

** This intervention was **NOT** proven to be effective and therefore was not approved by the Department of State Health Services Intervention Review Panel (IRP).*

Name of Intervention	Project SMART
Based on Behavioral and Social Science Theory(ies)	Health Belief Model Relapse Prevention Theory Social Cognitive Theory Theory of Reasoned Action
Summary of Intervention	This intervention is ideally a group level intervention, however it can also be used in individual settings. There are two versions of the intervention: 1) the <i>informational intervention</i> is conducted in two 1-hour sessions and should be facilitated by a trained health educator. 2) The <i>enhanced intervention</i> is conducted in six 1-hour sessions followed by a 30 minute individual health education consultation. The intervention is designed to be used in a short-term inpatient substance abuse treatment facility. The intervention utilizes a cognitive-developmental approach to engage participants in the presentations and discussions on adopting harm and risk reduction behaviors.
Clearly Defined Audience	Substance users admitted to short-term (21-days) inpatient drug detoxification and rehabilitation programs
Goals and Objectives of the Intervention	Goal(s): <ul style="list-style-type: none"> • To assist drug abusers in reducing risky drug and sexual behavior Objective(s): <ul style="list-style-type: none"> • To improve knowledge of HIV transmission and harm/risk reduction education • To demonstrate and cultivate condom negotiation skills • To demonstrate and cultivate cleaning of drug paraphernalia
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected anal and vaginal sex with multiple drug using partners • Unsafe needle and syringe practices • Inconsistent use of bleach
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Knowledge (lack) • Self-efficacy (low) • Perceived susceptibility • Intentions • Attitudes • Group norms • Substance use • Communication and negotiation

Core Elements	Unknown
Setting	In-patient and residential drug/alcohol treatment facility
Duration	<i>Enhanced:</i> Six 1-hour group sessions, followed by a 30 minute individual health education consultation over the course of 2 weeks treatment or <i>Informational:</i> two 1-hour group sessions
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> • In-dept class discussions • Homework exercises • Tension release exercises • Role-play • Trigger tapes • Peer feedback • Hands-on needle cleaning and condom exercises
Outcomes as a result of the Intervention	At follow-up intervention members reported: <ul style="list-style-type: none"> • Significantly greater self-efficacy to talk themselves out of AIDS-risk behavior; • Significant reductions in risky drug use, and; • Significant reductions in injection frequency
Type of Intervention	GLI, ILI

Journal Citation(s):

McCusker, J., Stoddard, A.M., Zapka, J.G., Morrison, C.S., Zorn, M., Lewis, B.F. (1992). AIDS education for drug abusers: Evaluation of short-term effectiveness, American Journal of Public Health, 82(4), 533-40.

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