



Social science that makes a difference

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Co-authors

HSRC RESEARCH OUTPUTS

5585

University of Connecticut

Prof Seth Kalichman

Ms. Demetria Cain

Human Sciences Research Council

Mr. Sean Jooste

Ms. Pamela Magubane

Mr. Xolani Nibe

Mr. Redwaan Vermaak

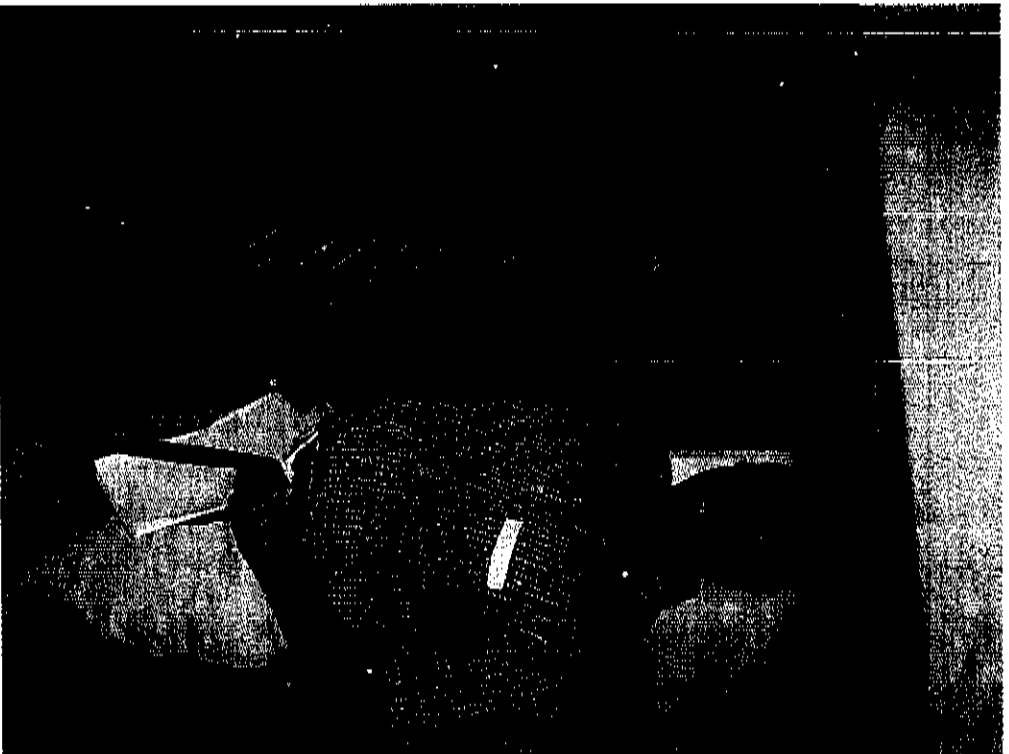
Ms. Queen Kekana

Ms. Philasande Bidla

Funding

- Supported by National Institute of Alcohol Abuse and Alcoholism R21 AA014820



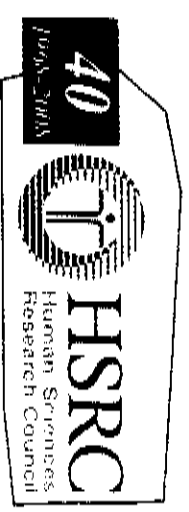


**University of Connecticut and
The Human Sciences Research
Council, Cape Town
South Africa**



Leickness C. Simbayi
Allanise Cloete
Sean Jooste
Tammy Shefer
Anna Strebel

Seth C. Kalichman
Charsey Cherry
Demetria Cain
Mary Crawford



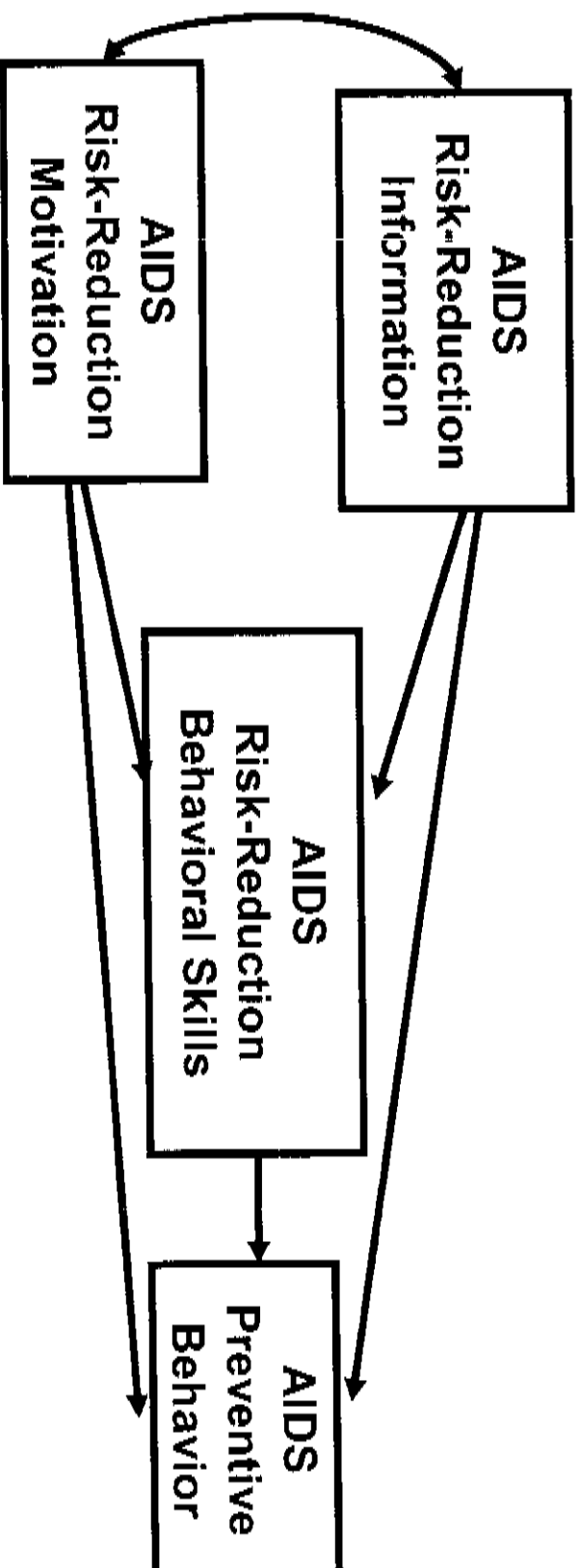
Background

- There is considerable evidence that alcohol use contributes to the spread of sexually transmitted infections (STIs), including HIV.
- Previous research has shown that people living with HIV/AIDS (PLWHA) in Southern Africa are more than two times as likely as uninfected individuals to report a history of alcohol use.
- In another study that we conducted in Cape Town, 42% of men and 12% of women receiving STI clinic services report drinking before sex and the rate of alcohol use before sex jumps to 61% among STI clinic patients who are problem drinkers.

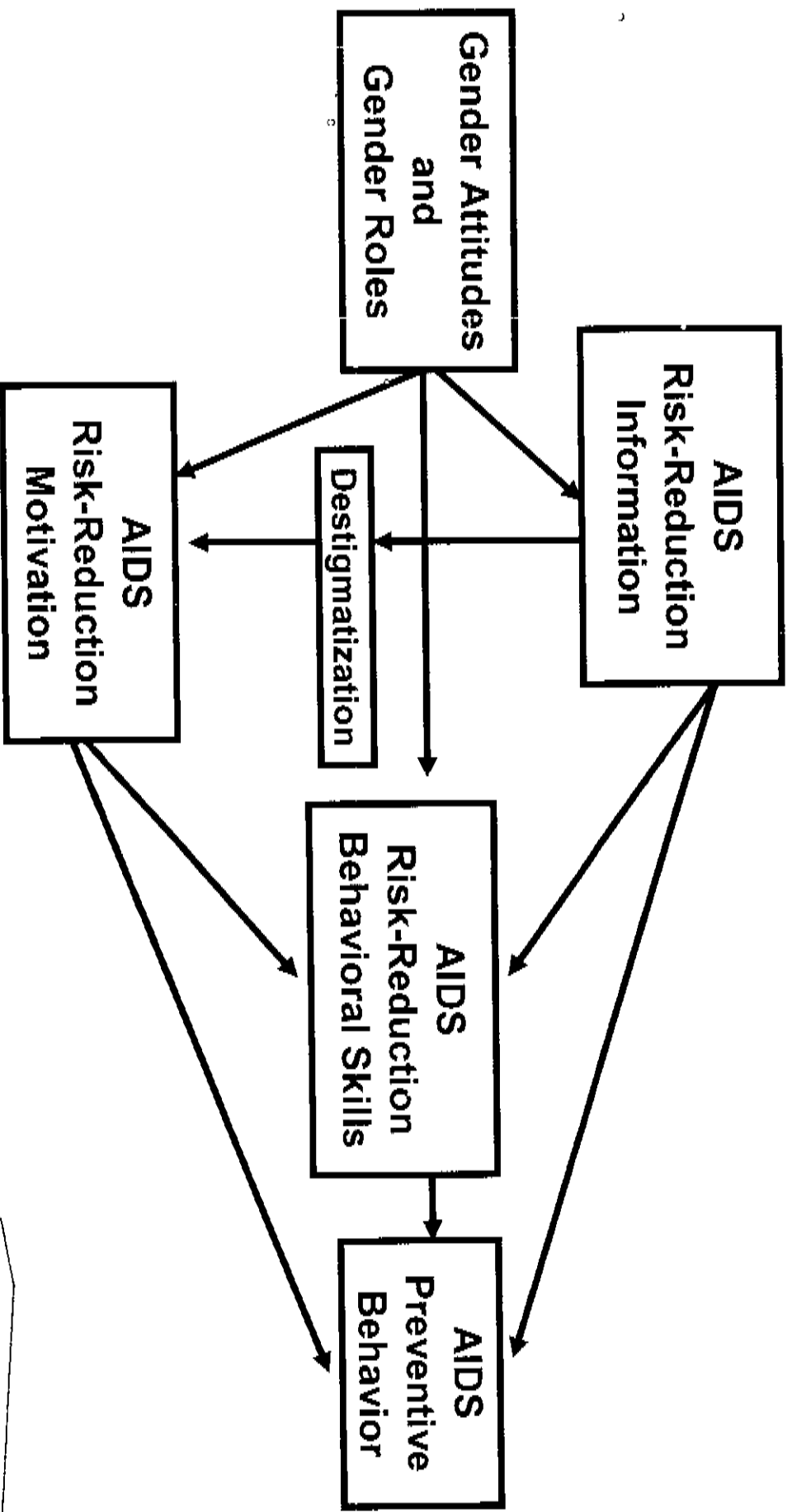
Background (continued)

- HIV risk reduction interventions for STI clinic patients may therefore require particular attention to alcohol use, especially in terms of drinking in sexual contexts.
- The current study was conducted to test an HIV prevention counseling intervention for men and women who use alcohol and are receiving STI clinic services in a clinic in Cape Town, South Africa

The Information-Motivation- Behavioral Skills (IMB) Model

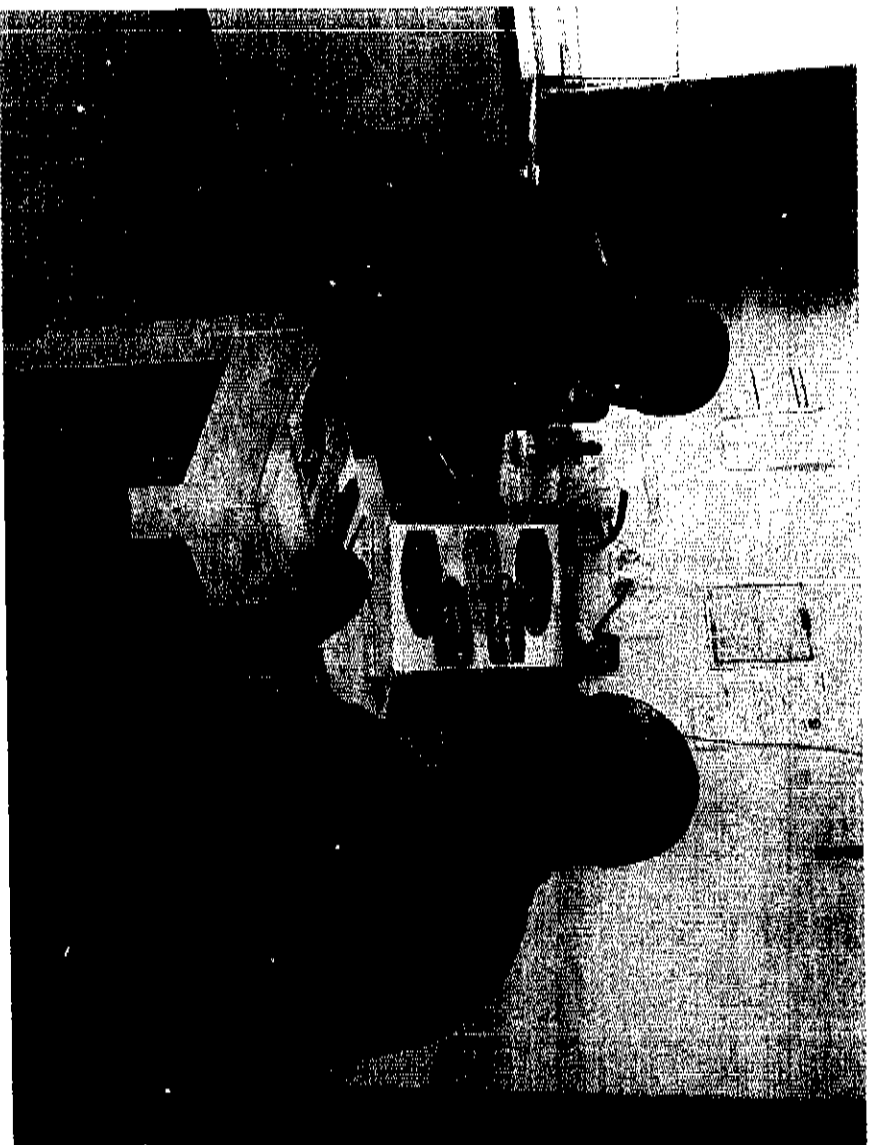


Adapting IMB for South African Risk Reduction Counseling

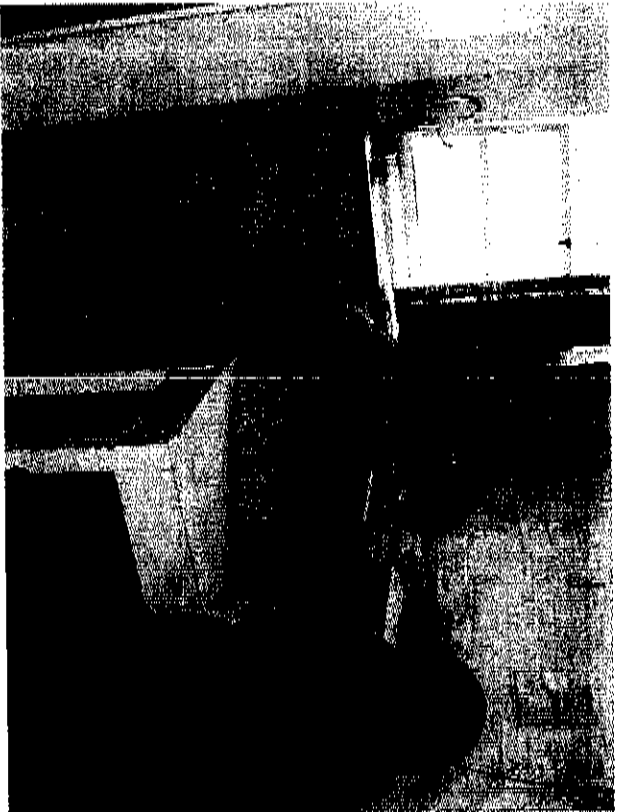


Methods

- A randomized clinical design was used to test the efficacy of a brief HIV risk reduction counseling intervention for men and women receiving STI clinic services in Cape Town, South Africa.
- A brief behavioural risk reduction counselling model which we developed and tested 3-4 years ago was adapted to include a substantial component to directly address alcohol use in sexual contexts.



**One-on-One counselling
sessions which fit clinic service
delivery contexts**

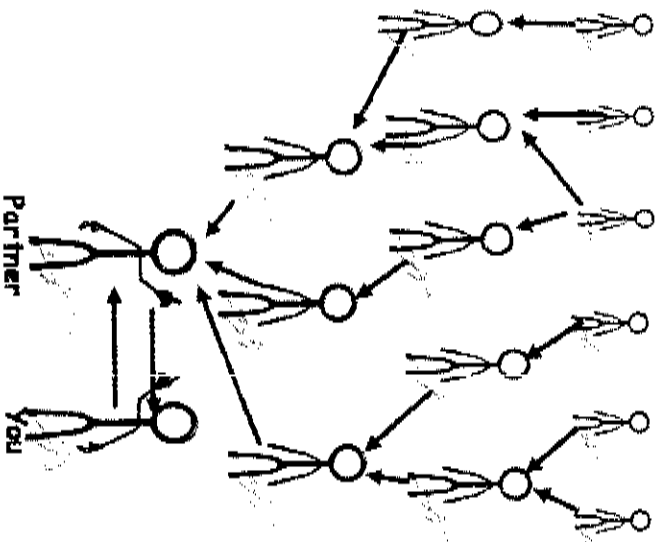


Articulating the adapted IMB model in intervention components



Information

When you have sex, you can get an STI your partner's past partners and all their partners



How can you tell if someone has HIV-AIDS?

You can only get HIV from.....



Unprotected Sex

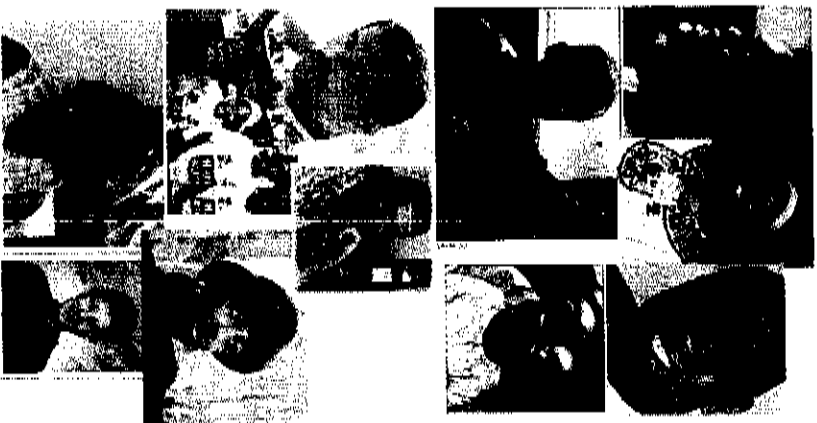


Infected Blood



Infected Mother - to - Child

Destigmatization



People who have HIV-AIDS are just like you and me

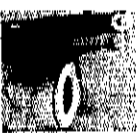
You cannot get HIV from...



Kissing



Touching



Insects



Food

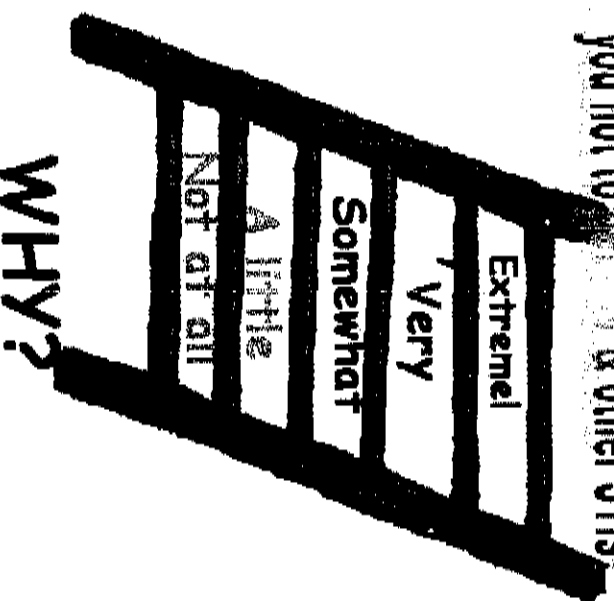


...or from a person with HIV

Motivational Enhancement

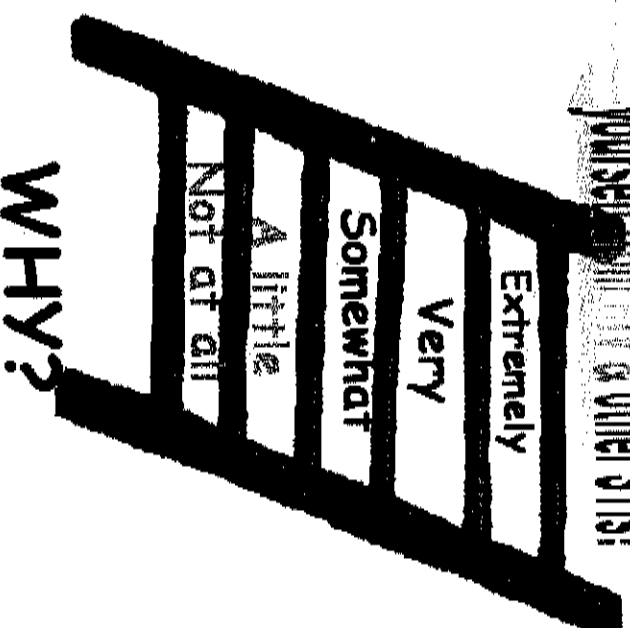
How important is it to

you not to acquire HIV & other STIs?



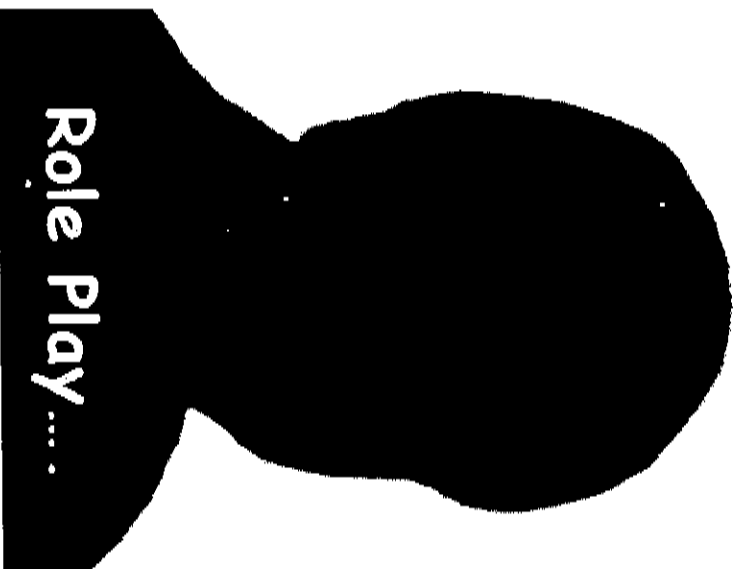
How confident are you that you can protect

yourself from HIV & other STIs?



Behavioral Skills Building

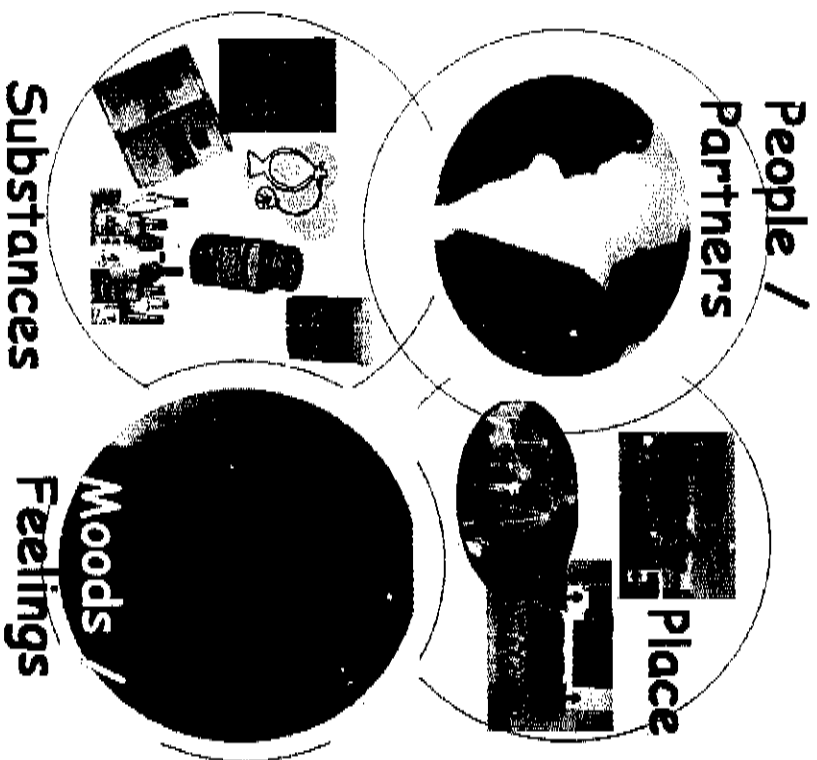
What
about
talking
with your
partner
about
condoms?



Role Play.....



What are the triggers?



NGABANTU _____

ZINDAWO _____

ZIZIYOBISI _____

YINDLELA OZIWA NGAYO _____

Phaphama 60-Min. Risk Reduction Session

Information

Local HIV prevalence

Modes of HIV transmission

HIV transmission myths

Continuum of risk behaviors

Motivation Enhancement

Personalized feedback report

Decisional balance

AIDS Destigmatization

Risk reduction values clarification

Risk reduction goal setting

Behavioural Skills Building

Functional analysis of behaviours

Examination of risk situations

Identifying risk antecedents

Sexual communication skills

Condom skills

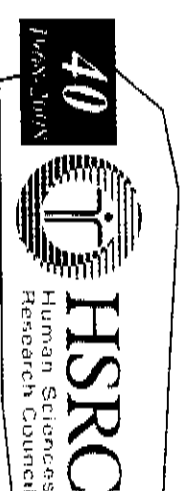
The World Health Organization's (WHO) brief alcohol counseling model

- The model provides feedback to the patient on their alcohol consumption and associated risks.
- Participants are given their Alcohol Use Disorders Identification Test (AUDIT) score and are shown how the score represents the potential hazards of drinking.
- Alcohol risk reduction is tailored to the level of drinking indicated by the AUDIT score using the algorithm suggested by the WHO.
- Decisional balance techniques are used to elicit self-motivating statements for alcohol reduction. Among the personal concerns about drinking examined by the counselor are those associated with increased HIV risk behavior.
- Alcohol use in sexual contexts is specifically discussed in relation to a patient's self-identified risk situations.
- Alcohol use is then integrated into the remaining segments of the HIV risk reduction counseling.
- Beliefs about how alcohol may influence sexual behavior and relationships becomes a central focus of the counseling.

Clinic recruitment



Self admin & interviewer assessments

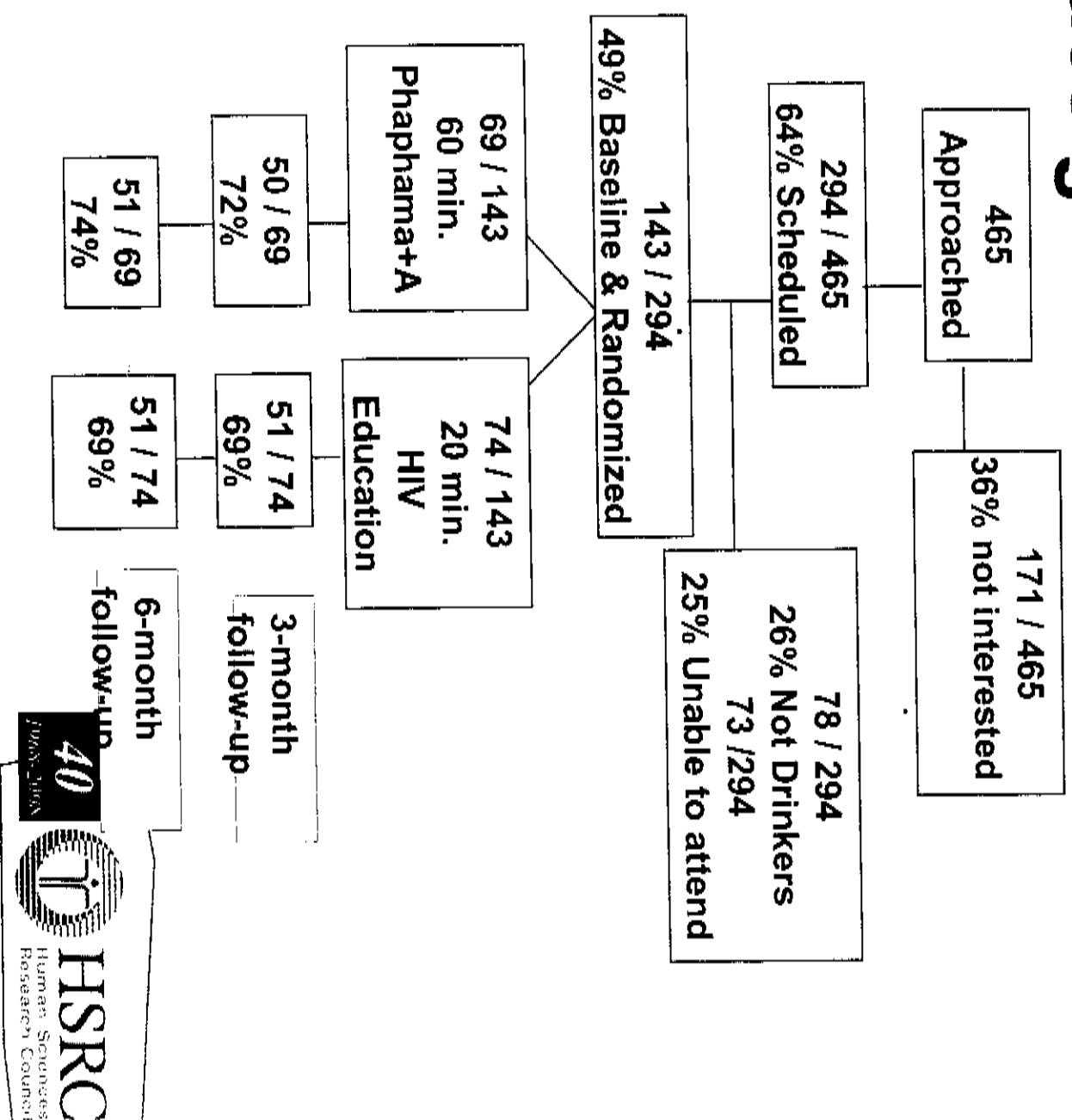


Preliminary research findings:

Participants who drank alcohol..

- **had more sex partners,**
- **engaged in more unprotected sex**
- **were less likely to take precautions against HIV/STI**

Study design

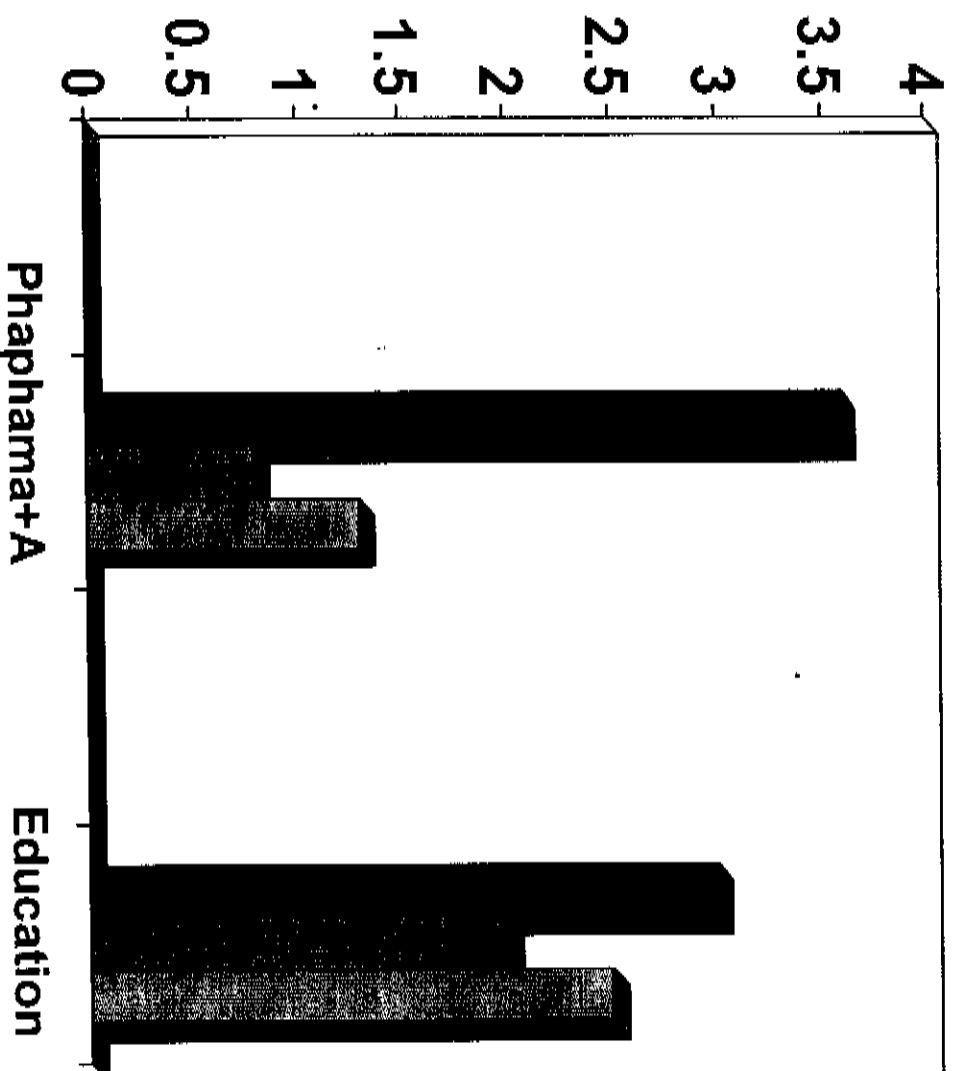


Participants

- 122 men & 21 women STI patients in a Cape Town clinic
 - 77% Xhosa-speaking
 - 20% married
 - 5% employed
 - 36% AUDIT* score 10+**
- * Alcohol Use Disorder Identification Test
- ** Scores of 9 or above are used to identify individuals who may be at risk or who are experiencing alcohol problems.

Results

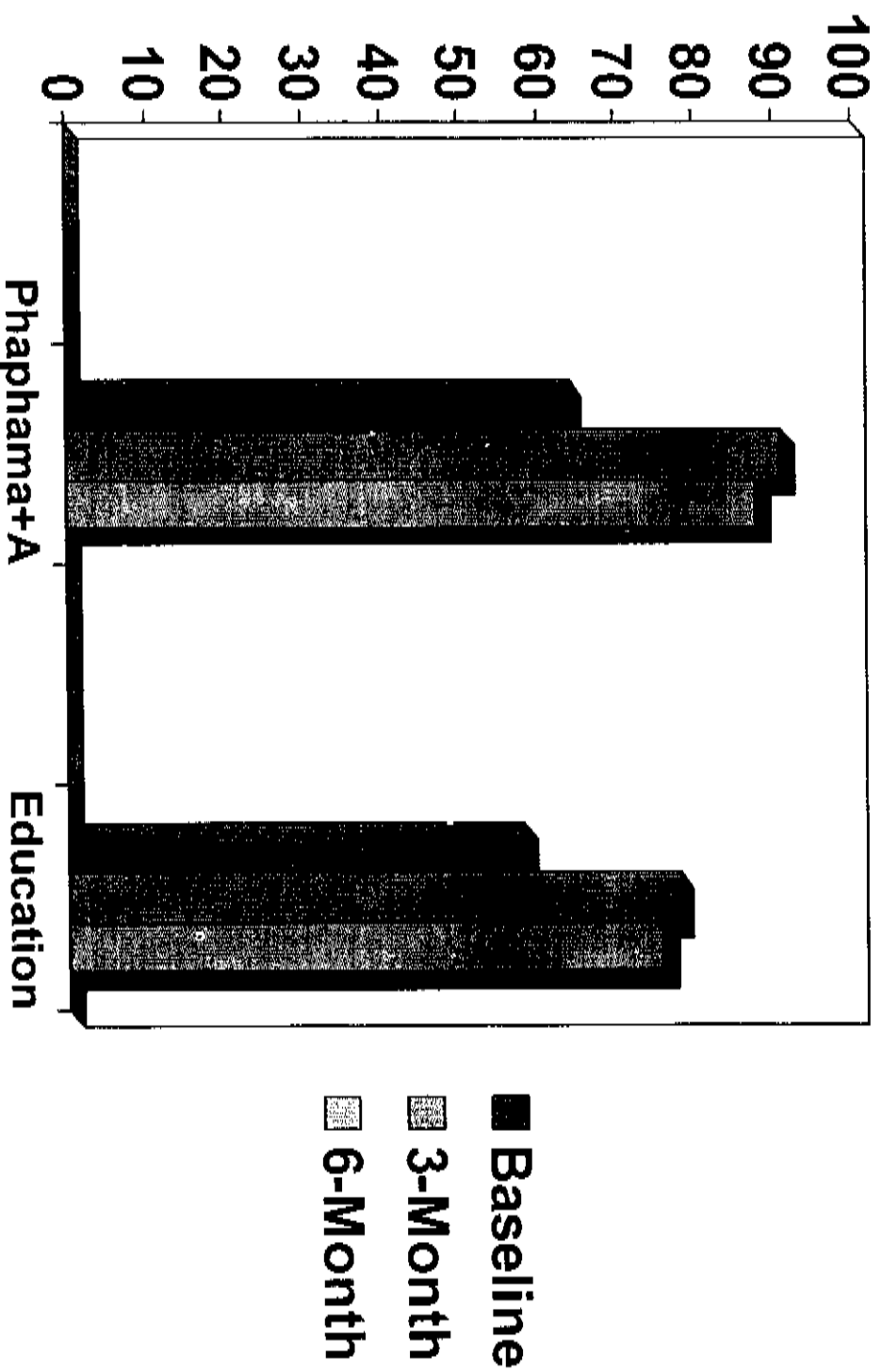
Results: Unprotected Intercourse in past month



- Baseline
- 3-Month
- 6-Month

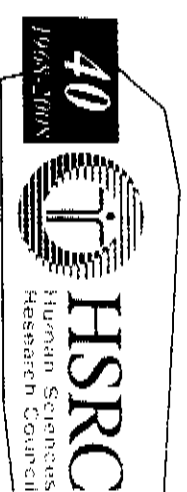
F = 3.9, Cohen's $d = .41$ for 3-month, and
F = 5.6, Cohen's $d = .53$ for 6-month
Adjusted for age, gender, education, and baselines
Kalichman, Simbayi et al., *JAIDS*, 2007

Percent condom use in past month

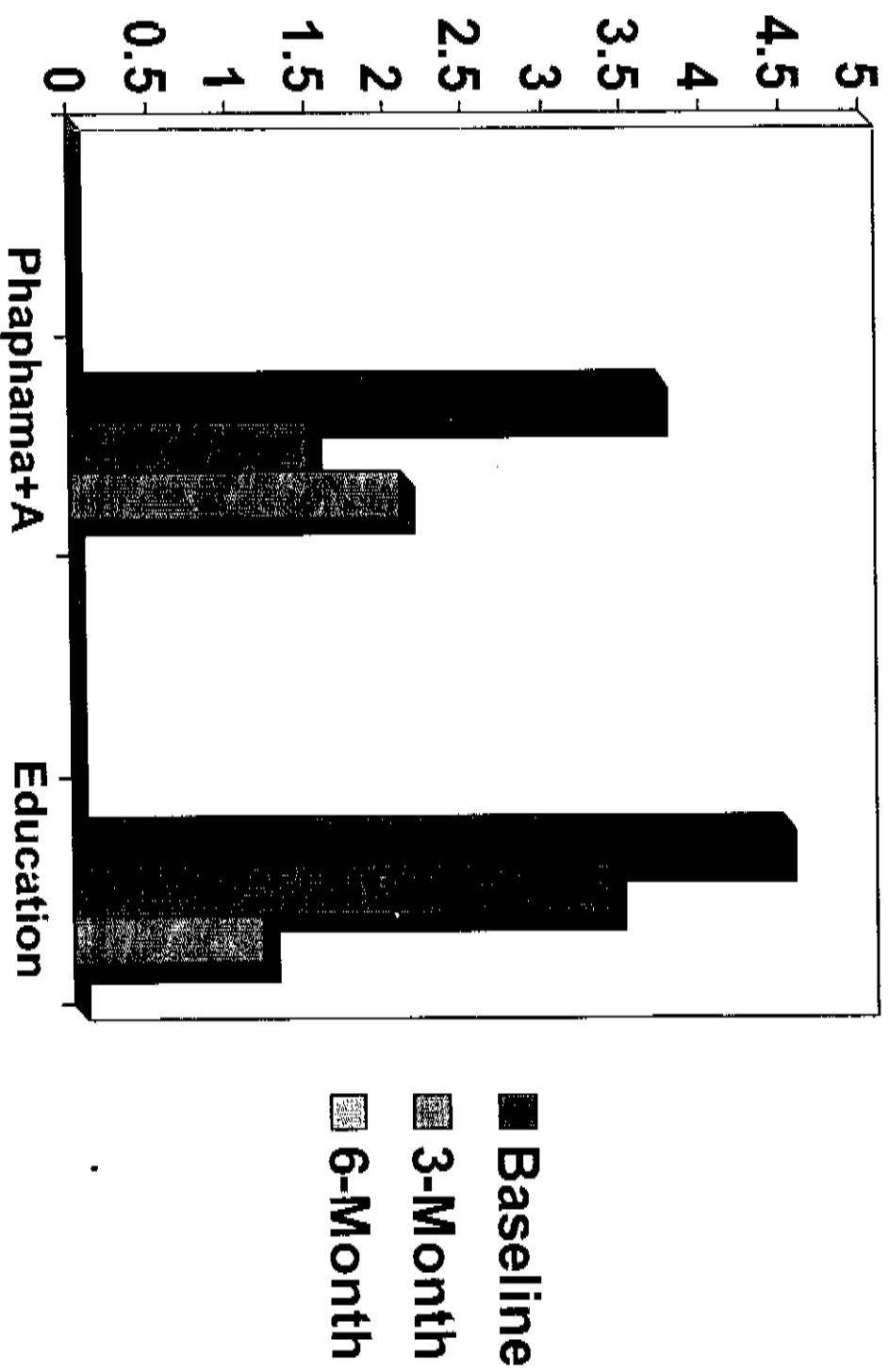


F = 5.1, d = .47 for 3-month and F = 5.7, d = .54 for 6-month
Adjusted for age, gender, education, and baselines

Kalichman, Simbayi et al., *JAIDS*, 2007



Alcohol use in sexual contexts in past month



$F = 6.2$, $d = .53$ for 3-month and $F = 0.1$, $d = .06$ for 6-month
Adjusted for age, gender, education, and baselines

Kalichman, Simbayi et al., *JAIDS*, 2007

Conclusions

- The brief HIV risk reduction counselling intervention was found to be efficacious as it reduced HIV transmission risks for up to 6 months among STI patients within a clinic setting.
 - There was more than a 25% increase in condom use
 - A 65% reduction in unprotected intercourse
- However, there was only a short-lived reduction in alcohol use in sexual contexts and expectancies that alcohol enhances sexual experiences.
- This suggests that the effects may be sustained with structural interventions within communities to reduce alcohol use in sexual contexts and support risk reduction behaviour changes over the long term.

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