

Gay Poz Sex (GPS): A Community-Based Intervention for HIV-positive Gay and Bisexual Men

Trevor A. Hart, Barry Adam, Natalie Stratton,
Matt Eldridge, John Maxwell, Robert MacKay,
David Hoe, Robert Leahy, Herbert Co, Eleanor
Maticka-Tyndale, James Murray, & Mona Loutfy

Summary

- To evaluate the efficacy & feasibility of using Motivational Enhancement Counseling as a prevention intervention for HIV-positive gay & bisexual men.

Issues

- HIV transmission rates among men who have sex with men (MSM) are high.
- Unprotected anal intercourse (UAI) more frequent among HIV+ than HIV- MSM.
- Many HIV prevention interventions:
 - Are not guided by community-based participatory research (Dworkin, Pinto, Hunter, Rapkin, & Remien, 2008)
 - Do not include people living with HIV/AIDS (PLHAs) in prevention research (Janssen, 2001)
- Leads to difficulties implementing interventions within communities

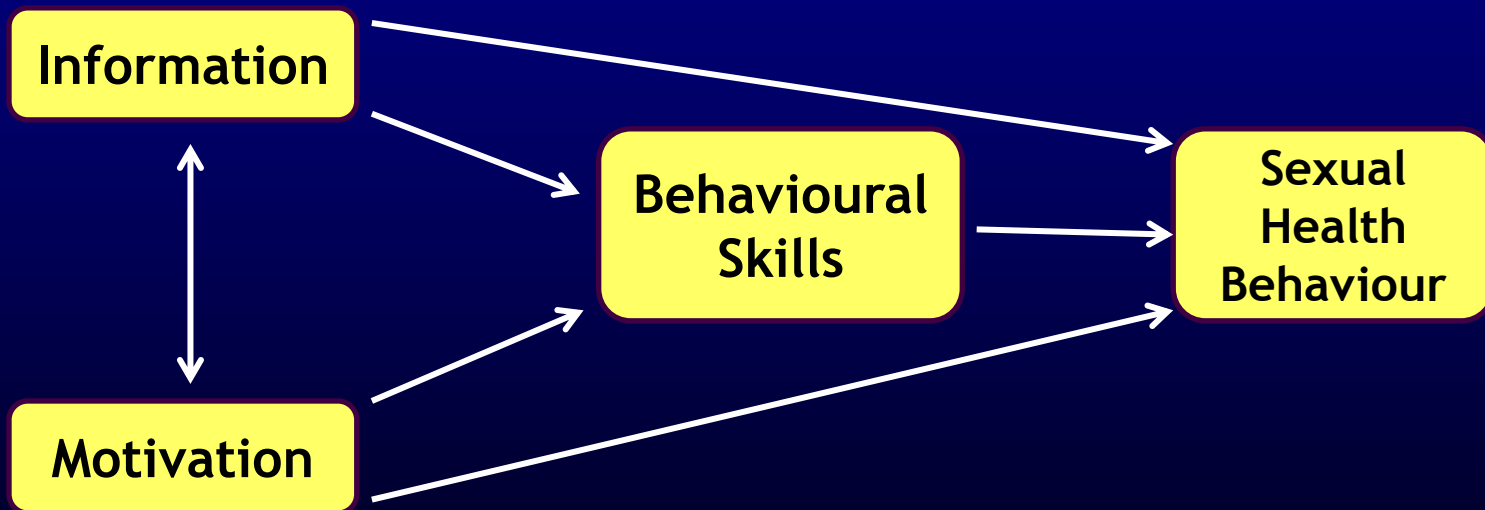
Gay Poz Sex Program

Community-Based Research Approach

- Research team includes partners from:
 - Universities;
 - AIDS service organizations;
 - Government;
 - HIV+ MSM from the community
- Associated with AIDS Committee of Toronto (ACT), largest AIDS service organization in Canada.

Gay Poz Sex Program

The Information-Motivation-Behavioural Skills model



Gay Poz Sex Program

HIV Prevention Approach

- Small groups format
 - 5 to 8 HIV+ MSM
- Uses Motivational Enhancement counseling to facilitate:
 - Sexual health promotion
 - Sexual risk reduction
 - Induce rapid, internally motivated change using the participant's own change resources (Carey & Carey, 1997)

Methods

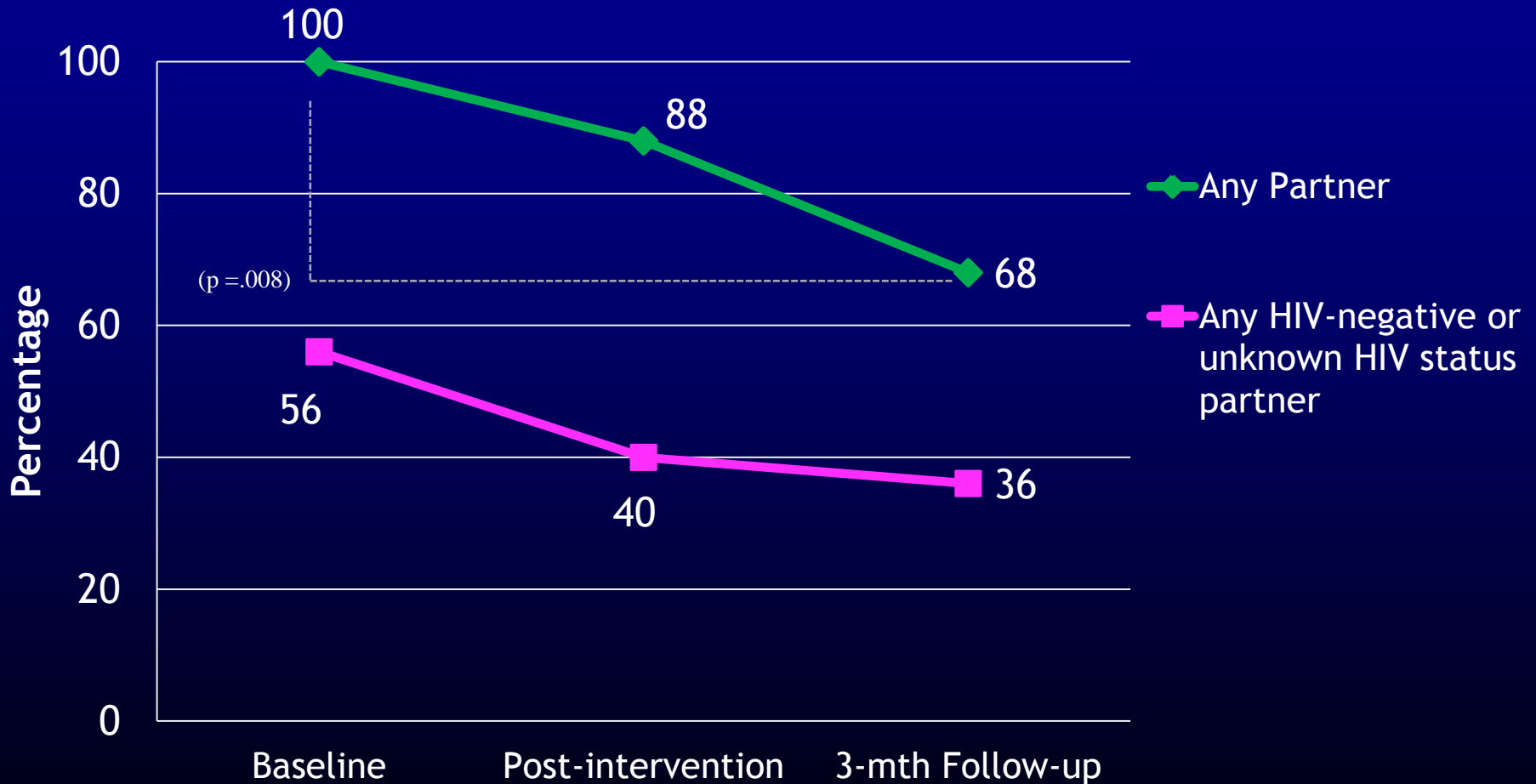
- 25 HIV-positive MSM
- 7 two-hour group sessions
- Completed questionnaire package
 - 1) Before the first session of the program;
 - 2) At the end of the last session of the program;
 - 3) 3-months following the completion of the program

Qualitative Results

- Program provides a safe, non-judgmental environment where men can share common experiences
- Majority reported increases in hope & confidence
- Learned skills to evaluate their behaviour & accomplish change
- All men have already recommended this group to someone they know

Quantitative Results

Proportion Engaging in Unprotected Anal Intercourse (UAI)



What We Learned

- Preliminary evidence suggests that the GPS program is an effective sexual health promotion intervention that is also well recommended by participants.
- Shows that peer facilitators can be effective at promoting sexual health among HIV+ gay & bisexual men

Future Directions

- Conduct a Randomized Controlled Study in multiple sites across Canada
 - Compare incidences of UAI in HIV+ MSM with an HIV- or unknown HIV status partner between a Motivational Enhancement Counseling group versus a standard peer-facilitated support group.
- Implement the GPS program in a variety of ASOs across Canada

Acknowledgments

We would like to thank

- The many men who participated in our study
- The Poz Prevention Working Group
- And the following organizations

