

Name of Intervention	Project CLEAR: Prevention for Substance-Using HIV-Positive Young People
Based on Behavioral and Social Science Theory(ies)	Social Action Theory
Summary of Intervention	<p>Project CLEAR is an individual level intervention that is delivered via individual 1 – on – 1 sessions or on the telephone. This intervention consists of 3 modules of 6 sessions each focused on a different target behavior: improving physical health, reducing sexual and substance abuse acts, and improving quality of life. Module 1 focuses on improving one’s physical health regimen, particularly utilization and adherence to antiretroviral treatment. In addition, Module 1 addresses coping with learning one’s serostatus, implementing new daily routines to stay healthy, issues of disclosure, and participation in health care decisions. Module 2 aims to reduce unprotected sexual acts and substance use by asking young people living with HIV (YPLH) to identify situations that are likely to elicit risky acts and to modify their patterns of substance use as well as increase their skills in condom use self-efficacy and negotiation skills. Module 3 aims to reduce emotional distress and to improve the quality of life of YPLH. The module focuses on helping YPLH to anticipate situations that would raise negative emotions (eg, anxiety, depression, fear, anger). YPLH are taught a “Feeling Thermometer” to identify their affective states across difficult situations and then to self-control negative emotions through the use of relaxation, self-instruction, and meditation. Module 3 also focuses on helping YPLH to identify long-term life goals.</p> <p>The format of each session is similar across each session and each module. Each session starts with recognizing personal successes during the previous week, recognizing success in completing goals targeted during the pervious session, introduction of new material (e.g., strategies for remembering antiretrovirals, proper use of condoms), rehearsal and planning for challenging situations that might arise in the next week and the future, review of the session’s progress, and goal setting for the next week.</p>

	The in-person sessions are delivered 1 – on – 1 in private rooms available at collaborating sites or other community agencies. Telephone sessions are delivered 1 – on – 1 at times convenient for participants.
Clearly Defined Audience	Substance using young people living with HIV, ages 16 to 29
Goals and Objectives of the Intervention	<ul style="list-style-type: none"> • To reduce unprotected sexual act and substance use transmission acts • To improve physical health • To improve mental health outcomes
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected sex (vaginal and anal) • Substance use • Multiple sex partners • Medication adherence
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Knowledge (lack) • Communication and negotiation • Self-efficacy • Perceived risk • Negative moods
Core Elements	PENDING CDC APPROVAL
Setting	HIV/AIDS clinics, or community-based organizations
Duration	3 modules of 6 sessions each (18 sessions total) of 2 hours each
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> • Planning and rehearsing coping skills around situational challenges • Developing strategies for remembering antiretrovirals and proper condom use • Decision making • Condom use self-efficacy and negotiation • Self-regulation of negative emotions through the use of relaxation, self-instruction, and meditation • Setting long-term life goals
Outcomes	YPLH tended to have fewer sexual partners.
Type of Intervention	ILI

Journal Citation(s):

Rotheram-Borus, MJ, Swendeman, D, Comulada, S, Weiss, RE, Lee, M, Lightfoot, M (2004). Prevention for substance-using HIV-positive young people: Telephone and in-person delivery. *Journal of Acquired Immune Deficiency Syndrome*, 37(Supplement 2), S68 – S77.

Project CLEAR's intervention manual can be found at <http://chipts.ucla.edu>

Contact:

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