



RESPECT Behavior Change Logic Model

The **RESPECT Behavior Change Logic Model** provides a systematic and visual representation of the internal logic of the intervention. The model depicts the relationships between:

- The factors from behavioral theory that impact 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 the behavioral determinants.

The **problem statement** describes the target population and the risk factors that RESPECT is intended to address.

The **behavioral determinants** are those things that influence risky behaviors (e.g. perceptions about risk behavior) and is addressed by one or more activities of the RESPECT intervention.

The **activities** to address the behavioral determinants and are the specific components of RESPECT.

The **outcomes** are the expected changes in the behavioral determinants that result from the activities. Examples of the immediate outcomes for RESPECT are Increase in perception of personal susceptibility for HIV/STDs, increase awareness and identification of causes. The Intermediate outcomes are decreases in risk behaviors, or increases in protective behaviors including increased ability of the client to consistently follow their risk-reduction plan.

RESPECT Intervention Behavior Change Logic Model

Problem Statement: Persons who engage in unprotected sex with multiple partners are at increased risk for HIV/STD infection or transmission. RESPECT is an individual-level, client-focused prevention counseling intervention consisting of two brief interactive counseling sessions to: reduce HIV/STDs, increase condom use, learn HIV status in order to be supported in reducing HIV transmission, and, receive referrals for care and treatment.			
Behavioral Determinants <i>Factors from behavioral theory that impact behavior</i>	Activities to address Behavioral Determinants <i>To address behavioral determinants</i>	Outcomes Expected changes as a result of activities targeting behavioral risk determinants	
		Immediate Outcomes	Intermediate Outcomes
<ul style="list-style-type: none"> • Perception of personal susceptibility for HIV • Recognition of the context of personal triggers, circumstances, and/or behavioral patterns where sexual risk-taking occurs • Self-efficacy to adopt risk-reduction behaviors • Intentions to adhere to risk reduction plan. 	Implements RESPECT counseling sessions as follows: <ul style="list-style-type: none"> • Conduct interactive one-on-one counseling, using RESPECT protocol prompts as necessary • Create a “teachable moment” to motivate client to change risk-taking behaviors • Explore circumstances and context of a recent risk behavior to increase perception of personal susceptibility • Explore circumstances and context of a recent risk behavior to increase perception of personal susceptibility • Explore, identify, and illuminate points of dissonance on a variety of levels (between intentions and behaviors, two mutually exclusive goals/mutually exclusive courses of action, etc.) • Provide support for intention to change and/or behavior change steps already achieved by aligning with the part of the client invested in reducing HIV risk • Negotiate an achievable step that supports a larger risk reduction goal • Foster the development of needed skills for achieving behavior change step (e.g. through condom demonstration, role play scenarios) • Implement and maintain quality assurance procedures 	<ul style="list-style-type: none"> • Increase in perception of personal susceptibility for HIV/STDs • Increase of awareness/insight into how certain points of dissonance may have served as an impediment to reducing risk • Identification of at least one trigger or circumstance that contributes to risk-taking behavior (e.g. lack of condoms, inconsistent or improper condom use), the context (when/with whom), and/or environment (where) in which behavior occur • Increased safer sex skills (e.g., correct application) and other prevention skills • Identification of a challenging, yet achievable step toward a risk reduction (RR) goal • Increased intent to practice RR step 	<ul style="list-style-type: none"> • Increased self-efficacy for reducing high-risk personal behaviors and choosing lower risk partners • Increased self-efficacy for ability to negotiate safer sexual and other high-risk behaviors with partners • Increased ability to consistently follow risk-reduction plan • Decreased risk-taking behaviors with high-risk partners • Increase condom use with casual partners • Decrease in the number of concurrent partners