

# NIA: A PROGRAM OF PURPOSE

## Good Evidence – Risk Reduction

### INTERVENTION DESCRIPTION

#### Target Population

- Inner-city heterosexually active, African American men

#### Goal of Intervention

- Improve behavioral and communication skills
- Eliminate or reduce sex risk behaviors

#### Brief Description

*Nia* is a video-based motivational skills-building small-group intervention consisting of 6-10 participants in each group. The intervention includes videos, movie clips, and discussion to educate men about HIV/AIDS, elevate their mood, and entertain them while reinforcing information and motivating behavior change. Facilitators discuss with participants ways to prevent HIV/AIDS, including condom use, condom attitudes and the pros and cons of condom use, and teach problem-solving, safer sex, and decision-making skills. Facilitators also teach male condom use skills through demonstration, modeling and practice with feedback using penile anatomical models, as well as show and discuss female condoms. The intervention also teaches personal risk reduction and sexual communication skills such as negotiating safer sex, sexual assertiveness, and risk refusal through movie clips and discussion.

#### Theoretical Basis

- Information-Motivation-Behavioral (IMB) Skills Model

#### Intervention Duration

- Two 3-hour sessions delivered over a week

#### Intervention Setting

- Community-based center that housed multiple social services

#### Deliverer

- Two community-based prevention services providers (1 man, 1 woman)

#### Delivery Methods

- Demonstration
- Exercises
- Group discussion
- Practice
- Risk reduction supplies (condoms)
- Role play
- Video

## INTERVENTION PACKAGE INFORMATION

Information, tools and materials on the [NIA intervention](#) are online at <https://effectiveinterventions.cdc.gov/>. In August 2013, the Centers for Disease Control and Prevention's Division of HIV/AIDS Prevention (DHAP) **announced** that in accordance with its High Impact Prevention approach, DHAP will focus its behavioral intervention portfolio on interventions that are cost-effective, scalable and prioritize prevention for persons living with HIV and those persons at highest risk for acquiring HIV. **NIA will no longer be funded by DHAP** for diffusion, adoption, and implementation, but the online resources continue to be available.

## EVALUATION STUDY AND RESULTS

**The original evaluation was conducted in Atlanta, GA in 1994.**

### Key Intervention Effect

- Reduced unprotected vaginal sex
- Increased condom use

### Study Sample

The baseline study sample of 133 heterosexually-active men is characterized by the following:

- *100% black or African American*
- *100% male*
- *84% heterosexual, 16% bisexual*
- *Mean age of 33 years, range: 18-50 years*
- *Mean education of 12 years*

### Recruitment Settings

STD clinic located in a county public health clinic

### Eligibility Criteria

STD clinic patients were eligible if they were African American, heterosexual men and were sexually active in past 3 months.

### Assignment Method

Men (N = 117) were randomly assigned to 1 of 2 groups: Nia (n = 60) or Video-based Education comparison (n = 57).

### Comparison Group

The time-matched video-based education comparison was delivered to groups of 6-10 men and consisted of two 3-hour sessions delivered within the same week by community-based prevention service providers (1 man, 1 woman) who served as group facilitators. This intervention was implemented in a community center and used 4 videos to deliver HIV prevention information which included group discussions, questions and answers, and access to HIV/AIDS information and HIV testing.

### Relevant Outcomes Measured and Follow-up Time

- Risk reduction strategies (including refused unsafe sex) were measured at 3- and 6-month follow-ups (recall period not reported).
- Sex behaviors during past 3 months (including number of partners, frequencies of unprotected and protected vaginal and anal intercourse, proportion of protected intercourse) were measured at 3- and 6-month follow-ups.

### Participant Retention

- Nia Intervention
  - 83% retained at 3 months
  - 72% retained at 6 months
- Video-based Educational Comparison
  - 84% retained at 3 months
  - 67% retained at 6 months

### Significant Findings

- The intervention participants reported significantly lower rates of unprotected vaginal intercourse than the comparison participants at the 3-month follow-up ( $p < .05$ ).
- At the 3-month follow-up, intervention participants reported a significantly greater proportion of condom-protected vaginal sex than comparison participants ( $p < .05$ ), and a significantly greater proportion of intervention participants than comparison participants reported “almost always” using condoms ( $p = .02$ ).

### Considerations

- This intervention fails to meet the best-evidence criteria due to small analytical sample sizes.
- While the intervention meets good-evidence criteria based on the 3-month findings, findings at the 6-month follow-up do not meet the criteria because of small sample sizes.
- At the 3-month follow-up, relative to comparison participants, intervention participants reported significantly less alcohol use before sex ( $p < .05$ ) and significantly less drug use in conjunction with sex ( $p < .05$ ), and a significantly greater proportion of intervention participants reported talking with a partner about AIDS ( $p = .01$ ).

## REFERENCES AND CONTACT INFORMATION

Kalichman, S. C., Cherry, C., & Browne-Sperling, F. (1999). [Effectiveness of a video-based motivational skills-building HIV risk-reduction intervention for inner-city African American men](#). *Journal of Consulting and Clinical Psychology*, 67, 959-966.

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