

# RESPECT

## An Effective, Individual, Client-focused HIV Prevention Intervention FACT SHEET

### Program Overview

**RESPECT** is an individual-level, client-focused, HIV prevention intervention, consisting of two brief interactive counseling sessions. The intervention is based on the Theory of Reasoned Action and Social Cognitive Theory. The provider follows a structured protocol to guide delivery of the intervention, using or creating a “teachable moment” to enhance a client’s perception of their risk and level of concern for HIV infection. Teachable moments can be used to increase a person’s motivation to change behaviors (i.e., being diagnosed with a new STD, or having a recent STD/HIV exposure). By discussing recent risk incidents, the provider helps the client identify triggers, circumstances, and patterns of risk-taking behavior, to increase perception of susceptibility. The provider works with the client to develop a risk reduction (RR) plan including referrals which support risk reduction.

This intervention can be easily incorporated into an HIV counseling/testing program, with HIV antibody testing offered to the client at the end of the first session. In this context, the provider provides the result of the HIV test during the second session, in which s/he helps the client understand the implications of the result, and provides additional support for risk reduction plans and partner counseling and referral.

If implemented in settings where testing is not offered, the same format is followed. However, in these settings it is recommended that **RESPECT** be imbedded into an individual-level, multiple-session program, such as prevention-case management, or other behavioral counseling programs. This facilitates completion of the 2-session model, and discussion of reviewing the negotiated step toward risk reduction.

### Core Elements of RESPECT:

- Conduct one-on-one counseling, using the RESPECT protocol prompts
- Utilize a “teachable moment” to motivate clients to change risk-taking behaviors

- Explore circumstances and context of a recent risk behavior to increase perception of susceptibility
- Negotiate an achievable step which supports the larger risk reduction goal
- Implement and maintain quality assurance procedures

### Target Population

**RESPECT** can be implemented for any population at increased risk for HIV/STD. This intervention was originally studied in heterosexual persons, 14 years and older, who were accessing services from an STD clinic.

### Program Materials

- The RESPECT manual
- RESPECT training video demonstrating the intervention counseling model
- Return appointment/RR plan cards
- A quality assurance protocol

### Research Results

Compared to those in a comparison group (who received a brief educational message), men and women receiving the counseling intervention:

- Reported significantly greater condom use and reduction of risk behaviors
- Were diagnosed with fewer new sexually-transmitted infections

Significant changes were observed up to 12 months after the intervention

### Impressive Behavior Changes in Adolescents

In subgroup analysis, not only were the differences for the adolescent groups (counseling vs. education) highly significant, there were equally impressive risk reductions as well, including a 50% reduction in new STDs in adolescents (compared with 30% overall).

### For more information on RESPECT...

To obtain additional information about how to receive training and/or technical assistance, **please visit our website at:** [www.effectiveinterventions.org](http://www.effectiveinterventions.org)