

The WILLOW Logic Model

Theoretical Foundation

Social Cognitive Theory (SCT) and Theory of Gender and Power (TGP)

- Provision of peer support and influence (i.e., social support from women living with HIV/AIDS) (SCT)
- Provide information about STDs and HIV reinfection transmission reduction practices (SCT)
- Discuss positive outcomes of reducing risky sexual behavior (SCT)
- Provide opportunities for decision making, problem solving, and goal setting (SCT)
- Demonstrate proper condom use and assertive communication skills (SCT)
- Allow opportunities to practice proper condom use and communications skills to enhance self-efficacy (SCT)
- Role-play negotiating condom use and communication skills in emotionally challenging situations (e.g., when partner does not want to use condoms) (TGP)
- Discuss power and control in relationships that make it challenging to practice safer sex (TGP)
- Enhance self-worth of women living with HIV (TGP)



Intervention Activities

- Use skilled female adult facilitators, at least one of whom is a woman living with HIV, to co-facilitate implementing the intervention
- Small group discussions involving women living with HIV that include:
 - Information on strategies to reduce transmission of STDs and HIV reinfection
 - Modeling decision making, problem solving, and goal setting
 - Modeling, role-playing, and practicing proper condom use; negotiating safer sex; and communicating assertively
 - Discussing healthy and unhealthy relationships and types of abuse in relationships and its impact on women's ability to negotiate sexual risk reduction
 - Defining types of social support, identifying women's social networks, and discussing sources of social support
 - Identifying and practicing effective coping strategies for stressful life situations
 - Fostering gender pride by enhancing self-worth and reducing negative self-blame



Behavioral Determinants of Risk

- Inadequate skills to use condoms (SCT)
- Inadequate skills to negotiate abstaining from sex and risk reduction (SCT)
- Lack of knowledge about STD and HIV reinfection transmission reduction, personal risks, and safer sex (SCT)
- Lack of knowledge about power imbalances in the heterosexual relationships of women living with HIV (TGP)
- Limited social support networks and poor coping styles affecting women's ability to practice safer sex (TGP)



Risk Behaviors

No or inconsistent condom use



Outcomes

- Increased knowledge about STD and HIV reinfection transmission reduction
- Fewer partner-related barriers to using condoms
- Higher condom use self-efficacy
- Greater skill in using condoms
- Reported having more social support network members
- Reported use of more effective coping strategies

