

Name of Intervention	The WILLOW Intervention (Women Involved in Life Learning from Other Women)
Based on Behavioral and Social Science Theory(ies)	Social Cognitive Theory Theory of Gender and Power
Summary of Intervention	The WILLOW Intervention is a group-level intervention designed to emphasize gender-pride, social support, HIV transmission knowledge, communication, condom use skills, and healthy relationships. Its overall goals are to reduce HIV transmission risk behaviors, sexually transmitted diseases, and to enhance HIV preventive psychosocial and structural factors among women living with HIV through the use of 4- four hour group sessions that are implemented over consecutive weeks. Each session includes 8-10 participants, is implemented by a trained female health educator, and co-facilitated by an HIV-positive female peer educator. Session 1 focuses on gender pride by discussing the joys and challenges of being a woman and by acknowledging the accomplishments of women in society. Session 2 focuses on ways of creating new social network members, discuss ways of maintaining supportive network members, and teaches participants how to break free from network members who were not supportive of healthy behaviors. Session 3 emphasizes education in relation to HIV transmission risk behaviors and discredits common fallacies regarding HIV prevention for people living with HIV. Communication, negotiation skills for safer sex, and the benefits of using condoms consistently is emphasized during this session. Peer educators also model proper condom use skills. Session 4 teaches the impact of abusive relationships on safe sex, the difference between healthy and unhealthy relationships, and informs women of local shelters for women in abusive relationships.
Clearly Defined Audience	HIV positive minority women between the ages of 18-50
Goals and Objectives of the Intervention	<ul style="list-style-type: none"> To reduce HIV transmission risk behaviors and sexually transmitted diseases To enhance HIV preventive psychosocial and structural factors among women living with HIV
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> Unprotected vaginal sex with main partner Unprotected vaginal sex with multiple partners

Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Perceived susceptibility • Perceived severity • Self efficacy • Intentions • Attitudes • Communication and negotiation • Social support • Cultural norms about gender roles
Core Elements	PENDING CDC APPROVAL
Setting	HIV/AIDS clinics and health departments
Duration	Four 4-four hour interactive group sessions that are implemented over consecutive weeks with 8-10 participants in each group
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> • Condom skills demonstrations • HIV transmission education • Communication and negotiation
Outcomes	<ul style="list-style-type: none"> • Participants reported greater HIV knowledge and condom use self-efficacy • Fewer partner-related barriers to condom use were reported • Participants demonstrated greater skill in using condoms • Participants reported fewer episodes of unprotected vaginal intercourse • Participants had a lower incidence of bacterial infections
Type of Intervention	GLI

Journal Citation(s):

Wingood, G.M., DiClemente, R.J., Mikhail, I., Lang, D.L., McCree, D.H., Davies, S.L., Hardin, J.W., Hook, E.W 3rd, Saag, M., A Randomized Controlled Trial to Reduce HIV Transmission Risk Behaviors and Sexually Transmitted Diseases Among Women Living With HIV: The WILLOW Program, Journal of Acquired Immune Deficiency Syndrome, 2004 Oct 1;37: S58-S67.

Contact:

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