

Perspectives on HIV Prevention Counseling from the RESPECT-2 Study

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on behalf of the RESPECT-2 Study Group





Session Outline

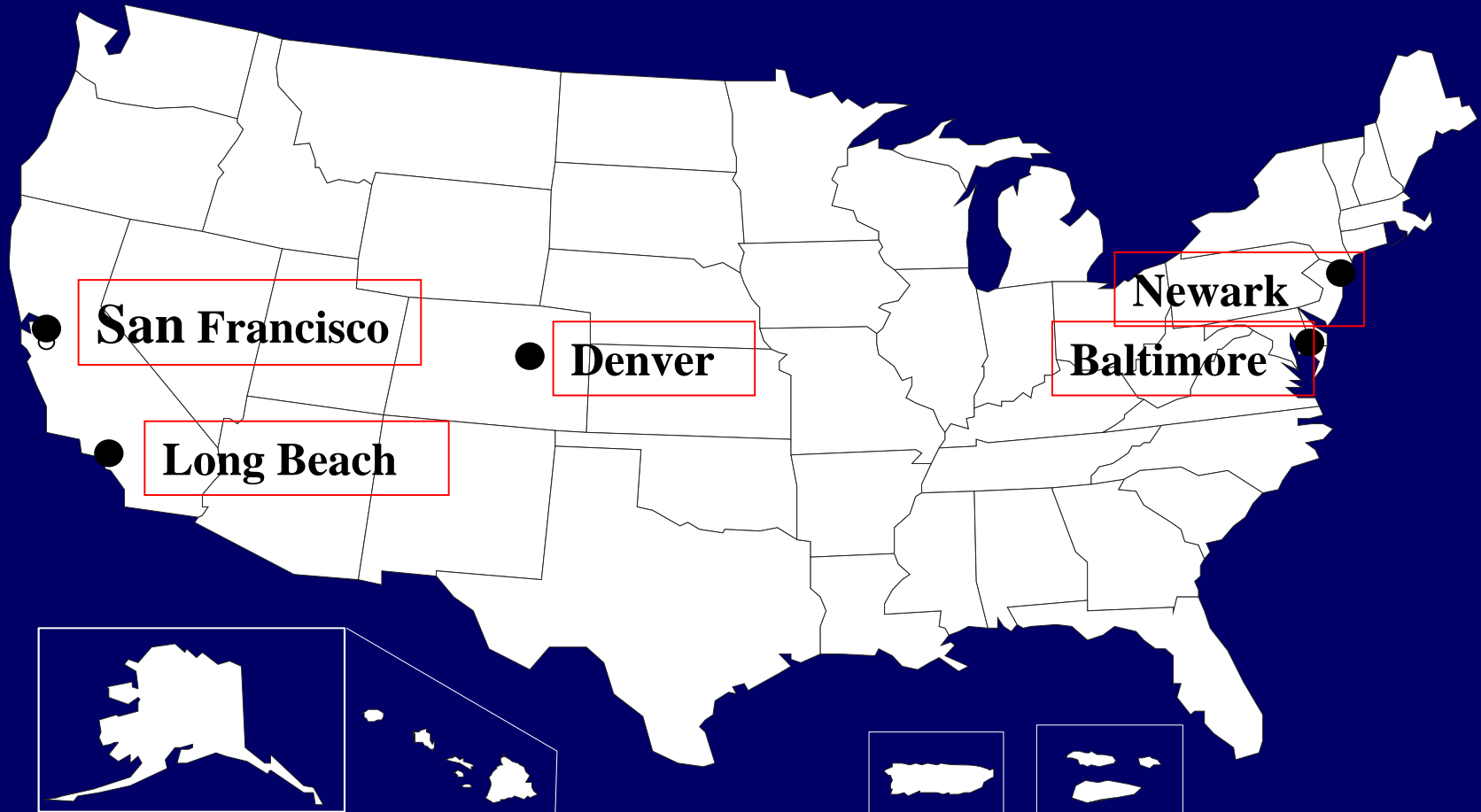
- Project RESPECT Summary
- RESPECT-2 Study Overview
- Counselor Observations on HIV Rapid Test Counseling
- Client Preferences Regarding HIV Testing and Counseling
- Success at Achieving Client-Generated Risk-Reduction Plans

Project RESPECT

Overview

- Setting
 - Five public STD clinics
 - Long Beach, San Francisco, Denver, Baltimore, and Newark
 - July 1993-September 1996
- Participants
 - 5758 heterosexual, HIV-negative patients aged 14 years or older who came into the clinic for STD examinations

Project RESPECT Study Sites



Project RESPECT

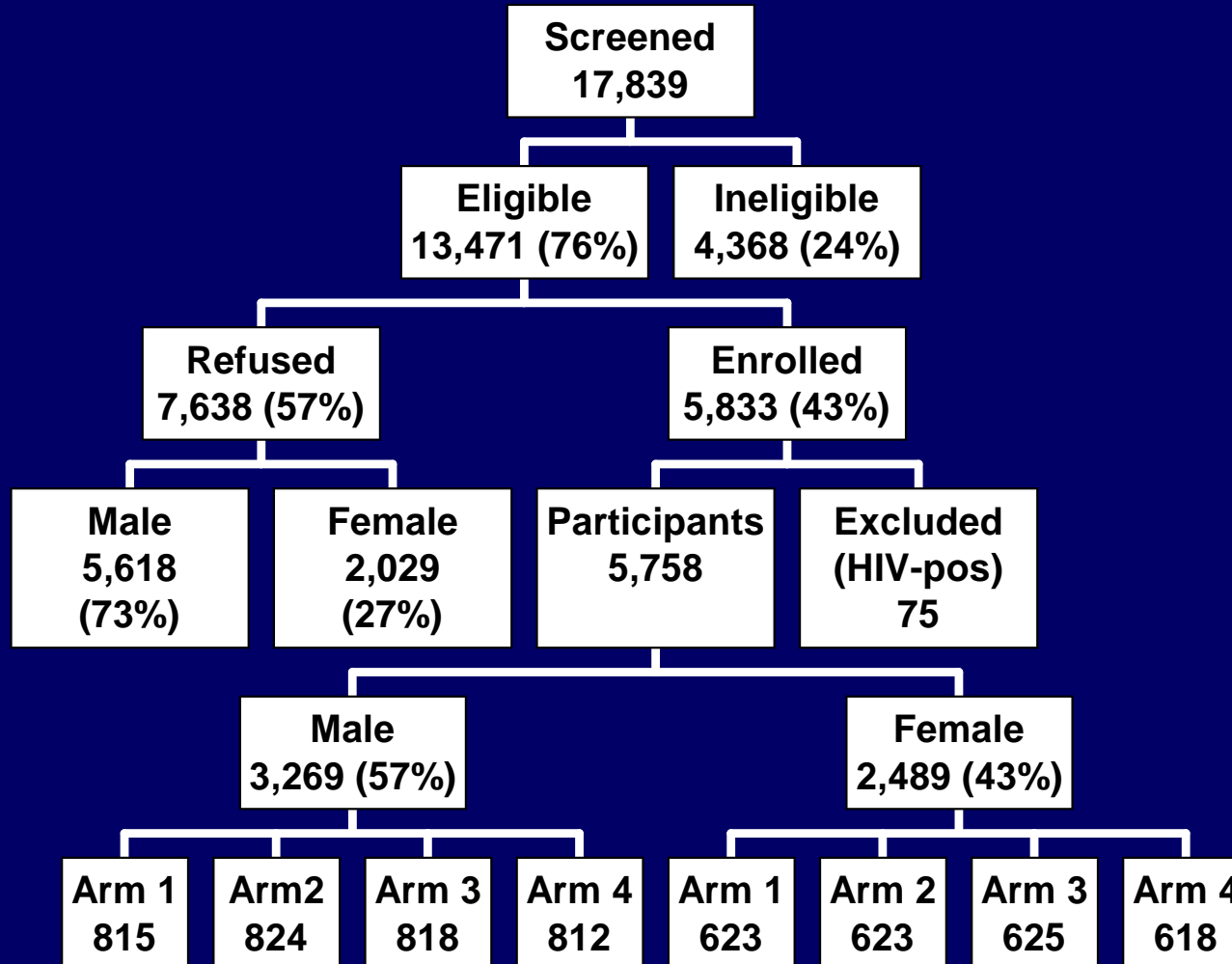
Interventions

- Participants Randomly Assigned
- Arm 1 - Enhanced counseling/4-theory-based sessions
- Arm 2 - Brief counseling/2 interactive risk-reduction sessions
- Arm 3/Arm 4 - Didactic messages/2 brief sessions typical of current care at the time of the study

(Incentives were provided for attendance at intervention sessions)



Project RESPECT Enrollment



Project RESPECT

Outcome Measures

- Participants followed for 12 months
- Self-reported condom use/sexual risks
- New diagnosis of STDs by laboratory tests
 - gonorrhea
 - chlamydia
 - syphilis
 - HIV

Project RESPECT

Results

- Significantly lower incidence of STDs among both men and women participating in interactive counseling sessions (Arms 1 and 2)
- Greatest impact among adolescents and individuals diagnosed with an STD at their initial visit

Project RESPECT

Results

- At 3- and 6-month follow-up visits, self-reported 100% condom use was higher in both the enhanced counseling and brief counseling arms (1 and 2)
- Through the 6-month interval, 30% fewer participants had new STDs in both the enhanced counseling and brief counseling arms (1-2)



Project RESPECT

Results

- Through the 12-month study, 20% fewer participants in the enhanced counseling and brief counseling arms had new STDs
- Findings were consistent across all study sites



RESPECT-2 ***Background***

- Project RESPECT demonstrated that 2-visit HIV counseling is effective at reducing incident STDs
- In non-research settings, however, many clients do not return for HIV test results and do not receive the second counseling session
- The counseling intervention was effective at preventing STDs in the first 6 months, but effectiveness lessened over time



RESPECT-2 ***Background***

- Rapid HIV testing technologies allow people to be tested and receive their results during a single clinic visit
- Rapid HIV tests are **now available*** and likely to become widely used in the future

* the only licensed test has had limited availability and other tests awaiting FDA licensure



RESPECT-2

Study Design

- Randomized Clinical Trial
- Participants randomized to receive one of two interventions at enrollment
- One half of each group randomized to receive a second intervention six months later
- Participants followed for 12 months with follow-up visits at 3-month intervals (4 total)



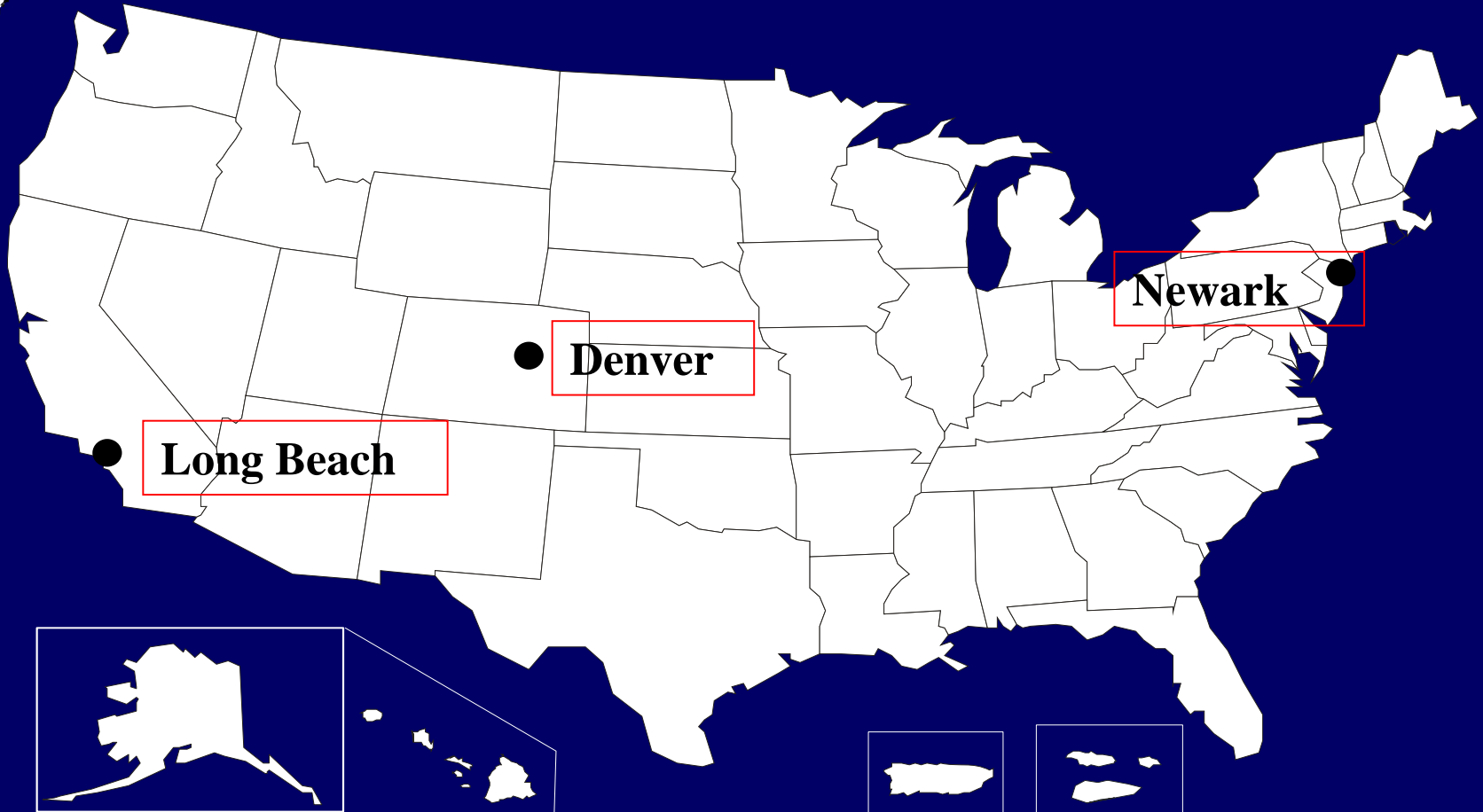
RESPECT-2

Setting & Stage

- Research Setting
 - Three Public STD Clinics
 - Long Beach, Denver, and Newark
- Enrollment February 1999 to December 2001
- Follow-up ongoing
- Investigators still blinded to participant intervention assignment



RESPECT-2 Study Sites





RESPECT-2 ***Participants***

- HIV-negative patients who came into clinic for STD examinations and provided informed consent
- 15-39 years of age (Denver/Long Beach);
- 18-39 years of age (Newark)
- Participants must live in the local area, speak English, and have had sex in the past 3 months



RESPECT-2

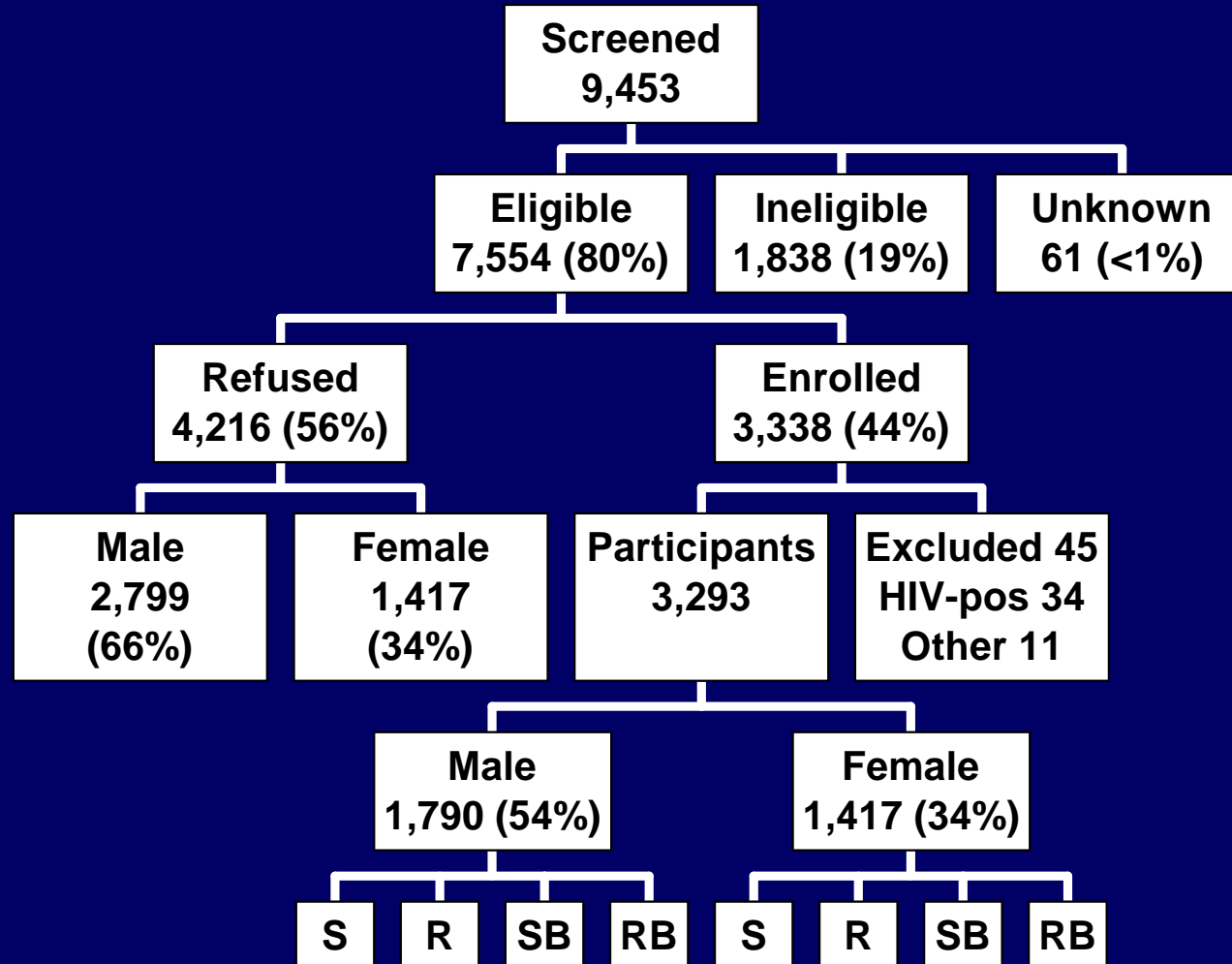
Interventions

Participants Randomly Assigned

- Arm 1: Standard Testing
 - Standard HIV test and two risk-reduction counseling sessions 5 to 10 days apart
- Arm 2: Rapid Testing
 - Rapid HIV test (SUDS) and two risk-reduction counseling sessions completed in a single visit
- Half of the participants are randomly assigned to receive a booster counseling session during the 6-month follow-up visit (Arms 3 and 4)



RESPECT-2 Enrollment





RESPECT-2

Outcomes

- Behavioral

- Audio Computer-Assisted Self Interview (Audio-CASI) behavioral questionnaire at baseline and each follow-up visit

- STD

- Tests for gonorrhea, chlamydia, and trichomonas at enrollment and each follow-up visit
- Tests for HIV and syphilis at baseline and 12-month visit



RESPECT-2

Participant Demographics

- Sex
 - 54% Male
 - 46% Female
- Race/ethnicity
 - 47% African American
 - 24% White
 - 19% Latino
 - 10% Other
- Mean age 26 years (age restricted to 15-39)
- Nearly 6% men who have sex with men



RESPECT-2

Rapid Tests

- Approximately 1660 participants received SUDS
- Results:

Site	Preliminary SUDS +	Confirmed SUDS + by WB	Preliminary EIA+	Confirmed EIA + by WB
LB	4	1	5	2
Denver	4	1	2	1
Newark	14	13	20	18
Total	22	15	27	21



RESPECT-2

Rapid Tests (continued)

- Total HIV discrepant results:

	SUDS- Positive	EIA- Positive
WB Negative	7*	6

*In Long Beach, one SUDS positive/indeterminate WB at baseline; WB negative at 3 and 6 month follow-up



RESPECT-2 - Follow-Up

(for those reaching end of follow-up window and target date of 2/28/2001)

% returned (number eligible)	3 Month Follow-up	6 Month Follow-up	9 Month Follow-up	12 Month Follow-up
Long Beach	76% (931)	72% (854)	71% (710)	73% (555)
Denver	77% (1238)	75% (1131)	75% (928)	76% (651)
Newark	68% (1051)	65% (912)	63% (731)	58% (506)
Total (All Sites)	74% (3220)	71% (2897)	70% (2369)	70% (1712)

