

Name of Intervention	Healthy Relationships
Based on Behavioral and Social Science Theory(ies)	Social Cognitive Theory
Summary of Intervention	<p>Healthy Relationships is a 5-session small group intervention for men and women living with HIV/AIDS. It focuses on the development of skills, building self-efficacy and positive expectations about new behaviors through modeling behaviors and practicing new skills. Knowing that the lives of persons living with HIV/AIDS are stressful, the intervention focuses on building skills to reduce stress in three life areas: disclosure of HIV status to family and friends, disclosure to sex or needle sharing partners, and safer sexual behaviors. This is not a disclosure intervention - the skills that are developed are decision-making and problem solving skills that enable the participants to make informed and safe decisions about disclosure and behaviors. In each of the three life areas, a series of exercises is repeated to create and develop the decision-making and problem solving skills. The primary exercise is role-playing based on scenarios that are established by viewing short popular movie clips, and is intended to create a positive, engaging, and creative atmosphere. The intervention is adaptable to different populations by varying the choice of movie clips and allowing flexibility in the role plays to account for cultural influences.</p>
Clearly Defined Audience	HIV-positive heterosexual men and women and HIV-positive men who have sex with men
Goals and Objectives of the Intervention	<p>Goal: To promote intentions to change risk behaviors and encourage self-evaluation</p> <ul style="list-style-type: none"> • To increase condom use • To develop strategies for behavioral change
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected sex • Sexual-transmission risks
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Knowledge (lack) • Perceived risk (low) • Self-efficacy (low) • Outcome expectancy • Intentions (low) • Skills (decision-making)
Core Elements	<ul style="list-style-type: none"> • Defining stress and reinforcing coping skills across three life areas- disclosing to sexual partners, and building healthier and safer relationships

	<ul style="list-style-type: none"> • Using modeling, role-play, and feedback to teach and practice skills related to coping with stress • Teaching decision-making skills about disclosure of HIV status • Providing personal feedback reports to motivate change of risky behaviors and continuance of protective behaviors. • Using movie clips to set up scenarios about disclosure and risk reduction to stimulate discussion and role-plays
Setting	Community-based organization or clinic
Duration	Five 120 minute sessions
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> • Decision-making skills • Coping skills • Condom skills
Outcome	Participants reported less unprotected sex with non-HIV-positive partners, fewer sexual contacts overall, and having refused to engage in unsafe sex
Type of Intervention	GLI

Journal Citation(s):

Kalichman, S.C., Rompa, D., Cage, M., DiFonzo, K., Simpson, D., Austin, J., Luke, W., Buckles, J., Kyomugisha, F., Benotsch, E., Pinkerton, S., Graham, (2001). Effectiveness of an intervention to reduce HIV transmission risks in HIV-positive people. *American Journal of Preventive Medicine*, 21(2), 84-92.

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