

Name of Intervention	Brother to Brother
Based on Behavioral and Social Science Theory(ies)	AIDS Risk Reduction Model
Summary of Intervention	<p>This is a three-session behavioral intervention aimed at reducing HIV infection among African-American gay and bisexual men. Sessions are designed to foster positive self-identity development, educated participants about HIV/AIDS risk, teach assertiveness and encourage the sharing of commitments and strategies for risk reduction among group members. Participants gain mastery through role-play, group discussion and behavioral skill exercises. The intervention consists of four components:</p> <ul style="list-style-type: none"> <li>• <i>Self-identity and development of social support</i> - Participants view segments of the video 'Tongues Untied' about African-American homosexual men and then discuss their experiences associated with being members of both racial and sexual minorities and perceptions of their HIV risks as sexual minorities.</li> <li>• <i>AIDS risk education</i> - Participants are divided into teams to play the 'AIDS Jeopardy Game' that demonstrates their knowledge of HIV risk activities and then discuss answers. During the 'Condom Games', participants examine their positive and negative emotions about low-risk activities.</li> <li>• <i>Assertiveness training</i> - Participants form groups of two to engage in role-plays designed to practice initiating low-risk sexual behaviors or refusing high-risk activities with a current sexual partner and with a potentially new sexual partner.</li> <li>• <i>Behavioral commitment</i> - Participants share strategies they have used for risk reduction and make a verbal commitment before the group to change their risk behaviors.</li> </ul>
Clearly Defined Audience	African-American gay and bisexual men
Goals and Objectives of the Intervention	<p>Goal(s): To reduce HIV high-risk sexual behavior in African-American homosexuals and bisexual men.</p> <p>Objective(s):</p>

	<ul style="list-style-type: none"> <li>• To reinforce self identity and develop social support</li> <li>• To improve knowledge of risk reduction information and effective use of condoms</li> <li>• To teach assertiveness for negotiating low-risk sexual behaviors</li> <li>• To strengthen commitment to risk reduction</li> </ul>
Risk Behaviors the Intervention Focuses on	Unprotected anal sex
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> <li>• Self-efficacy</li> <li>• Self-esteem</li> <li>• Intentions</li> <li>• Self standards/self-identity</li> <li>• Shame and guilt</li> <li>• Communication and negotiation</li> <li>• Cultural norms about sexuality and gender roles</li> <li>• Group norms</li> <li>• Social support</li> </ul>
Core Elements	<b>Unknown</b>
Setting	STD clinic or community-based organization
Duration	Three 3-hour sessions, one week apart
Provides Opportunities to Practice Relevant Skills	Role plays, group discussions, and behavioral skills exercises around strategies for negotiating low-risk sexual behaviors or refusing high-risk activities
Outcomes	At the 12- and 18-month follow-up interviews, significant reductions in unprotected anal intercourse were reported among intervention participants compared to those who did not participant in the intervention
Type of Intervention	GLI

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