

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.

Kalichman, S., Rompa, D., Cage, M., DiFonzo, K., Simpson, D., Austin, J., Luke, W., Buckles, J., Kyomugisha, F., Benetsch, 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.

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.

More Information

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 the [Effective Interventions website](#). If you do not have access to the web, you may also call (866) 532-9565 or email interventions@danya.com.