



SOOTHE Trial Newsletter

Dear Community and Friends,



Welcome to our very first newsletter! In the season of giving and thanks, I want to express how grateful we are to our participants and colleagues who have made a great impact on the SOOTHE trial. Your commitment and dedication drive our research forward, helping us better understand and address ongoing and under-addressed challenges faced by those living with HIV.

With World AIDS Day approaching on December 1st, we are reminded of the progress made and the work that still must be done. Thank you so much for being a part of this journey and for your support. We look forward to sharing more great news in the future as the SOOTHE community continues to grow.

For those who have completed the trial, please don't hesitate to reach out to us. While your time in SOOTHE may be over, we are here to support you. Feel free to contact us via email. I'm available to answer any questions you may have or to hear your feedback on how we can improve.

Sincerely,



Shibani Mukerji, MD, PhD, Principal Investigator

Study Updates



We connected with **235** individuals with HIV from the greater Boston area.



60 participants joined the study!

World AIDS Day at MGH **December 1, 2024**

MGH researchers and physicians will be commemorating those who are living with and/or affected by HIV to acknowledge continued commitment to HIV care and research towards innovative treatments and a cure.

Interview with Our Participants



What was your favorite thing about SOOTHE?

"My favorite thing about SOOTHE and just HIV studies in general is meeting people like you who work on these studies. Meeting the doctors who start the studies and work to help the community. I've always been very impressed with people like Meghal and you [Nikita] who are doing this as they work their way up in the healthcare field. I've participated in HIV studies for the past 30 years. My brother died due to HIV, and so I've been interested in helping the research and development even before my diagnosis in 1997. Studies on depression in people with HIV are definitely a more recent thing and I think it's important that it is being addressed." - *Anonymous Participant*

Researcher Spotlight



"I love working with our team and how everyone is passionate about both the research and the people. I also appreciate the opportunity to see the people involved in the process and directly see how I can impact the lives of those living with HIV." - *Dáire Daly*

Contact Us!

We are here for you! If we could help with anything you can reach us at:

857-282-9955

mghsoothe@partners.org

SOOTHE Fact

Our study medication, **pregnenolone**, a chemical naturally found in the brain, is related to mood regulations. We believe it may have potential to become a treatment option for depression.



Dr. Mukerji's New Article Series

"Why Do We Have So Few Answers for Cognitive Issues in People with HIV?" Check it out [here!](#)



SOOTHE

Community Highlights



MGH Age Positively

The Age Positively Program helps people with HIV who are age 50+. Patients **meet with a doctor for 90 minutes to review their medications, lifestyles, and any challenges** they may be experiencing to create a roadmap for moving forward as they age. If you are interested, ask your doctor about participating in this program. Read more [here](#).



Pryde: LGBTQ+ Senior Housing

Now accepting applications! The Pryde provides **affordable and safe LGBTQ+ housing for seniors** who are age 62+. Rent-restricted studio, one- and two-bedroom apartments are available to those at various income tiers in the Hyde Park neighborhood of Boston. Learn more [here](#).



Nursing Home Research Study

Northeastern University researchers are interviewing people with HIV with experiences in using **nursing homes rehabilitation facilities**. The interviews are confidential and provides \$40 in compensation. If you are interested, please email nursinghomestudy1@gmail.com or call 617-373-7486.