

Name of Intervention	The Options/Opciones Project
Based on Behavioral and Social Science Theory(ies)	Information-Motivation-Behavioral Skills (IMB) Model Motivational Interviewing (MI) Model
Summary of Intervention	<p>The Options/Opciones intervention is an IMB model-based, clinician-initiated HIV risk reduction intervention for HIV+ persons in clinical care using motivational interviewing techniques. It consists of a brief (5 to 10 minute), collaborative, patient-centered discussion in which the clinician introduces a discussion of sexual and drug use risk behavior into the clinical care visit using MI, a patient-centered, supportive, and non-judgmental technique designed to enhance individuals' motivation to change. The Options/Opciones protocol consists of the following steps:</p> <ul style="list-style-type: none"> • Step 1: The clinician briefly but thoroughly assesses the patient's sexual and drug use risk behavior • Step 2: The patient and clinician select which of these 2 types of behavior to focus on further • Step 3: The patient and clinician then identify the conditions under which the behavior occurs (eg, the patient has unprotected anal sex when he or she drinks) • Step 4: The clinician select a specific behavior (eg, using condoms every time the patient has anal sex) that the patient will rate on the "importance" the patient places on changing the behavior and the "confidence" he/she has in actually making the change • Step 5: The clinician evaluates the patient's readiness to change the behavior by asking him or her to rate the importance of changing it on a scale from 0 to 10 • Step 6: The clinician then has the patient rate the confidence that he or she can change the behavior on a scale of 0 to 10 • Step 7: The clinician elicits specific strategies from patient for moving toward safer behavior • Step 8: The clinician and patient negotiate an individually tailored behavior change goal or plan of action with the patient for the following visit • Step 9: The clinician writes the goal on a prescription pad and hands it to the patient

Clearly Defined Audience	HIV positive men and women, all races/ethnicities
Goals and Objectives of the Intervention	To reduce HIV transmission risk of HIV+ patients
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected sex (anal, oral, vaginal) • Sharing of injection drug use equipment
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Knowledge (lack) • Perceived risk • Intentions • Attitudes • Social norms • Self-efficacy
Core Elements	PENDING CDC APPROVAL
Setting	HIV/AIDS clinics
Duration	Brief, 5 to 10 minute, session based on a 9 step protocol implemented during regular clinical care visits
Provides Opportunities to Practice Relevant Skills	None
Outcomes	The Options/Opciones intervention significantly reduced HIV positive patients' HIV sexual transmission behavior over a follow-up period of 18 months.
Type of Intervention	ILI

Journal Citation(s):

Fisher, JD, Fisher, WA, Cornman, DH, Amico, KR, Bryan, A, Friedland, G, (2004). Clinician-initiated HIV risk reduction intervention for HIV-positive person: Formative research, acceptability, and fidelity of the options project. *Journal of Acquired Immune Deficiency Syndrome*. 37(Supplement 2), pp. S78 – S87.

Contact:

The Center for Health/HIV Intervention and Prevention
Department of Psychology
c/o Deborah Cornman, Ph.D.
Unit 1248
University of Connecticut
Storrs, CT 06269-1028
Phone: 860.486.2438
Work Cell: 860.208.3035
E-mail: deborah.cornman@uconn.edu