

An Evaluation of a CDC-funded HIV Prevention Behavioral Intervention Designed for Men Who Have Sex with Men (MSM)– Results from the Monitoring and Evaluation of Mpowerment (MEM)

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BACKGROUND

- MSM are disproportionately affected by HIV¹. The Mpowerment Project (MP), a community-level intervention designed for young gay/bisexual men has been shown to be efficacious in reducing unprotected anal intercourse among primarily white young MSM (YMSM)².
- Three CDC-funded community-based organizations (CBOs) targeting YMSM of color (AID Atlanta, CALOR, and Family Health Centers of San Diego) participated in the MEM.
- Data were collected using client-administered handheld computers from MEM participants at enrollment (baseline), and at three (follow-up 1) and six (follow-up 2) months.

DESCRIPTION

- Project design consists of three evaluation components:
 - Process monitoring
 - Individual-level outcome monitoring
 - Community-level outcome monitoring
- Evaluation questions:
 - Do clients participating in an m-group report any changes in HIV risk behaviors or psychosexual factors?
 - Which client-, intervention-, or CBO-level factors are associated with reported changes in HIV risk behaviors or psychosexual factors among clients who participated in an m-group?

METHODS

- 503 participants with baseline surveys
- 488 were analysis eligible
- Analysis inclusion criteria:
 - Client reported having sex at one or more time points
 - Client's survey data are within defined window periods for the time points
 - Follow-up 1 is within 83-104 days after baseline
 - Follow-up 2 is within 166-194 days after baseline
- Generalized estimating equations (GEE) were used to test for significant changes in risk behaviors after the intervention.

REFERENCES:

¹http://www.cdc.gov/hiv/topics/surveillance/resources/factsheets/us_overview.htm
²Kegeles, S. M., Hays, R. B., & Coates, T. M. (1996). The Mpowerment Project: A community-level HIV prevention intervention for young gay men. *Am J Public Health*, 86(8), 1129-1136.

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RESULTS

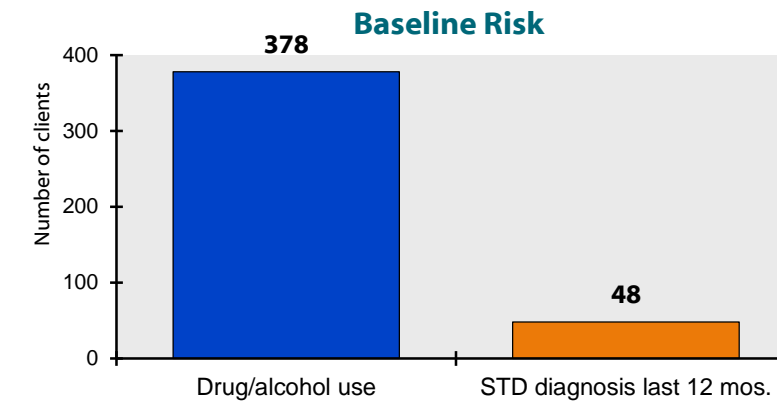
CBO-specific Eligibility Criteria

- Age
 - 18-29 (CBO A)
 - 18-25 (CBO B)
 - 16-24 (CBO C)
- Gender
 - bisexual male or male-to-female transgender (CBO A)
- Race/ethnicity
 - African American (CBO A)
 - African American, Hispanic, Asian/Pacific Islander (CBO B)
 - Hispanic (CBO C)
- Residence
 - Must reside in county (CBO B)

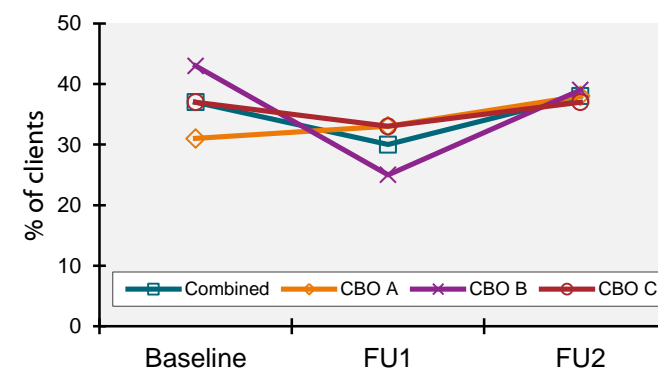


Eligibility Criteria across All Three CBOs

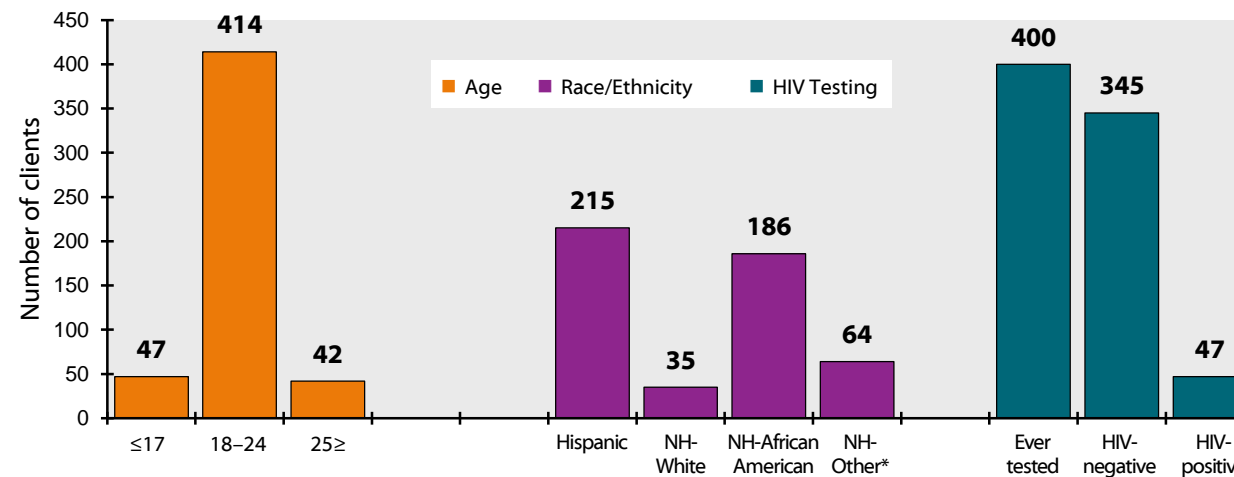
- Birth sex:
 - Sex at birth must be male
- Sexual orientation:
 - Must be gay or bisexual
- Previous exposure to the intervention:
 - No m-group participation in the last 12 months
 - Limited previous exposure to MEM (discussion/core group/social event attendance plus project space visit) cannot be greater than three events
 - No participation in more than one discussion/core group or more than two social events in the last 12 months
 - Not accessed the project space more than three times in the last 12 months



Behavioral Outcome of Unprotected Sex



Client Characteristics at Baseline



*Non-Hispanic (NH)-Other=American Indian or Alaska Native, Asian, Native Hawaiian or Pacific Islander, and Multi-racial
 Note: Numbers may not add to total due to missing data.

PRELIMINARY RESULTS

- Outcome explored was unprotected anal sex with a male in the last three months.
 - Preliminary analyses indicate:
 - A significant decrease in unprotected sex with a male in the previous three months at follow-up 1 (OR=0.70; 95% CI=0.51, 0.96) among MEM participants combined
 - Behavior was not sustained at follow-up 2
- Note: Agencies experienced difficulty collecting data from participants within target window period.

RECOMMENDATIONS

- CBOs implementing MP should conduct monitoring and evaluation activities to:
 - Assess fidelity to the core elements to support sustaining behavior change
 - Use findings to tailor activities to address risky behaviors
- Exposure to other MP intervention components, psychosexual variables, community and CBO-level factors will be further investigated.

ACKNOWLEDGEMENTS

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