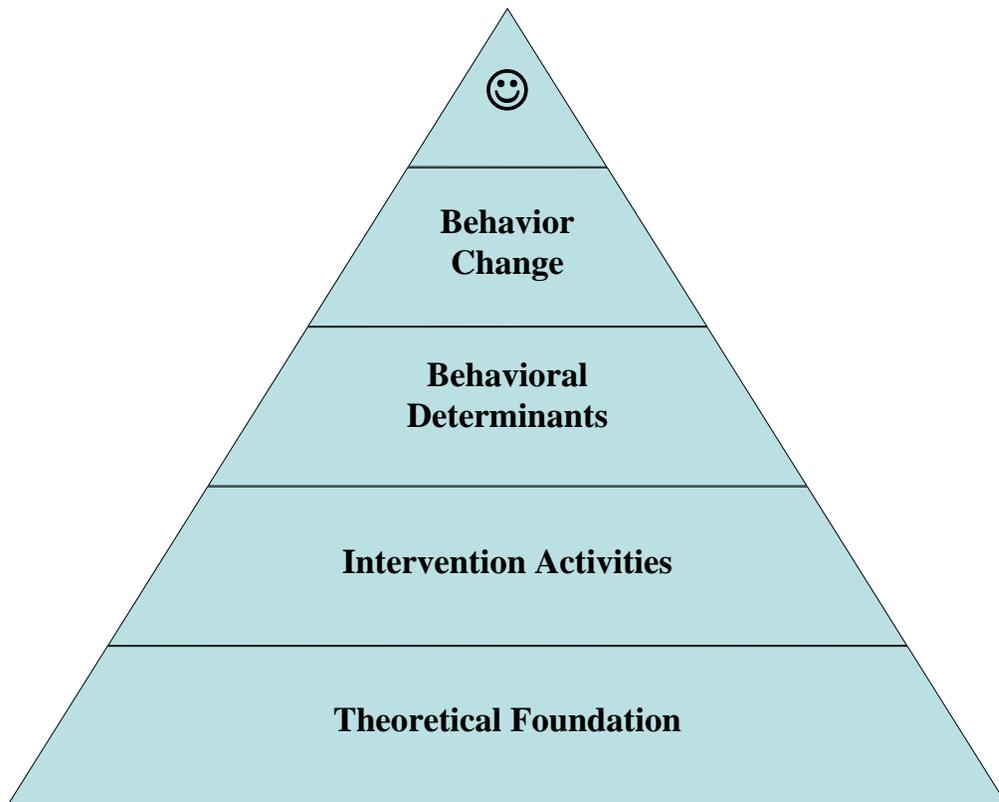


The Behavior Change Logic Model

Intervention activities are derived from the foundational theory. Each behavioral determinant is addressed by one or more activities of the intervention. The immediate outcomes expected from these activities are changes in the behavioral determinants, such as a decrease in negative condom use attitudes. The intermediate outcomes are decreases in risk behaviors, such as unprotected vaginal sex, or increases in protective behaviors, such as correct condom use.

Figure B: Intervention Development



The **Nia** Behavior Change Logic Model is presented on the next page. Logic models are systematic and visual ways to present the internal logic of an intervention, which begins with its theoretical foundation. The models depict the relationships between:

- ★ The factors from behavioral theory that impact a risk behavior (*behavioral determinants*)
- ★ The activities of the intervention that are meant to act on those behavioral determinants, and
- ★ The expected outcomes, or changes, as a result of the activities targeting behavioral determinants.

Nia Behavior Change Logic Model

Problem Statement			
<p><i>Nia is designed for adult African American males 18 and older who have sex with women.</i></p> <p><i>This population is at risk of transmitting or acquiring HIV due to having unprotected sex with female partners.</i></p> <p><i>Major risk factors for HIV include: membership in a demographic group highly impacted by HIV, lack of condom use as a means of protection, sex while under influence of drugs/alcohol, and lack of comfort talking about HIV risk and condom use with female sex partners.</i></p>			
Nia Behavior Change Logic			
Behavioral Determinants <i>Factors from behavioral theory that impact behavior</i>	Activities <i>To address behavioral determinants</i>	Outcomes <i>Expected changes as a result of activities targeting behavioral determinants</i>	
		Immediate Outcomes	Intermediate Outcomes
<ul style="list-style-type: none"> ★ HIV/AIDS knowledge ★ Risk perception regarding self ★ Intentions regarding risk reduction options ★ Identifying triggers to unsafe sex in risky sexual situations skills ★ Identifying triggers to unsafe sex in risky sexual situations skills self-efficacy ★ Managing risky sexual situations skills ★ Managing risky sexual situations self-efficacy ★ Risk reduction decision-making skills ★ Risk reduction decision-making self-efficacy ★ Condom use attitudes ★ Condom use/safer sex skills ★ Condom use/safer sex self-efficacy ★ Sexual communication skills ★ Sexual communication self-efficacy 	<ul style="list-style-type: none"> ★ Review personalized Personal Feedback Report (PFR) -1 form on HIV knowledge. ★ Identify HIV information as myth or fact and discuss. ★ Review personalized PFR-2 form on HIV risk behaviors. ★ Place sexual risk behaviors on a risk continuum banner from very high risk to very low risk and discuss. ★ Build skills in identifying triggers to unsafe sex and making risk reduction/safer sex decisions. ★ Review personalized PFR-3 form on condom attitudes. ★ Generate list of pros & cons of condom use and discuss. ★ View demonstration of condom skills and practice these skills. ★ View and discuss culturally relevant videos; <ul style="list-style-type: none"> ○ HIV 101 video ○ HIV community impact video ○ “Edutainment” video ○ Condom skills video ★ View culturally relevant movie clips and practice identifying triggers, safer sex decision making, and sexual communication. 	<ul style="list-style-type: none"> ★ Levels of correct knowledge will increase. ★ Risk perception will increase. ★ Intentions to use condoms will increase. ★ Trigger identification self-efficacy will increase. ★ Managing risky sexual situations self-efficacy will increase. ★ Risk reduction decision-making self-efficacy will increase. ★ Negative attitudes toward condoms will decrease and positive attitudes will increase. ★ Condom use skills will improve. ★ Condom use/safer sex self-efficacy will increase. ★ Sexual communication self-efficacy will increase. 	<ul style="list-style-type: none"> ★ Increased condom use/ decreased unprotected vaginal/anal intercourse ★ Increased talking with partner about HIV risk and condom use ★ Decreased drug/alcohol use before or with sex ★ Improved management of risky sexual situations, e.g., <ul style="list-style-type: none"> ○ Planned ahead to practice safer sex ○ Refused unsafe/unprotected sex ○ Increased condom carrying