



Figure 14.9 Differences in patient-reported symptoms from HIV Symptom Index between patients who switched to FTC/RPV/TDF at baseline and those who maintained a PI + RTV + two NRTIs regimen in the SPIRIT study at week 24.

Switching from ABC/3TC + EFV to EFV/FTC/TDF resulted in improvements in several patient-reported outcomes in the Rocket 1 study. At week 12, 55% of patients stated that EFV/FTC/TDF was 'much better' than their previous regimen by POM questionnaire. Switching to the EFV/FTC/TDF STR also led to a reduction in perceived treatment intrusiveness from baseline to week 12 compared with staying on ABC/3TC + EFV ($p = 0.037$) as measured by the HAART Intrusiveness Scale (HIS). Furthermore, patients who switched to EFV/FTC/TDF reported fewer symptoms (median symptom score 4 *versus* 10.5; $p < 0.0001$) and were less bothered by symptoms (median symptom score 6 *versus* 19.5; $p < 0.0001$) at week 12 compared with patients who continued ABC/3TC + EFV according to the Treatment Satisfaction and Symptoms Scale.⁴⁵

Quality of life measures improved in patients who switched to the EFV/FTC/TDF STR from the separate components of EFV + TDF + either FTC or 3TC in the ADONE study. Patients preferred a one pill once-daily regimen over their previous regimen in terms of self-perceived tolerability, convenience, simplicity and efficacy/potency ($p \leq 0.05$ for all variables from months 1–6). Overall evaluation of quality of life (modified SF-36) improved after switching to the STR (68.8% at baseline to 72.7% at 6 months; $p = 0.042$), as did the proportion of patients not reporting any symptoms related to ARV agents (9.9% at baseline to 30.7% at 6 months; $p < 0.0001$). The number of symptoms that each patient reported also decreased significantly ($p = 0.018$).²²

Switching to the EFV/FTC/TDF STR from its components was associated with higher treatment satisfaction over 48 weeks in the ONCE study. Treatment satisfaction was measured by treatment intrusiveness, perceived ease of regimen and regimen preference. Participants reported significantly less treatment intrusiveness by HIS 48 weeks after switching to EFV/FTC/TDF