

# CLEAR: Choosing Life: Empowerment, Action, Results!

A one-on-one intervention with youth and adults living with HIV/AIDS

## Behavior Change Logic Model

**CLEAR** is an evidence-based, health promotion intervention for males and females ages 16 and older living with HIV/AIDS. Unprotected sex is the risk behavior addressed in **CLEAR**. The risk and contextual factors associated with unprotected sex for this target population are: increased sexual activity among youth living with HIV/AIDS (YLWH/A), substance and alcohol use, confronting disclosure and stigma of living with HIV, treatment adherence, health care and self-care.

Behavioral Determinants	Activities	Outcomes	
		Intended Immediate Outcomes	Intended Intermediate Outcomes
Low motivation for behavior change	<ul style="list-style-type: none"> <li>Identify ideal self characteristics.</li> <li>Identify life goals.</li> <li>Identify weekly short-term goals and record in goal log.</li> </ul>	Development of individualized prevention plan that coincides with identified short-term and life goals.  Increased intentions to change behavior.	Increased condom use during insertive or receptive vaginal or anal sex.  Increased behaviors that promote healthier feelings, thoughts and behaviors.
Low self-efficacy in goal-setting skills	<ul style="list-style-type: none"> <li>Review and practice goal-setting guidelines.</li> </ul>	Increased self-efficacy for goal-setting.	Consistent daily routines to stay healthy.
Low self-efficacy in problem-solving skills	<ul style="list-style-type: none"> <li>Review and practice SMART problem-solving skills and CLEAR thinking techniques.</li> </ul>	Increased self-efficacy for effective problem-solving.	Consistent emotional regulation.
Low self-efficacy in assertive communication skills	<ul style="list-style-type: none"> <li>Review assertive communication skills and practice skills through role-plays.</li> </ul>	Increased self-efficacy for communicating assertively.	Effective coping with challenges of daily living.

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Behavioral Determinants	Activities	Outcomes	
		Intended Immediate Outcomes	Intended Intermediate Outcome
Low self-efficacy for self-regulation	<ul style="list-style-type: none"> <li>Review and practice SMART problem-solving skills and CLEAR thinking techniques.</li> <li>Complete and discuss Feel-Think-Do (FTD) grid.</li> </ul>	Increased self-efficacy for self-regulation.	<b>See Above</b>
Low perception of risk to self and others	<ul style="list-style-type: none"> <li>Participate in risk continuum exercises and appraise the pros and cons of risk behaviors.</li> </ul>	Increased perception of risk to self and others.	
Low self-efficacy for behavior change related to sexual risk, substance use, health care and self-care, treatment adherence, disclosure, and HIV stigma	<ul style="list-style-type: none"> <li>Identify ideal self characteristics.</li> <li>Identify life goals.</li> <li>Review and practice goal setting guidelines.</li> <li>Review and practice SMART problem-solving skills and CLEAR thinking techniques.</li> <li>Complete and discuss Feel-Think-Do (FTD) grid.</li> <li>Participate in risk continuum exercises and appraise the pros and cons of risk behaviors and disclosure.</li> <li>Review assertive communication and practice skill through role-plays.</li> <li>Complete and discuss substance use weekly schedule.</li> <li>Utilize trigger-thought-craving-use model to identify triggers that may lead to substance use.</li> <li>Participate in condom demonstration exercises.</li> <li>Identify and problem-solve barriers to staying healthy, medication adherence, and communication with health care providers.</li> </ul>	Self-efficacy for behavior change will increase related to sexual risk, substance use, health care and self-care, treatment adherence, disclosure of status, and HIV stigma.	