**Theoretical Foundation**

**Social Cognitive Theory (SCT) and Theory of Gender and Power (TGP)**

- Provision of peer support and influence (i.e. social support from WLWH) (SCT)
- Provide knowledge/information about HIV sexual transmission reduction practices (SCT)
- Discuss positive outcomes of abstaining and reducing risky sexual behavior (SCT)
- Provide opportunities for decision making, problem solving and goal setting (SCT)
- Demonstrate proper condom use and communication skills (SCT)
- Allow opportunity for participants to role play condom use and communications skills to enhance self-efficacy (SCT)
- Practice condom use and communication skills in emotionally challenging situations (i.e. when partner does not know your HIV positive serostatus) (TGP)
- Discuss “triggers” that make it challenging to practice safer sex (i.e. stress of living with HIV; providing for children, desire to be in a relationship, limited social support) (TGP)
- Enhance self-worth of women living with HIV (TGP)

**Intervention Activities**

- Use skilled female adult facilitators, one of whom is a woman living with HIV, to co-facilitate implementing the intervention
- Small group discussions involving women living with HIV which includes:
  - Information on strategies to reduce transmission of HIV and HIV reinfection
  - Modeling decision making, problem solving and goal setting
  - Modeling, role playing and practicing refusing sex, negotiating safer sex and communicating assertively
  - Discussing violence and unhealthy sexual relationships and its impact on women’s ability to negotiate risk-reduction
  - Identifying women’s social networks, defining types of social support and discussing sources of social support and ways of coping;
  - Fostering gender pride by reducing negative self-blame

**Behavioral Determinants of Risk**

- Inadequate skills to use condoms (SCT)
- Inadequate skills to negotiate abstaining from sex and risk-reduction (SCT)
- Lack of knowledge about HIV transmission reduction, personal risks and safer sex (SCT)
- Lack of knowledge about power imbalances in the heterosexual relationships of women living with HIV (TGP)
- Limited social support networks and poor coping styles impacting women’s ability to practice safer sex (TGP)

**Risk Behaviors**

- No or inconsistent condom use

**Outcomes**

- Increased knowledge about HIV transmission reduction
- Fewer partner-related barriers to using condoms
- Higher condom use self-efficacy
- Greater skill in using condoms
- Reported having more social support network members