Positive Plus One will:
(1) characterize HIV-serodiscordant couples across Canada;
(2) examine the individual, inter-partner, and social determinants of relationship satisfaction;
(3) examine links between relationship quality and management of HIV transmission risk;
(4) assess HIV serodiscordant couples’ needs and access to supportive services; and
(5) document how serodiscordance affects their relationship and everyday life.

People who have taken the survey

As of November 15th, 558 persons (324 HIV-positive and 234 HIV-negative) have participated. The sample represents 421 couples, and for 139 of these relationships both partners have completed the survey. Figures on the right show that approximately equal numbers are gay and straight participants (see Figure 1). The majority are male and white (see Figures 2 and 3). Most of the participants are also from Ontario (see Figure 4).

Based on PHAC HIV surveillance figures, Positive Plus One currently under-represents Black African and Caribbean people and Indigenous persons (see Figure 3). We also under-represent HIV-positive people from Quebec and British Columbia (Bullock et al., 2017b; see Figure 4).

We are calling on you to help us while we recruit through March 2018 to ensure that the voices of a broad range of serodiscordant couples are heard. Thank you for your ongoing support.

Note: In all figures on this page, ‘all else’ is a combination of the most infrequently-chosen categories for that question. Most common ‘all else’ category for sexual identity is ‘queer’; for gender, ‘all else’ is a mix of transgendered, and two-spirited; most common ‘other’ race/ethnicity is a mixed Indigenous identity (e.g. ‘Aboriginal and white’).
Positive Plus One has executed 11 presentations at national and international conferences to date. The two posters presented at the International AIDS Society (IAS) Conference in July 2017 showcased a wide range of questions that can be addressed using Positive Plus One data. Findings included:

From Bullock et al., 2017a:
- 86% of HIV positive participants reported an undetectable viral load. Of these undetectable individuals, 20% use condoms. In the remaining 14% of HIV positive participants with a detectable viral load, there was little evidence of condomless sex.
- In serodiscordant relationships, individuals who agreed with the statement, “when a person’s VL is undetectable, [partners] can safely have intercourse without a condom,” were less likely to use a condom if the HIV positive partner had an undetectable viral load (see Figure 5).

From Mendelsohn et al., 2017:
- Both HIV positive and HIV negative partners had greater odds of disclosing their relationship to healthcare providers if their respective HIV positive partner’s viral load was suppressed.
- HIV negative partners were less likely to report their relationship to healthcare providers in comparison to HIV positive partners (see Figure 6).
- HIV positive individuals were less likely to disclose their relationship to their healthcare providers if they were diagnosed after the relationship started.

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**Figure 5.** Predicted Probability of NOT using condoms during intercourse in the 3 months prior to survey, by viral load of the HIV-positive partner

![Graph showing predicted probability of condom use](image)

**Figure 6.** Predicted probability of disclosing relationship to healthcare providers by HIV status, and gender/sexual identity

![Bar chart showing probability of disclosing](image)
Positive Plus Poems—A Night to Remember
Thank you to everyone who joined us for Positive Plus Poems on Friday May 5th, 2017 during the pre-play reception of “It’s All Tru” by Toronto-based playwright Sky Gilbert at the Buddies in Bad Times Theatre in downtown Toronto. During this emotional night of touching art installations, the research team provided attendees with over 140 quotes from participants in the Positive Plus One study.

Attendees were then asked to mix and match the words and phrases into meaningful messages about their own experience in a serodiscordant relationship or messages to people living in serodiscordant relationships.

Some quotes provided by the participants:

“Some people...they don’t want to know. They make up their minds without educating themselves. That's it. That’s all. They made up their mind.”
–words from mixed HIV-status relationships

“I found out I was positive and to my surprise it didn’t scare him away. If anything it actually brought us together, for which I am very grateful.”
–words from mixed HIV-status relationships

Some Amazing Messages Created by Exhibit Attendees
A person may participate in Positive Plus One if:

1) They are currently in a relationship where one partner is HIV-positive and the other is HIV-negative and the relationship has lasted 3 months or longer, OR they were in one in the past 2 years,

2) They live in Canada, and lived in Canada during at least part of the relationship,

3) They are at least 18 years old,

4) They speak either English or French,

5) If they are HIV-positive, they have disclosed their status to their HIV-negative partner.

References


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Investigative Team:

Liviana Calzavara (PI, Univ. Toronto)
Dan Allman (Univ. Toronto)
Chris Aucoin (AIDS Coalition of Nova Scotia)
Jean-Guy Baril (Clinique Médicale du Quartier Latin)
Laura Bisaillon (Univ. Toronto)
Adam Bourne (La Trobe University)
Ann Burchell (St. Michael’s Hospital)
Ken Clement (Canadian Aboriginal AIDS Network)
Brian Conway (Vancouver Infectious Diseases Centre)
Amrita Daftary (Univ. Toronto)
Laurie Edmiston (CATIE)
Brenda Gladstone (Univ. Toronto)
Elgin Lim (Positive Living BC)
Gary Lacasse (Canadian AIDS Society)
Bertrand Lebouché (McGill Univ.)
Mona Loutfy (Maple Leaf Medical Clinic)

Renée Masching (Canadian Aboriginal AIDS Network)
Ryan Meili (Saskatchewan MLA, NDP)
Joshua Mendelsohn (Pace University)
Ted Myers (Univ. Toronto)
Jean-Pierre Routy (McGill Univ.)
Shannon Ryan (Black CAP)
Stephen Sanache (SHARE)
Stuart Skinner (Univ. of Saskatchewan)
Kris Stewart (Univ. of Saskatchewan)
Donna Tennant (Positive Women’s Network)
Wangari Tharao (Women’s Health in Women’s Hands)
Tim Thompson (Western University)
Chris Tsoukas (McGill Univ.)
Jocelyn Watchorn (AIDS Committee of Toronto)
Alexander Wong (Regina General Hospital)

Staff

Sandra Bullock – Project Manager
James Iveniuk – Post-doctoral fellow

Please check out our Facebook page (at facebook.com/PPlus1UofT/) and Twitter page (at https://twitter.com/P_Plus1_UofT) where we will be posting articles or blogs regarding HIV care, HIV stigma, serodiscordant relationship and much more!