

# **CLEAR: CHOOSING LIFE: EMPOWERMENT! ACTION! RESULTS!**

**A One-on-One Intervention with Youth and Adults Living with HIV/AIDS and High-Risk HIV-Negative Individuals**

## **FACT SHEET**

### **Intervention Overview**

**CLEAR: Choosing Life: Empowerment! Action! Results!** is an evidence-based, health promotion intervention for males and females ages 16 and older living with HIV/AIDS and high-risk HIV-negative individuals. **CLEAR** is a client-centered program delivered one-on-one using cognitive behavioral techniques to change behavior. The intervention provides clients with the skills necessary to be able to make healthy choices for their lives. The Centers for Disease Control and Prevention's (CDC's) guidelines on Comprehensive Risk Counseling and Services (CRCS), formerly known as Prevention Case Management (PCM), identify **CLEAR** as a structured intervention that may be integrated into CRCS programs.

**CLEAR** enables prevention counselors to individually tailor the intervention to address the unique needs of each client. **CLEAR** consists of 5 core skill sessions, 21 menu sessions, and a wrap-up session. The core skill sessions teach the essential cognitive and behavioral skills of the program. Within these core skill sessions, clients develop a personal life goal and an individual prevention plan which directs the focus and selection of subsequent menu sessions. Counselors choose sessions from a menu of six domains to assist clients in achieving their prevention goal(s). The six domains address sexual risk, substance use risk, health care and self care, treatment adherence, disclosure, and HIV stigma. The sessions provide an opportunity for clients to learn, practice, and internalize the cognitive behavioral techniques of the intervention that promote long-term behavior change. The final wrap-up session addresses the maintenance of behavior changes made in the program.

### **Target Population**

**CLEAR** is intended for males and females ages 16 and older living with HIV/AIDS and high-risk HIV-negative individuals.

### **Core Elements**

Core elements are critical features of an intervention's intent and design and are responsible for its effectiveness. They must be maintained without alteration.

The following are core elements of **CLEAR**:

1. Development of emotional awareness through use of a Feeling Thermometer and identification of the link between feelings, thoughts, and actions (F-T-D Framework).
2. Identification of Ideal Self to help motivate and personalize behavior change.
3. Teaching, modeling, and practicing Short-and Long-Term Goal Setting.
4. Teaching, modeling, and practicing SMART Problem-Solving.
5. Teaching, modeling, and practicing Assertive Behavior and Communication.

# CLEAR FACT SHEET

## Research Results

Following the **CLEAR** intervention, there was an increase in the proportion of protected sexual acts with all partners and with HIV-negative partners for those in the in-person condition. Moreover, youth in the in-person condition reported a significantly higher proportion of protected sexual acts than youth in the control condition. Specifically, youth in the in-person condition used condoms for 58% of sexual

acts with all partners compared to youth in the control condition, who used condoms for 22% of sexual acts with all partners. Also, youth in the in-person condition used condoms for 73% of sexual acts with HIV-negative partners; youth in the control condition used condoms for 32% of sexual acts with these partners. Finally, the number of HIV-negative partners decreased from 4.0 to 1.4 in the in-person condition, versus from 4.3 to 2.5 in the control condition. All these outcomes were statistically significant.

## Program Materials

The **CLEAR** Implementation Manual contains the essential material for conducting the intervention with youth and adults living with HIV/AIDS and high-risk HIV-negative individuals. It begins with an introduction and overview, which serve as an orientation to **CLEAR**. These are followed by the five core skill session guides and the 21 menu session guides, concluding with the wrap-up session. The manual lists additional materials that agencies will need to provide to implement **CLEAR**.

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Rotheram-Borus, M.J., Swendeman, D., Comulada, S. Weiss, R., & Lightfoot, M. (2004). Prevention for substance using HIV+ young people: telephone and in-person delivery. *JAIDS*, 37(Supp2), S68-S77.

Lightfoot, M. Swendeman, D., Rotheram-Borus, M.J., Comulada, S., & Weiss, R. (2005). Risk behaviors of youth living with HIV: Pre- and post-HAART. *American Journal of Health Behavior*, 29(2), 162-171.

Swendeman, D., Rotheram-Borus, M.J., Comulada, S., Weiss, R., & Ramos, M.E.(2006). HIV-related stigma among young people living with HIV. *Health Psychology*, 25(4), 501-509.

Lightfoot, M., Rotheram-Borus, M. J., & Tevendale, H. (2007). An HIV-preventive intervention for youth living with HIV. *Behavior Modification*, 31(3), 345-363.

## For More Information on CLEAR

To register for **CLEAR** training, visit the National Network of Prevention Training Centers (NNPTC) website <http://depts.washington.edu/nnptc/> and contact the training center for your area. To obtain additional information about **CLEAR** and the technical assistance system, visit the DEBI website [www.effectiveinterventions.org](http://www.effectiveinterventions.org). If you do not have access to the web, you may also call (800) 462-9521, or email [interventions@aed.org](mailto:interventions@aed.org).