

HIV Prevention for Positives in the Clinical Setting

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AIMS

- Conduct formative research with HIV+ men who have sex with men (MSM)
- Develop online risk reduction program based on Motivational Interviewing & Stages of Change models
- Design training to enhance providers' risk reduction counseling skills
- Pilot test web-augmented, provider-delivered program

BACKGROUND

- Few studies examine risk among HIV+ MSM in clinical care, despite high HIV incidence and transmission of drug resistant HIV
- Reducing risk among HIV+ persons is critical to curbing new infections
- Clinical settings offer advantages for intervention
- Clinic-based health promotion is effective

METHODS

Formative Research

- Qualitative interviews with HIV+ MSM and providers to assess treatment acceptability and feasibility
- Develop and pre-test online intervention and provider training to enhance risk counseling skill
- Pilot online- and physician-delivered intervention with 6 month follow-up

Online Intervention Modules

1. Introduction to Online Program
2. Self-administered Health Profile
3. Sexual Well Being & Relationships
4. Talking About Risk
5. Substance Use and HIV Risk
6. Personal Action Plans
7. Bringing It All Together

Qualitative Data Collection

- $N = 35$ HIV+ MSM
- Explore circumstances surrounding infection, impact of HIV infection on risk taking, past participation in HIV risk reduction programs
- Conduct intervention needs assessment

Provider Training

- Enhance sexual history assessment and risk screening
- Teach motivational interviewing principles and brief intervention techniques

Pilot Phase

- $N = 30$ HIV+ MSM
- Initial test of modules and provider-delivered intervention
- 6 month follow-up
- Feasibility and effectiveness to be examined

Participants

- Recruitment in two settings: a private practice and a public hospital in San Francisco
- HIV+ MSM
- Risk behavior with negative or serostatus unknown partner, past 3 months
- Age 18+
- English speaking
- Able to provide informed consent

Outcome Measures

- Demographics
- History of HIV Testing and Treatment
- Latency Since Seroconversion
- Sexual Risk Behavior
- Substance Use
- Mental Health (e.g. depression)
- HIV-related Beliefs and Attitudes

DATA ANALYSIS & FUTURE DIRECTIONS

- Interviews will be transcribed and coded for emergent themes using standard qualitative software (e.g., Ethnograph)
- Quantitative analysis using standard statistical software (e.g., STATA) will assess intervention effectiveness and feasibility, calculate effect sizes, and sample size requirements
- Findings will inform a randomized clinical trial to assess efficacy of computer-augmented, physician-delivered risk reduction counseling for HIV+ MSM

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