

# Gay Poz Sex (GPS): Qualitative findings of a Community-Based Counselling Intervention for HIV-Positive Gay and Bisexual Men

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# Summary

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

# Rationale

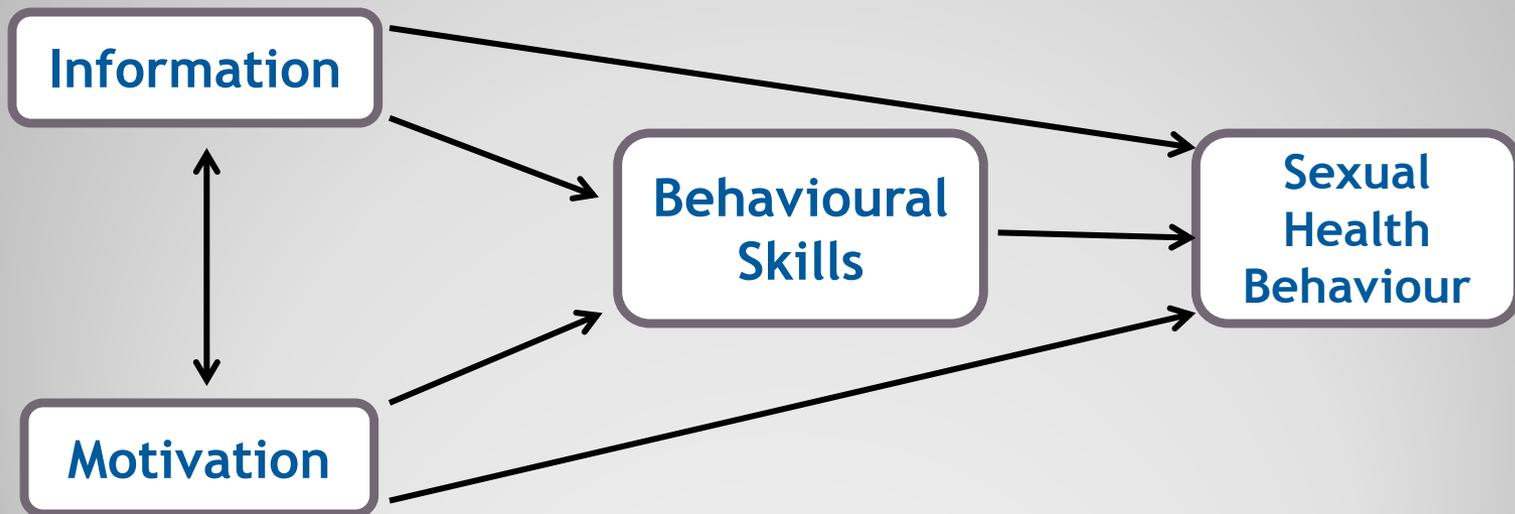
- HIV transmission rates among men who have sex with men (MSM) are high (PHAC, 2010; Remis et al., 2008).
- Unprotected anal intercourse (UAI) more frequent among HIV+ than HIV- MSM (Adam et al., 2007; Hart et al., 2010).
- Many HIV prevention interventions:
  - Are not guided by community-based participatory research (Dworkin, Pinto, Hunter, Rapkin, & Remien, 2008)
  - Do not include people living with HIV/AIDS (PLHAs) in prevention research (Janssen, 2001)
- Concerns/difficulties implementing empirically supported interventions within communities

# Methods

- The GPS program is a Community-based Participatory Research counselling intervention.
- The research team includes partners from universities, ASOs, government, and HIV-positive gay and bisexual men from the Poz Prevention Working Group.
- The GPS program is currently being piloted at the AIDS Committee of Toronto, the largest ASO in Canada.
- Participants attended seven 2-hour weekly sessions
- Two participants from each group (n=14) were randomly selected to complete a semi-structured interview immediately following the completion of the GPS program to assess experiences in the program.

# Methods (cont'd)

- The Information-Motivation-Behavioural Skills (IMB) model (Fisher & Fisher, 1992), serves as the theoretical model guiding the GPS program.



# Methods (cont'd)

- The program
  - The GPS program uses motivational enhancement counselling in a small-group format (5-8 participants) to facilitate sexual health promotion and sexual risk reduction among HIV-positive gay and bisexual men.
  - Motivational enhancement counseling is designed to induce rapid, internally motivated change by using the participants' own change resources (Carey & Carey, 1997; Kalichman et al., 2005).
- The interviews
  - Interviews were transcribed and examined using thematic analysis, with a specific focus on factors associated with the IMB model

# Sample

- Passive recruitment from gay media and posted flyers in gay village
- 28 HIV-positive men (1 Black Caribbean, 6 Latino, 14 Caucasian, 1 Southeast Asian, 1 South Asian)
- All men identified as either gay or bisexual (one of the eligibility criteria)

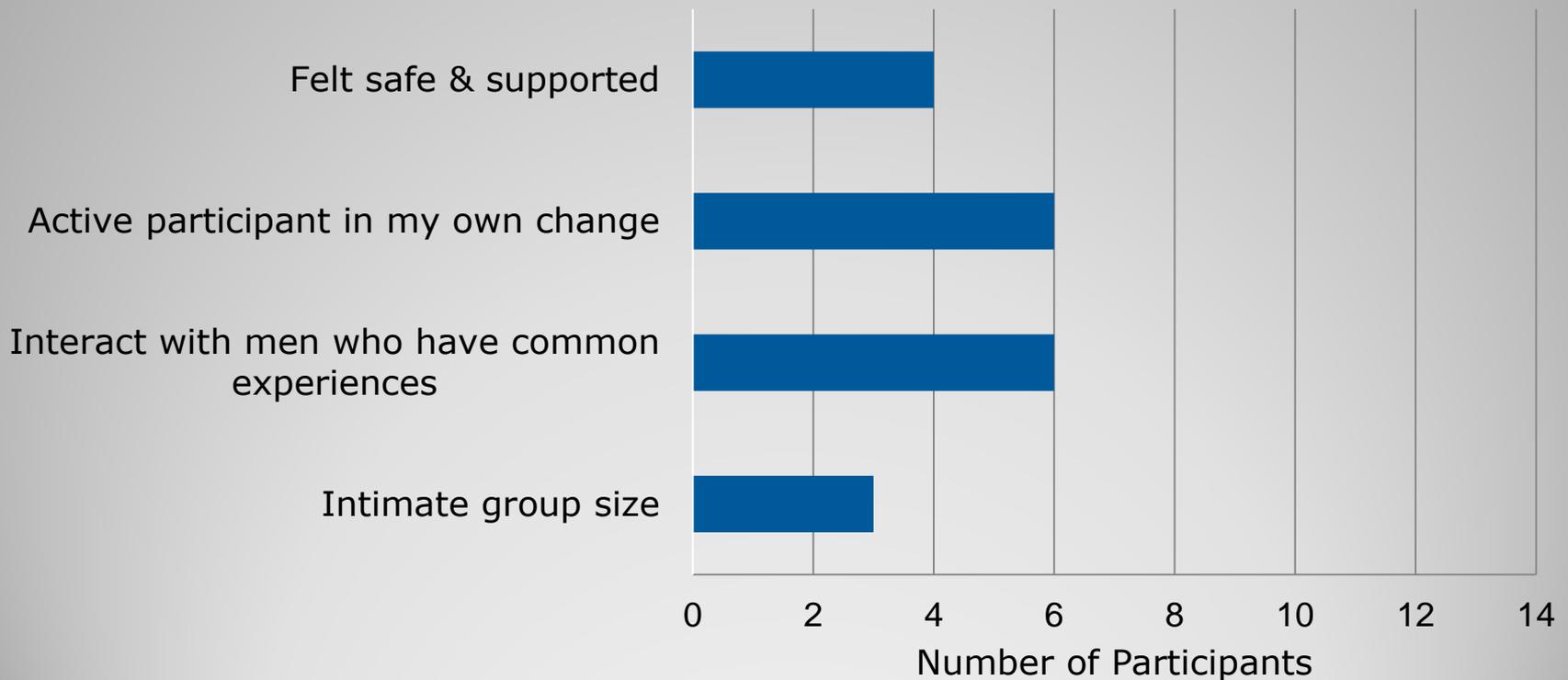
# Results - Suggestions

## Suggestions Reported by GPS Participants

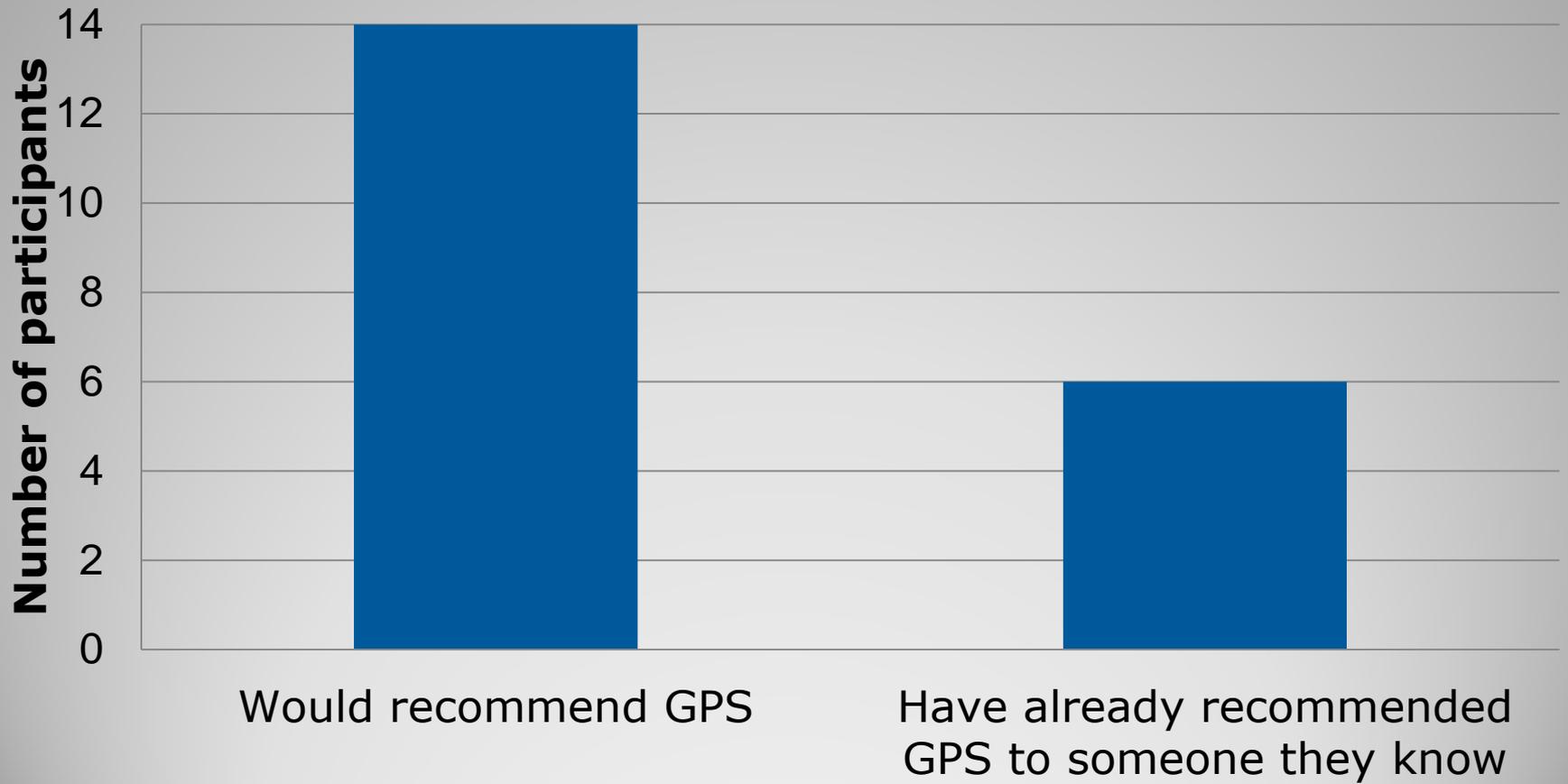


# Results – Most common positive comments (n = 14)

**What did you like best about the GPS program?**



# Results - Recommendations



# Discussion

- Participants have reported that the GPS program is an effective sexual health promotion intervention that may also improve social interactions and self-empowerment.
- The present study shows that peer facilitators can be at promoting sexual health among gay and bisexual PHAs, making this program implementable in AIDS service organizations.
- The second phase of GPS research will examine the efficacy of the GPS program using a randomized controlled trial in Toronto and Vancouver.

# Acknowledgments

We would like to thank

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