

Brief HIV Risk Reduction Intervention for Sexually Transmitted Infection Clinic Patients who Use Alcohol in Cape Town

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HSRC RESEARCH OUTPUTS

52915

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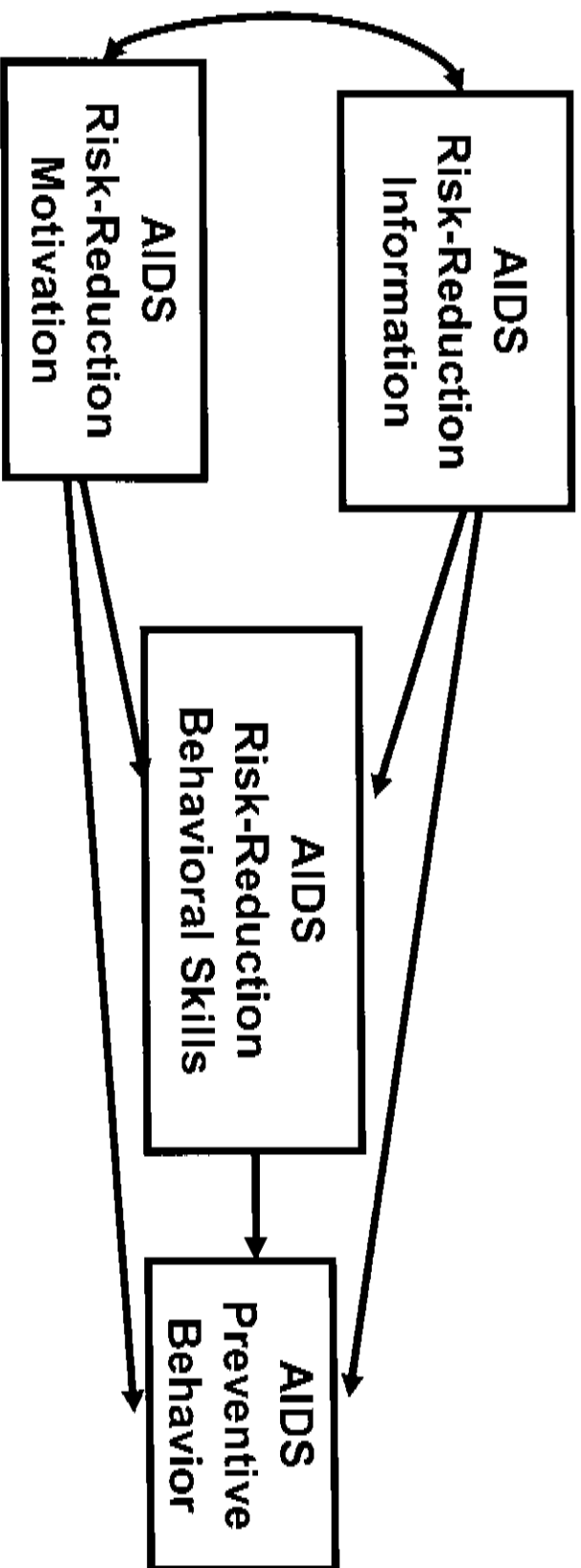
Background

- 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 a study 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



Methods

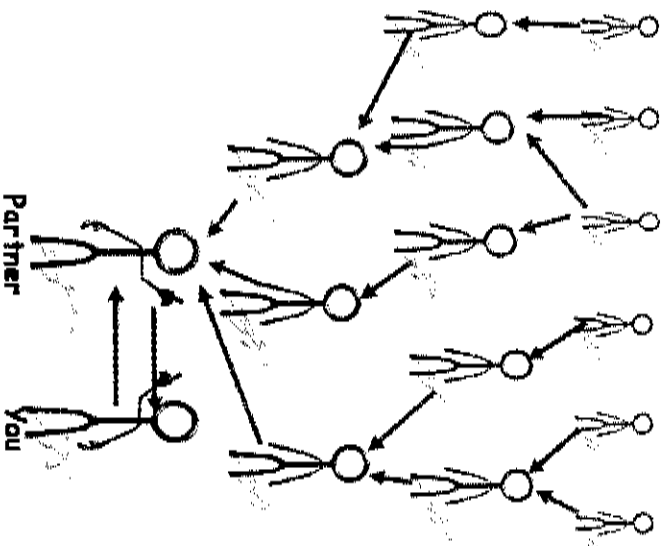
- **A randomized clinical design was used to test the efficacy of a brief HIV risk reduction counseling intervention for men and women receiving STI clinic services in Cape Town, South Africa.**



One-on-One counseling sessions fit service delivery contexts

Information

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



How can you tell if someone has HIV-AIDS?

You can get HIV from...



Unprotected Sex

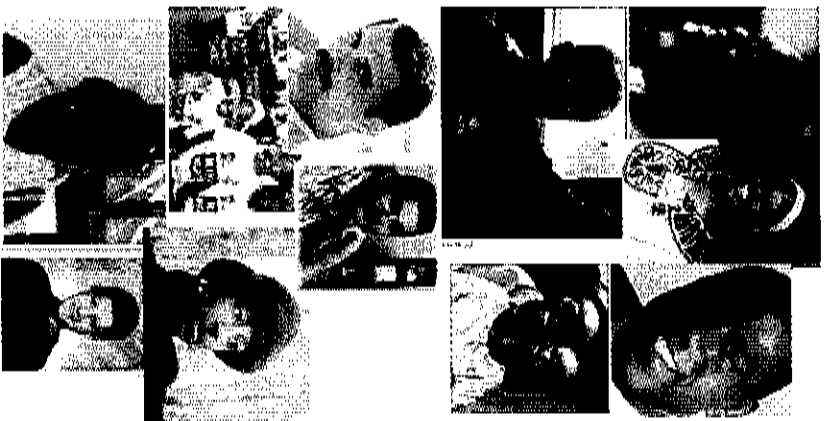


Infected Blood



Infected Mother - to - Child

Destigmatization



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

You cannot



Kissing

HIV from...



Touching



Insects



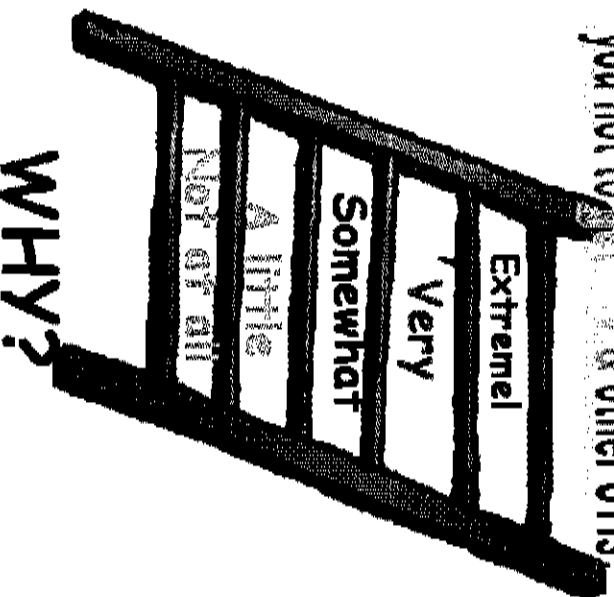
Food



Motivational Enhancement

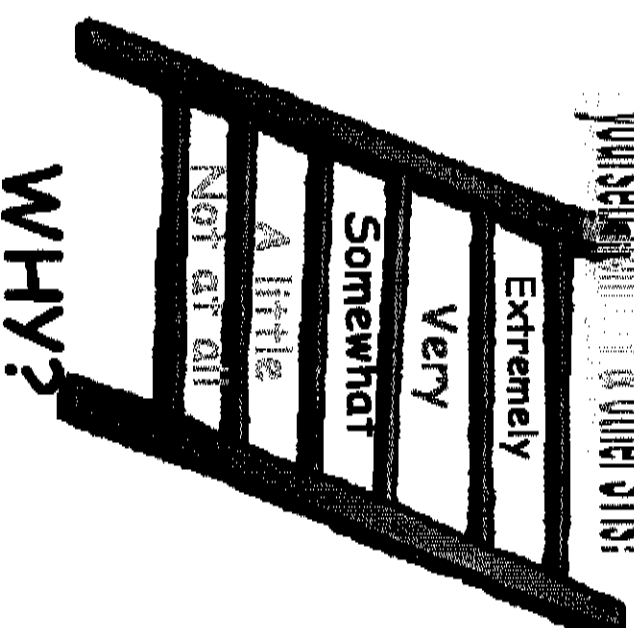
How important is it to

you not to get HIV & other STIs?

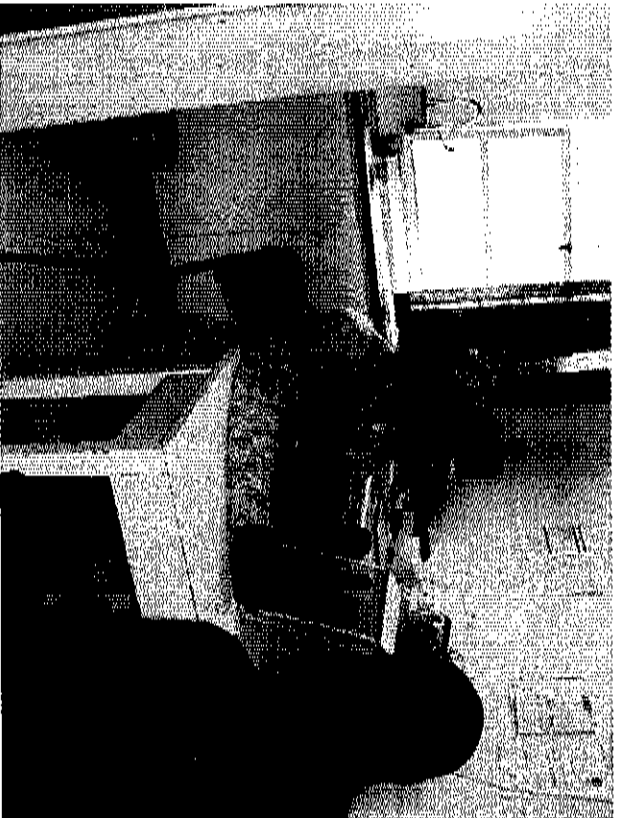


How confident are you that you can protect

yourself from HIV & other STIs?



Articulating the adapted IMB model in intervention components



Behavioral Skills Building

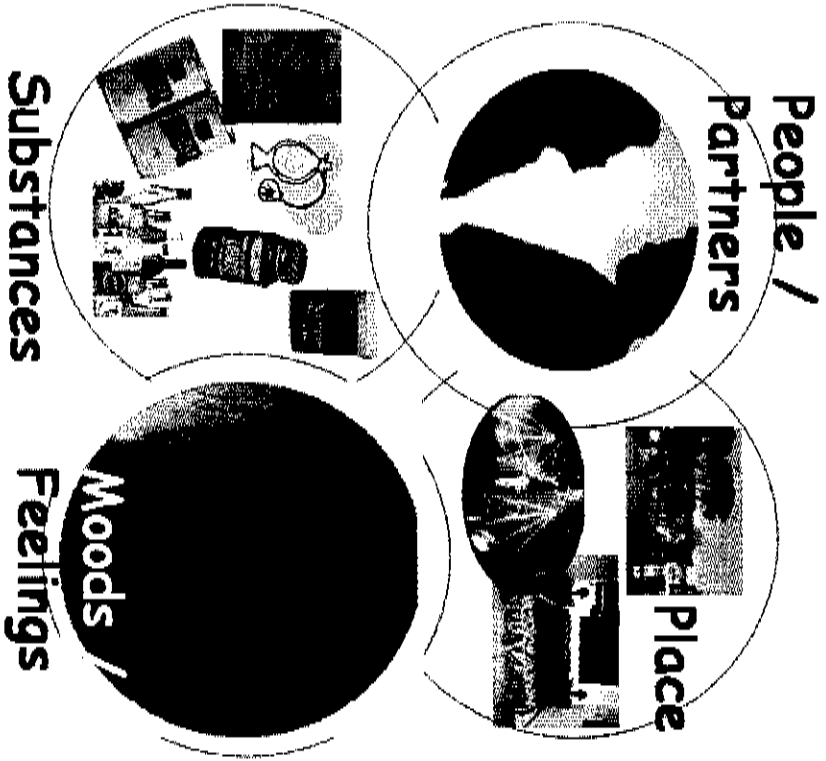
What
about
talking
with your
partner
about
condoms?



Role Play....



What are my triggers?



NGABANTU _____

ZIINDAWO _____

ZIZIYOBISI _____

YINDLELA OZIVA NGAYO _____

Clinic recruitment

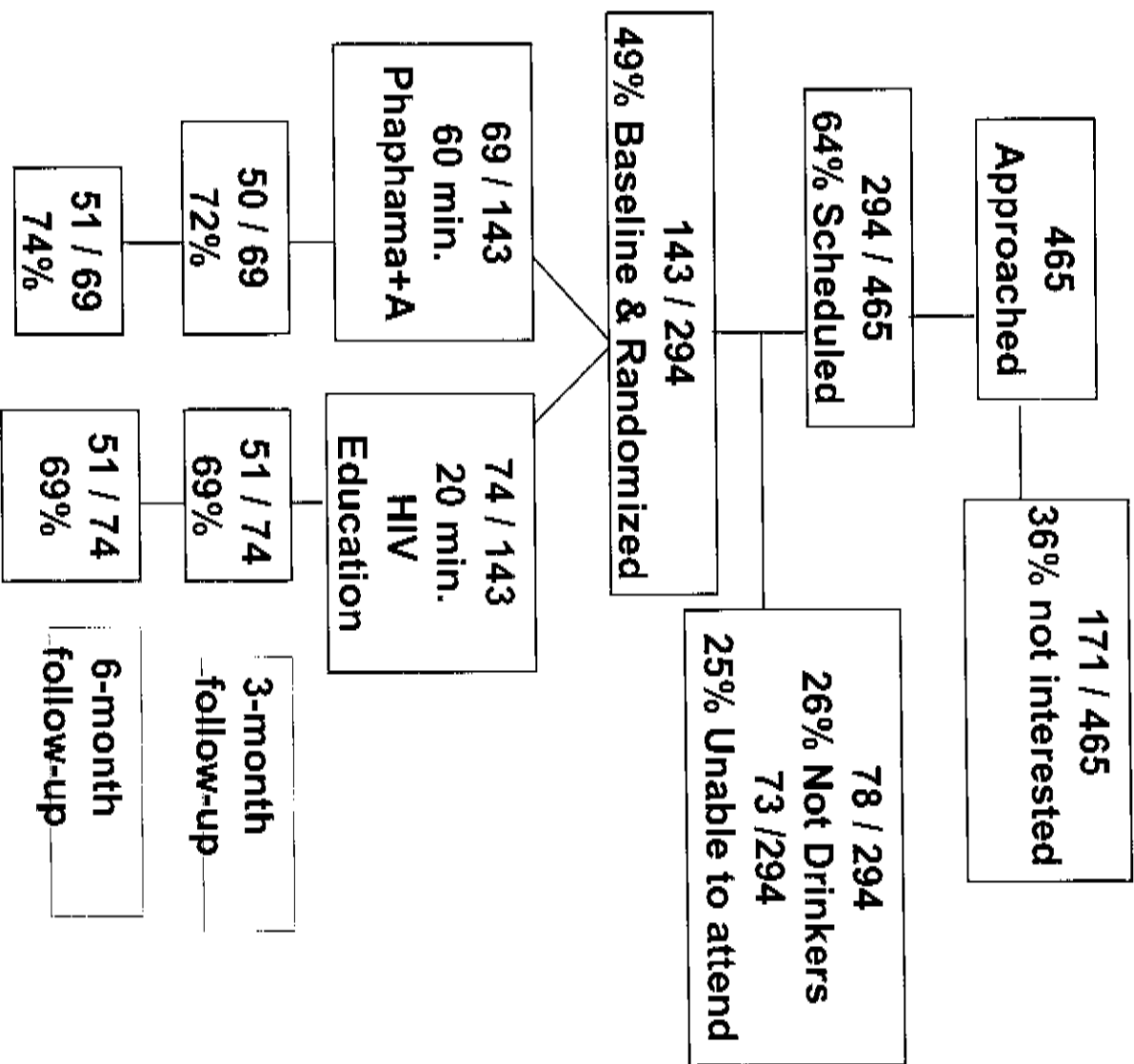


Self admin & interviewer assessments

Baseline findings:

Participants who drank alcohol..

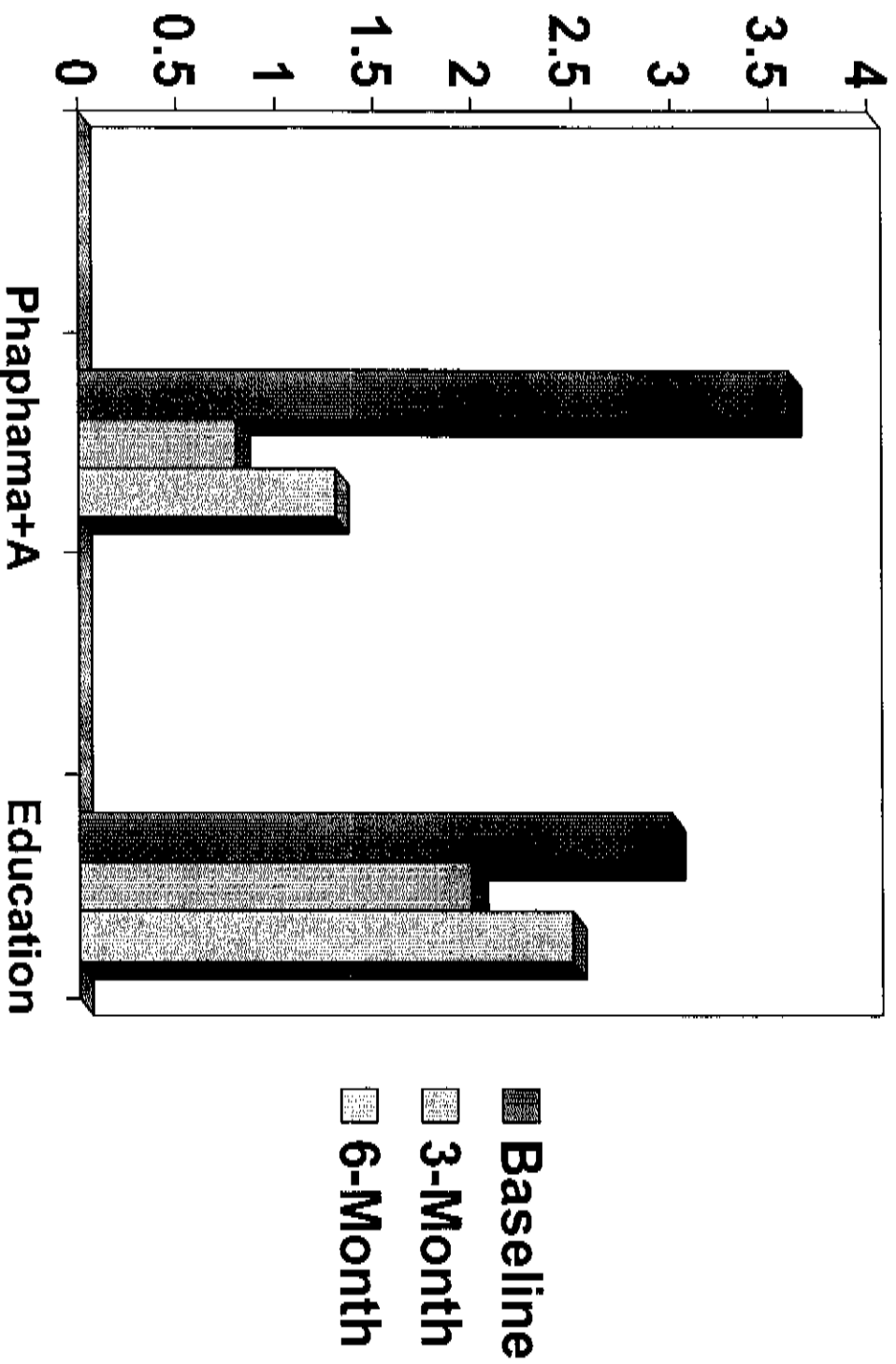
- had more sex partners,**
- engaged in more unprotected sex**
- were less likely to take precautions against HIV/STI**



Participants

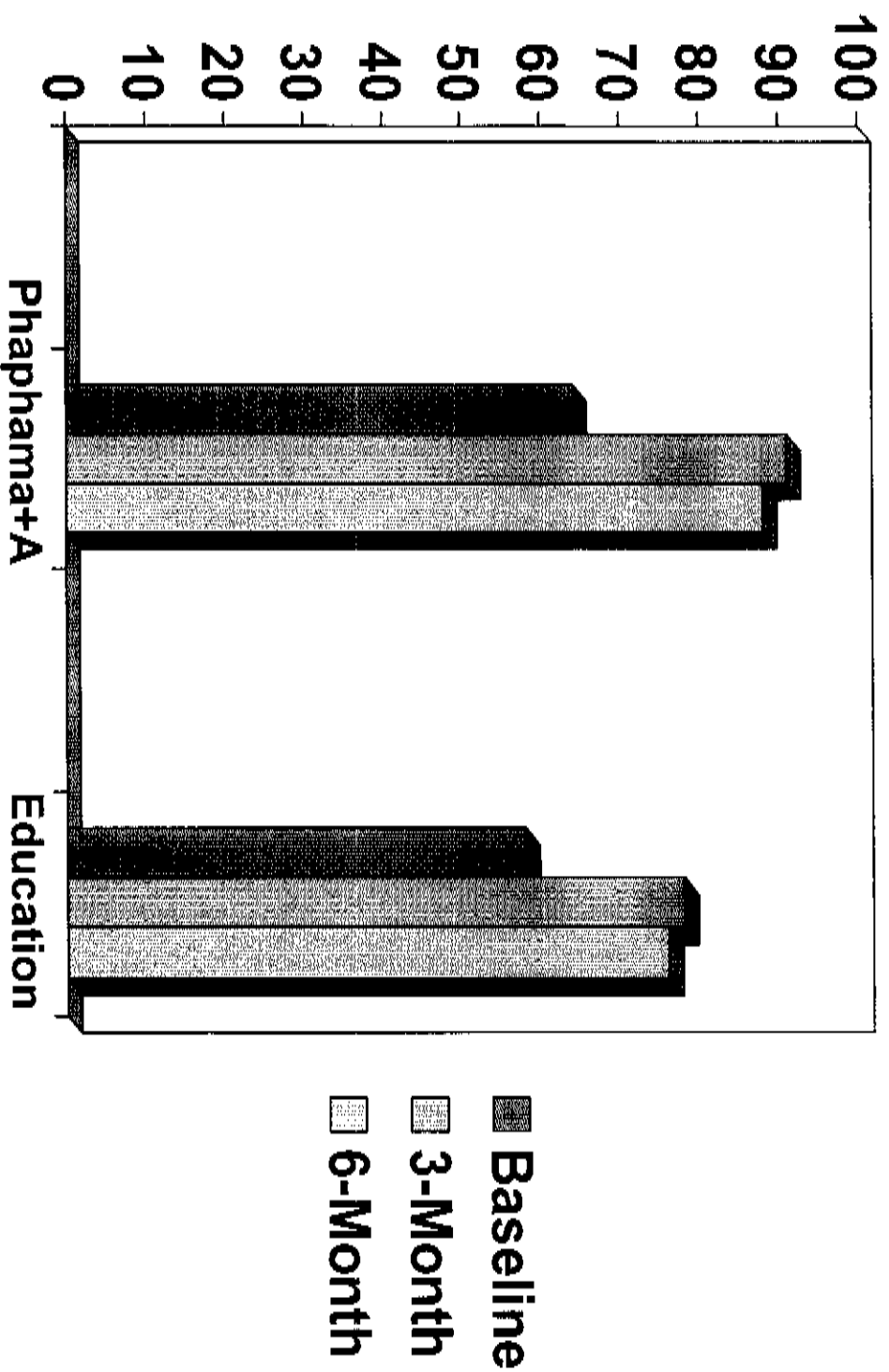
- **122 men & 21 women patients in a Cape Town STI clinic**
- **77% Xhosa preferred language**
- **20% married**
- **5% employed**
- **36% AUDIT score 10+**

Results: Unprotected Intercourse in past month



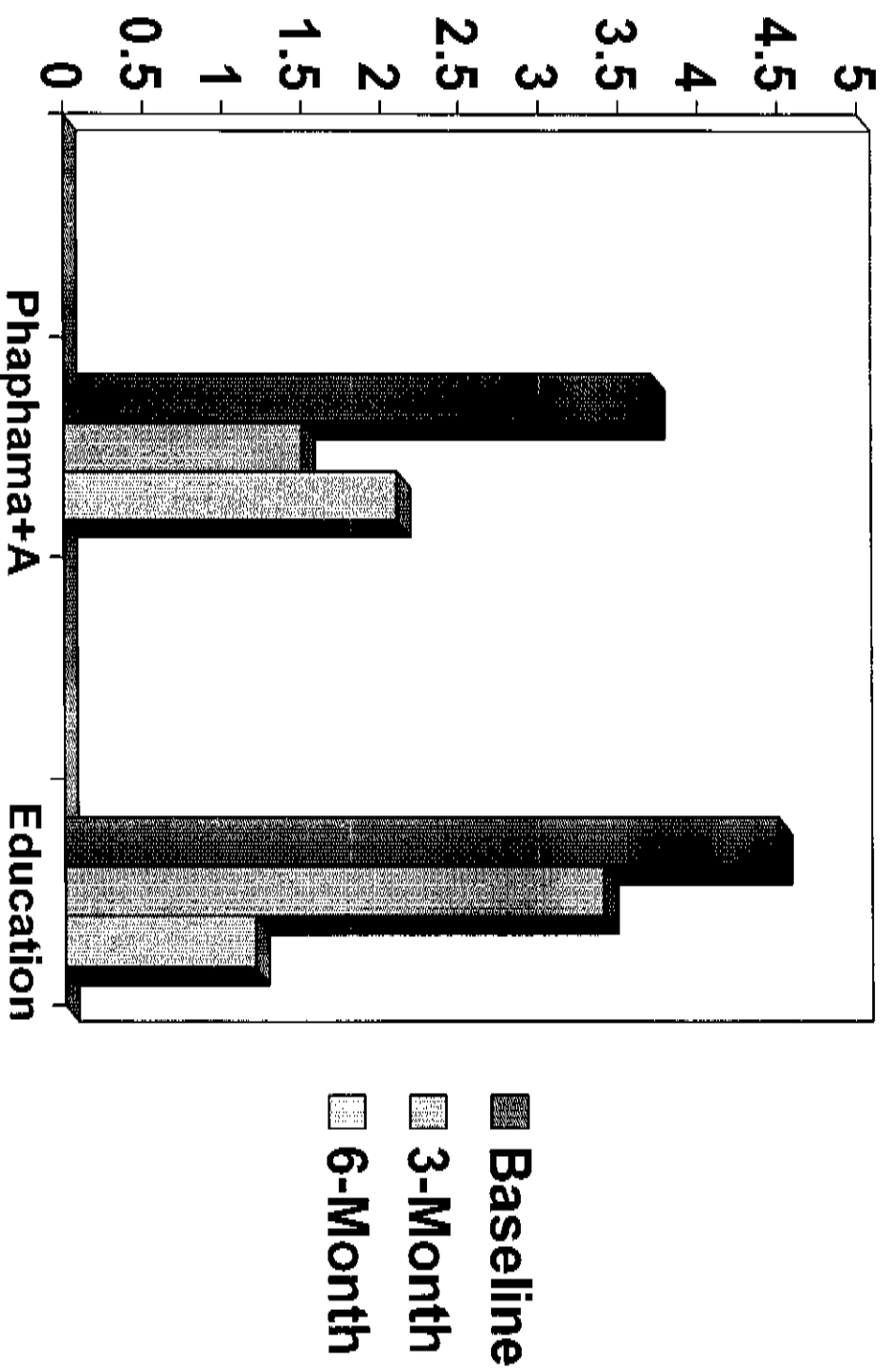
F = 3.9, d = .41 for 3-month and F = 5.6 d = .53 for 6-month
Adjusted for age, gender, education, and baselines

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

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

Conclusions

References

1. Simbayi, L.C., Kalichman, S.C., Skinner, D., Jooste, S., Cain, D., Cherry, C., Mathithi, V., Diakulu, R., Undermans, N., Bruinders, V., Jacobs, C., van Wyk, R., Arendse, C., Croome, J. & Bok, W. (2004). Theory-based HIV risk reduction counselling for sexually transmitted infection patients in Cape Town, South Africa. *Sexually Transmitted Diseases*, 31(12), 727-733.
2. Mathiti, V., Simbayi, L.C., Jooste, S., Kekana, Q., Nibe, X.P., Shasha, L., Bibla, P., Magubane, P., Cain, D., Cherry, C., & Kalichman, S.C. (2005). Development of an Effective HIV Risk Reduction Counseling Intervention for Use in the Western Cape, South Africa. *SAHARA J: Journal of Social Aspects of HIV/AIDS*, 2(2), 267-276.
3. Kalichman, S.C., Simbayi, L.C., Vermaak, R., Cain, D., Jooste, S. & Peltzer, K. (2007). HIV/AIDS Risk Reduction Counseling for Alcohol Using Sexually Transmitted Infections Clinic Patients in Cape Town South Africa. *Journal of Acquired Immune Deficiency Syndromes*, 44(5), 594-600. [Published online ahead of print Feb 22 2007].

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Information-Motivation-Behavioral Skills (IMB) Model

- The IMB model states that HIV transmission and prevention information is a necessary precursor to risk reduction.
- Motivation to change, however, also directly affects whether one acts on information about risk and risk reduction.
- Finally, the model holds that behavioural skills related to preventive actions are a final common pathway for information and motivation to result in preventive behavior change.

Methods (contd)

- The Simbayi et al.'s brief behavioural risk reduction counselling model [which is itself based on the well-known *Information-Motivation-Behavioural Skills Model of Behaviour Change*] which was developed and tested 3-4 years ago was adopted.
- The 1-hour intervention consisted of four parts as follows:
 - The HIV/AIDS information (20 min.) component of the counseling which reviewed facts about HIV transmission and risk behaviours including HIV/AIDS related stigma.
 - The *motivation* component (20 min.) was adapted from motivational counseling techniques that included motivation for change and strengthening commitment to change. This component also included the World Health Organization's (WHO) brief alcohol counseling model as the basis for the alcohol risk reduction among participants who drank moderately as determined by the Alcohol Use Disorders Identification Test (AUDIT).
 - *Behavioral self-management and sexual communication skills* building exercises component (20 min.). This included teaching participants how to identify environmental and cognitive-affective cues that serve as "triggers" for high-risk situations including mood states, substance use, settings, and sexual partner characteristics that have served as risk-related factors in the participant's past. Alcohol was elaborated on as a major trigger for HIV risk behaviors. Alcohol was elaborated on as a major trigger for HIV risk behaviours.