclusion
In adults with diabetes, higher mindfulness levels were associated with a more optimal diet quality. Our finding on the ‘observing’ facet indicates intervention aiming at enhancing this skill may be favourable in type 1 diabetes. Further longitudinal studies are warranted to understand the relationship between mindfulness and diet quality.