

Name of Intervention	Project RESPECT
Based on Behavioral and Social Science Theory(ies)	Theory of Reasoned Action Social Cognitive Theory
Summary of Intervention	<p>RESPECT is an individual-level, client-focused, HIV prevention counseling intervention, consisting of two brief interactive counseling sessions. The counselor follows a structured protocol to guide delivery of the intervention, using or creating a “teachable moment” to enhance a client’s perception of his/her risk and level of concern for HIV infection. Teachable moments can be used to increase a person’s motivation to change behaviors (e.g., being diagnosed with a new STD, or having a recent STD/HIV exposure). By discussing recent risk incidents, the counselor helps the client identify triggers, circumstances, and patterns of risk-taking behavior to increase perception of susceptibility. The counselor works with the client to develop a risk reduction plan including referrals which support risk reduction.</p> <p>This intervention can be easily incorporated into an HIV counseling/testing/referral program, with HIV antibody testing offered to the client at the end of the first session. In this context, the counselor provides the result of the HIV test during the second session, in which s/he helps the client understand the implications of the result, and provides additional support for risk reduction plans and partner counseling and referral.</p> <p>If implemented in settings where testing is not offered, the same format is followed. However, in these settings it is recommended that RESPECT be imbedded into an individual-level, multiple-session program, such as prevention case management, or other behavioral counseling programs. This facilitates completion of the 2-session model, and discussion of reviewing the negotiated step toward risk reduction.</p>
Clearly Defined Audience	High Risk Heterosexuals (HRH) of any race/ethnicity 14 and over (male and female)
Goals and Objectives of the Intervention	To utilize intensive one-on-one counseling to reduce high risk behaviors and to prevent new STDs
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected anal, vaginal or oral sex • Sex with multiple partners • Inconsistent condom use
Factors Influencing Behaviors (FIBs)/Behavioral Determinants	<ul style="list-style-type: none"> • Attitudes (negative) • Group norms • Intentions • Self-efficacy (low) • Expected outcomes

	<ul style="list-style-type: none"> • Perceived susceptibility (low)
Core Elements	<ul style="list-style-type: none"> • Conduct one-on-one counseling, using the RESPECT protocol prompts • Utilize a “teachable moment” to motivate clients to change risk-taking behaviors • Explore circumstances and context of a recent risk behavior to increase perception of susceptibility • Implement an maintain quality assurance procedures
Setting	STD Clinics or anywhere there is enough privacy for a conversation about risk-reduction
Duration	20 minutes per counseling session
Outcomes	Men and women in the counseling intervention reported 30% fewer new STDs compared with participants in the comparison condition and reported significantly greater condom use and reduction of risk behaviors. Significant changes were observed up to 12 months after the intervention. STD reduction was higher among adolescents (50%) than older participants.
Type of Intervention	ILI

Journal Citation(s):

Kamb, M.L., Fishbein, M., Douglas, J.M., Rhodes, F., Rogers, J., Bolan, G., Zenilman, J., Hoxworth, T., Malotte, K., Iatesta, M., Kent, C., Lentz, A., Graziano, S., Beyers, R.H., Peterman, T.A., for the Project RESPECT Study Group. (1998). Efficacy of Risk-Reduction Counseling to Prevent Human Immunodeficiency Virus and Sexually Transmitted Diseases: A Randomized Controlled Trial. *Journal of the American Medical Association*, 280:1161-67.

Contact:

Please visit www.effectiveinterventions.org for more information, or to request a regional training.