

Name of Intervention	Brief Group Counseling in HIV Risk Reduction Among Homosexual Asian and Pacific Islander Men (<i>Hot, Healthy & Keeping It Up</i>)
Based on Behavioral and Social Science Theory(ies)	<ul style="list-style-type: none"> • Health Belief Model • Theory of Reasoned Action • Social Cognitive Theory
Brief Summary of Intervention	<p>This is a one session, 3 hour intervention behavioral intervention aimed at reducing HIV transmission among homosexual Asian Pacific-Islander men. The one group session is designed to facilitate: 1) an increase in positive ethnic and sexual identity and 2) acknowledgement of HIV risk behaviors. Participants gain mastery through their participation in a safer-sex game, role-play and group discussion. This intervention should be conducted with two facilitators (one highly trained, paid intervention coordinator and one trained community/peer volunteer). The intervention consists of four components:</p> <ul style="list-style-type: none"> • <i>Development of positive self-identity and social support</i> – Topic cards are used to address issues related to having dual identities,[e.g. family, coming out, religion/tradition, stereotypes, language, gossip, immigration, community, racism and homophobia, bi-phobia,] and personal strengths. • <i>Safer sex education</i> – Involves expressing both negative and positive feelings toward safer sex; providing facts about HIV transmission; and playing a safer-sex game that addresses risk with different types of partners. • <i>Eroticizing safer sex</i> – Participants write down on slip of paper a list of erotic but safe ways of touching. Each participant reads someone else’s slip describing it as erotically as he can. • <i>Negotiating safer sex</i> – Negotiation skills are taught through safe-sex negotiation scenarios and role-play demonstrations.
Clearly Defined Audience (Groups the intervention was used with)	Asian/Pacific Islander gay men over 18 years of age

Goals and Objectives of Intervention	<p>Goal: To reduce the frequency of unprotected anal sex with multiple partners among Asian and Pacific Islander men.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • To reinforce positive self-identity and facilitate the development of a social support system • To improve knowledge of HIV transmission and risk reduction education • To introduce the concept of eroticizing safer sex • To build and strengthen skills for negotiating safer sex
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected anal sex • Multiple partners
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Illusion of invulnerability • Self-efficacy • Self-esteem • Shame and guilt • Communication and negotiation • Cultural norms about sexuality and gender roles • Group norms • Social support
Other Theoretical Factors of Importance	None
Core Elements	<ul style="list-style-type: none"> • Having a trained intervention coordinator and one community/peer volunteer to facilitate intervention • Using topic cards to explore identity issues • Playing a safer-sex game that addresses risk with different types of partners • Doing safe-sex negotiation scenarios and role play demonstrations
Setting	Community-based agency
Duration	1 three-hour session
Provides Opportunities to Practice Relevant Skills	Safer-sex negotiation scenarios and role play demonstrations

Type of Intervention	GLI
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Journal Citation(s):

Choi,K-H., et al. (1995). High HIV risk among gay Asian and Pacific Islander men in San Francisco. AIDS. 9(3): 306-307.

Choi,K-H., et al. (1996). The efficacy of brief group counseling in HIV risk reduction among homosexual Asian and Pacific Islander men. AIDS. 10(1): 81-87.

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