

Executive summary of PPE 646 PM Project 3 titled "Integrated Community-Based Interventions for the Prevention (POSITIVE Prevention)"

- Aim and Objectives

This project's primary goal is to provide the supportive community service, to assist the newly diagnosed and / or high stress level HIV infected cases. The objectives are to improve stress management and modify other health behaviour including highly active antiretroviral medication adherence.

- Project design

This project emphasized the clients' psychological and adherence behaviours. Hence, this project provide targeted newly diagnosed and/or with high stress level HIV positive case. Our services include 1) provision information, refer to HIV treatment and support 2) active follow up and provision of counselling 3) small group intervention and support and 4) self-help training for mentor.

Using cognitive and behavioural intervention addresses three areas as medication adherence, stress management and manage stress. It is important to understand the relationship between feelings, thoughts and actions through a "Feel-Think-Do" framework in order to accurately identify feelings. In addition, trained mentors help others to face the challenges of living with HIV and manage all aspects of living well with HIV from diagnosis and starting treatment to talking to others about health status.

- Target population

People who living with HIV/AIDS

- Main achievements

1. 1204 counseling sessions
2. 91% of participants (one-on-one cognitive and behavioural intervention) show improvement in perceived stress level and depressive symptoms
3. 100.0% of participants show satisfaction

- Conclusions

Psychological adjustment and coping are central to human immunodeficiency virus (HIV) management. Stress management interventions for HIV-infected persons are a promising approach to facilitate positive adjustment in order to improve treatment adherence and reduce risk behaviour.

綜合預防 – Positive Prevention

目標與宗旨：

本計劃的初步目標是為新確診感染人士或/及情緒困擾的感染人士提供社區支援服務。藉此提升他們對壓力管理的技巧，以及改善其他健康行為問題，包括提升他們服用 HAART 的依從動機。

項目設計：

本計劃關注服務使用人士的心理健康以及用藥的依從性。而本計劃的服務使用人士主要是針對新確診感染人士以及/及情緒困擾的感染人士。我們的服務包括 1) 提供有關愛滋病治療和支援的資訊。2) 提供輔導服務並且事後跟進個案。3) 預防及支援小組。以及 4) “生命導師”訓練計劃

本計劃使用認知行為治療去處理三個範疇，包括治療的依從，壓力管理以及減壓處理。透過一個“感覺-思考-行動”的框架去明白感受、想法和行為三者之間的關係是十分重要的，也可以透過這個框架更能準確地辨識感受。再者，受過訓練的導師可以協助新診斷感染人士去面對生活的挑戰，以支克服早期診斷及治療遇到的障礙。

目標使用者：

愛滋病病毒感染者以及愛滋病患者。

主要成果：

1. 1204 輔導節數
2. 91% 的參與者(一對一認知行為治療) 在壓力感知和憂鬱症狀上都有改善。
3. 100.0% 的參與者對本計劃感到滿意。

總結：

心理調整和適應對控制愛滋病病毒來說是重要的。對於感染者來說，為了提升醫療遵從和減低高風險行為，壓力管理治療是一個很好的手法。