SISTA Behavior Change Logic Model

Theoretical Foundation
Social Cognitive Theory (SCT) and Theory of Gender and Power (TGP)
- Peer support and influence (SCT)
- Knowledge/Information (HIV transmission, condoms) (SCT)
- Model condom use and negotiation (SCT)
- Skills building (condom use and negotiation, sexual risk reduction, sexual communication skills) (SCT)
- Skills building in emotionally arousing situations (TGP)
- Self-efficacy for sexual risk reduction (SCT)
- Skill building within the cultural context of gender-based power inequalities, norms, and values (TGP)
- Empowerment (TGP)
- Explore gender and cultural factors that increase vulnerability to HIV (TGP)

Intervention Activities
Small group discussion of African American women (peers) which include:
- Information on HIV/AIDS among African American women, HIV transmission, risk reduction behaviors, and condoms
- Modeling, role play, and practice of assertive communication, condom negotiation and use
- Discussion of gender norms and power in heterosexual relationships and impact on women's ability to negotiate risk reduction
- Foster gender and ethnic pride via culturally relevant poems, exercises, and room decorations
- Culturally specific exercises designed to praise the strengths of African American women and to identify African American female role models
- Foster partner norms that support risk reduction strategies via home work activities
- Use skilled African American facilitators to implement group sessions
- Enhance coping with emotions that interfere with safer sex

Behavioral Determinants of Risk
- Inadequate skills to use condoms (SCT)
- Inadequate skills to negotiate risk reduction (SCT)
- Lack of self-efficacy for risk reduction (SCT)
- Lack of knowledge about HIV transmission, personal risk, and safer sex (SCT)
- Lack of power in male-female relationships (TGP)
- Gender role/norms impacting women's ability to practice risk reduction (TGP)

Risk Behaviors
- No or inconsistent condom use

Outcomes
- Increased knowledge about HIV transmission and risk reduction strategies
- Enhanced perception of personal risk
- Intention to use condoms or risk reduction strategies
- Enhanced communication, assertiveness, and condom negotiation skills
- Enhanced self-efficacy for negotiation and use of condoms and risk reduction strategies
- Consistent condom use and other risk reduction strategies