

## Module 14: Sexual Risk Behavior, Part II

Stephanie L. Marhefka, Ph.D.  
Assistant Professor  
Community and Family Health  
College of Public Health

---

---

---

---

---

---

---

---

### Interventions

- Must be culturally relevant
- Often individually-based, in part because of ease of tailoring
- So many interventions done worldwide for primary prevention, but few RCTs

---

---

---

---

---

---

---

---

### US Interventions for Adolescents

- Community
  - Prevention marketing
    - Increase STI awareness
    - Enhance condom use
    - Promote family communication
    - Provide information about prevention services
    - Change perceptions of social norms
  - Clinic-based screening

---

---

---

---

---

---

---

---

## US Interventions for Adolescents

- Interpersonal
  - Dyad
    - Couples
      - Rare
  - Family
    - Parental monitoring
    - Communication

---

---

---

---

---

---

---

---

## US Interventions for Adolescents

- Intrapersonal
  - Knowledge
  - Attitudes
  - Behavior

---

---

---

---

---

---

---

---

## US Interventions for HIV-Positive Adults

- Found effective when
  - Guided by behavioral theory
  - Focused on HIV transmission behavior
  - Hands-on skills building
  - Individual/ one-to-one
  - Delivered by healthcare professionals/ counselors
  - Delivered where people get HIV services
  - Intensive (>10 sessions, > 20 hours)
  - Longer duration (>3 months)
  - Combined focus on coping, adherence, and sexual risk

---

---

---

---

---

---

---

---

## Evidence-Based Interventions in the US

- CDC Diffusion of Effective Behavioral Interventions
  - <http://www.effectiveinterventions.org/>
  - For HIV+ young people: *Together Learning Choices*
  - For HIV+ men and women: *Healthy Relationships*
  - Community level primary prevention: *Popular Opinion Leader*



---

---

---

---

---

---

---

---

## Summary

- “Combination prevention” is currently considered the best way to fight HIV
  - Requires medical as well as social and behavioral approaches
- Interventions are needed to address factors at every level of the Social Ecology of Health Model
  - Individual easiest to tailor, but may have least sustainable impact



---

---

---

---

---

---

---

---