Current Behavioral & Psychosocial Interventions for HIV/AIDS

Mark Vosvick, Ph.D.
Associate Professor and Director
The Center for Psychosocial Health Research
"I was a walking skeleton before I began therapy . . . no one would buy things from my shop. But now I am fine again. My wife has returned to me and my children are not ashamed to be seen with me".

The University of North Texas Center for Psychosocial Health Research
Current Antiretroviral Medications

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Popular Opinion Leader (POL)

Diffusion of Innovations,
By Everett Rogers (1995)

Jeffrey A. Kelly, Ph.D.
Medical College of Wisconsin
Center for AIDS
Intervention Research (CAIR)

The University of North Texas Center for Psychosocial Health Research
Stress, Appraisal, and Coping

Richard S. Lazarus
Susan Folkman

Richard S. Lazarus
Professor of Psychology, Emeritus
UC Berkeley
1922 – 2002

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A Minority Stress Model
Ilan Meyers

Coping and Social Support
(Community and Individual)

General Stressors

Minority Stress Processes (Distal)
-Prejudice Events (Discrimination, Violence)

Minority Stress Processes (Proximal)
-Expectations of Rejection
-Concealment
-Internalized Homophobia

Circumstances in the Environment

Minority Status
-Sexual Orientation
-Race/Ethnicity
-Gender

Minority Identity
(Gay, Lesbian, Bisexual)

Characteristics of Minority Identity
-Prominence
-Valence
-Integration

Mental Health Outcomes
-Negative
-Positive

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Adherence

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Safe Sexual Behaviors
Prevention strategies that do not solely rely on male condoms:

- The use of HIV antibody testing and `negotiated safety`
- Abstinence
- Control of sexually transmitted diseases
- Treatment advances as prevention
- Woman-controlled technologies
- Structural interventions
- Psychopharmacology to assist with behavior change.
Forgiveness

Holding a Grudge is Hazardous to Your Health

Forgive for Good
A PROVEN Prescription for Health and Happiness

Dr. Fred Luskin
Director and Co-founder of The Stanford University Forgiveness Project

Frederic Luskin, Ph.D.
Associate Professor - Stanford University
Director of the Stanford Forgiveness Projects

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