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| Name of Intervention | Enhancing Motivation to Reduce the Risk of HIV Infection for Economically Disadvantaged Urban Women |
| Based on Behavioral and Social Science Theory(ies) | Information-Motivation-Behavioral Skills Model (IMB) Motivational Enhancement |
| Summary of Intervention | <p>At risk, low-income, African-American urban women participate in a comprehensive risk reduction intervention designed to reduce HIV-related risk behaviors by enhancing motivation for behavior change. Women who are motivated to change are offered the opportunity to increase their HIV-related knowledge and sharpen interpersonal skills needed to adopt safer sexual practices. There are four 90-minute sessions with trained minority therapists. Women provide their own motivational statements, express concerns regarding their HIV risk, develop risk-reduction action plans, view videos, and learn and practice communication and negotiation skills regarding condom use and eroticizing safer sex.</p> <p><i>Session 1</i> focuses on the development of motivational statements and risk sensitization. <i>Session 2</i> focuses on women's perceptions of community problems, their HIV knowledge and personal risk situations, and preparation of risk-reduction action plans. Videotape is used in each of the first two sessions. <i>Session 3</i> introduces the pros and cons of behavior change, the development of risk-reduction plans, and skills training related to condom usage and eroticizing safer sex. <i>Session 4</i> enhances communication and interpersonal skills, using extensive role-play rehearsal and feedback.</p> |
| Clearly Defined Audience | Low-income African-American, urban women |
| Goals and Objectives of Intervention | <p>Goal(s): To increase the adoption of HIV risk reduction behaviors in order to reduce the risk of HIV infection among low-income African-American urban women.</p> <p>Objective(s):</p> <ul style="list-style-type: none"> • To increase HIV-related knowledge • To increase awareness of personal risk perception • To combine motivational enhancement strategies with behavioral skills training |
| Risk Behaviors the | <ul style="list-style-type: none"> • Unprotected sex |

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| Intervention Focuses on | <ul style="list-style-type: none"> • Multiple sex partners • Substance use |
| Factors Influencing Behaviors (FIBs)/ Behavioral Determinants | <ul style="list-style-type: none"> • Perceived susceptibility • Self-efficacy • Intentions • Communication and negotiation skills • Substance use • Group norms • Cultural norms • Social support • Sense of community • Expected outcomes |
| Core Elements | Unknown |
| Setting | Community-based organization |
| Duration | Four 90-minute sessions |
| Provides Opportunities to Practice Relevant Skills | <ul style="list-style-type: none"> • Participants develop risk-reduction plans • Participants practice communication and negotiation skills in role play situations • Participants practice skills related to condom use and eroticizing safer sex |
| Outcomes | Women who participated in the intervention increased their knowledge and risk awareness, strengthened their intentions to adopt safer sexual practices, communicated their intentions with partners, reduced substance use proximal to sexual activities, and engaged in fewer acts of unprotected vaginal intercourse. These effects were observed immediately, and most were maintained at follow-up. |
| Type of Intervention | GLI |

Journal Citation(s):

Carey, M.P., Braaten, L.S., Maisto, S.A., Gleason, J.R., Forsyth, A.D., Durant, L.E., Jaworski, B.C. (2000). Using information, motivational enhancement, and skills training to reduce the risk of HIV infection for low-income urban women: a second randomized clinical trial, *Health Psychology* 19(1), 3-11.

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