tools for depression in integrated primary care settings. METHODS/ STUDY POPULATION: This was a cross-sectional questionnaire study of depressed patients at two primary care clinics in a Midwest academic medical center. Adult patients (≥19 years) who had an active or previous diagnosis of depression were included in the study. A self-administered survey collected information pertaining to demographics, smartphone ownership, data plan type, smartphone application usage, mobile app self-management interest, health literacy, and patient activation. Chi-square analysis was conducted to compare the patient demographic characteristics, the smartphone ownership, phone plan, smartphone use for health information between two clinics. Multinominal logistic regression analysis was conducted to examine the association between the patient activation and patient characteristics. RESULTS/ ANTICIPATED RESULTS: Over 80% of patients owned a smartphone, 80.5% were willing to use data for depression management, and 68.9% believe an app can help in depression management. A higher literacy level was significantly associated with higher level of patient activation (Chi-square=8.5453; p=0.0360). These results suggest that planning interventions that use mobile apps within this patient population is likely feasible and the intended underserved patients at these clinics have an interest in using depression related apps which is similar to findings found by other studies exploring app interest. DISCUSSION/SIGNIFICANCE OF FINDINGS: Understanding patient activation levels within a given population can help to shape corresponding needs. The use of depression related self-management mobile apps will likely require the development of educational materials to facilitate patient use and engagement which means understanding the literacy needs of this population as well.

58210

Perspectives and Guidance for Mobile Health Self-Management Intervention Developers from Adolescents and Young Adults with Chronic Illnesses: A Qualitative Study

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ABSTRACT IMPACT: The perspectives and guidance from adolescents and young adults (AYA) reported in this study could inform the evidence-based development and delivery of mobile health (mHealth) interventions to improve the health of AYA with chronic diseases. OBJECTIVES/GOALS: To elicit advice from AYA with chronic healthcare needs regarding if and how mHealth interventions could effectively promote illness self-management skills. We selected this goal because including the user perspective from the beginning of the design process could lead to greater future adoption. METHODS/STUDY POPULATION: We purposively recruited AYA patients from a pediatric hospital with heterogeneous chronic illnesses to identify universal chronic disease views rather than condition-specific perspectives. We conducted qualitative face-to-face semi-structured interviews with (N = 19) AYA between 16 and 20 years old (63.2% Latinx; 21.1% Black; 10.5% White; 5.3% Multiracial). Using ATLAS.ti, three coders completed thematic analysis to inform a conceptual framework on how AYA believe mHealth interventions could promote the development and maintenance of self-management skills. Member checking was conducted over the phone to obtain participant feedback on themes to enhance the validity of qualitative results. RESULTS/ANTICIPATED RESULTS: Results suggest that AYA develop self-management skills through several strategies, including 1) getting organized, 2) 'making it work for me' and 3) keeping the 'right' mentality. AYA described developing these strategies through: 1) receiving social support, 2) accessing helpful tools and technologies, and 3) going through a maturation process. They provided recommendations for how mHealth interventions could improve this process, including: 1) 'what' recommendations, describing the content or active ingredients that should be included in mHealth interventions, and 2) 'how' recommendations, describing the technological aspects or style in which the interventions should be delivered. DISCUSSION/SIGNIFICANCE OF FINDINGS: The results suggest that an appealing mHealth intervention could increase the support for AYA patients to proactively acquire self-management skills, avoiding trial-and-error or uneven access to guidance. Improving self-management could prevent poor health outcomes and increase quality of life.

Mechanistic Basic to Clinical

39347

Examining the Potential for Tech-Based HIV interventions for Young Black Women

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ABSTRACT IMPACT: Findings from this study have the potential to improve interventions geared toward YBW, by highlighting the potential for technology-based HIV interventions. OBJECTIVES/ GOALS: A stark disparity in HIV exists for Black American women, with 61% of all new HIV infections among American women occurring in Black women. Using technology to address community-level HIV risk may be beneficial, however few studies have examined the association of tech-based communication and HIV prevention behaviors among Black women. METHODS/STUDY POPULATION: Egocentric social network data from 201 young Black women (YBW) were collected from June 2018 to December 2018 to identify how social media use (e.g., amount of time, type of social media used, health information seeking) and sexual health communication (e.g., talk about condom use via face-to-face, text or phone and talk about HIV testing via face-to-face, text or phone) were associated with condom use, HIV testing and interest in pre-exposure prophylactic (PrEP). Statistical analysis proceeded in two stages, descriptive statistics and multivariate logistic regression modeling. RESULTS/ANTICIPATED RESULTS: Instagram (82%) and Snapchat (79%) were the most used social media platforms for communication with SNMs. About 20% of YBW reported spent 4 or more hours on social media per day, and a majority of YBW spoke to at least one SNM via text (85%), face-to-face (98%), or on the phone (97%). Multivariate logistic regression results indicated that YBW who spoke to their SNMs via Instagram had 3.23 times the odds of using condom during last sex, however if they spoke to SNMs on twitter or spent more then 4 hours on social media they had a decrease in odds of using condoms. YBW had 96% decreased odds of ever being tested for HIV if they spoke to a SNM face-to-face about condom use; and