

HEALTHY RELATIONSHIPS

A Small-Group Intervention for Men and Women Living with HIV/AIDS FACT SHEET

Program Overview

Healthy Relationships is a five-session, small-group intervention for men and women living with HIV/AIDS. It is based on Social Cognitive Theory and focuses on developing skills and building self-efficacy and positive expectations about new behaviors through modeling behaviors and practicing new skills. Decision-making and problem-solving skills are developed to enable participants to make informed and safe decisions about disclosure and behavior. The sessions create a context where people can interact, examine their risks, develop skills to reduce their risks, and receive feedback from others.

Core Elements

Core elements of Healthy Relationships are:

- Defining stress and reinforcing coping skills across three life areas—disclosing to family and friends, disclosing to sexual partners, and building healthier and safer relationships.
- 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 discussions and role-plays.

Target Population

The Healthy Relationships intervention targets men and women living with HIV/AIDS.

Program Materials

- Intervention package

Research Results

Implementation of Healthy Relationships produced the following results:

- Participants reported greater self-efficacy for suggesting condom use with new partners.
- Participants reported intentions to consider the pros and cons of HIV status disclosure to partners.
- Participants reported intentions to engage in safer sex with partners who did not know their HIV status.
- Participants were significantly more likely to have followed through on their earlier intentions at the three-month and six-month follow-up.
- Participants reported less unprotected intercourse, more protected intercourse, and fewer sexual contacts at the six-month follow-up.
- Participants reported less sexual intercourse and less unprotected intercourse with non-HIV-positive partners at the three-month and six-month follow-up.
- Participants were significantly more likely to refuse to engage in unsafe sex at the six-month follow-up.

For More Information on Healthy Relationships

Interested CBOs and personnel will be contacted when a training date is available in your geographic area.

To place your name on a list for a future training, **please visit our website www.effectiveinterventions.org**. If you do not have access to the web, you may also call (800) 462-9521 or email interventions@aed.org

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