



REDUCING HIV STIGMA AMONGST ETHNO-RACIAL LEADERS: FINDINGS FROM THE COMMUNITY CHAMPION HIV/AIDS ADVOCATES MOBILIZATION RESEARCH PROJECT (CHAMP)

BEYOND SCALES: CAPTURING AND FLUSHING OUT THE EFFECTS OF STIGMA AND IMPACT OF ANTI-STIGMA INTERVENTIONS

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Tuesday, November 19, 2013
OHTN Conference

No Conflict of Interest to Declare



Acknowledgements

- Research participants, Project Advisory Committee & key informants
- Funding partner Canadian Institutes for Health Research (CIHR)
- Other partners: Ontario HIV Treatment Network (OHTN); Regent Park Community Health Centre
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 - Alan Li, Regent Park Community Health Centre
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 - Omer Abulghani, Alliance for South Asian AIDS Prevention
 - Rene Lopez, Centre for Spanish-Speaking Peoples
 - Richard Utama, Asian Community AIDS Services
 - Shannon Ryan, Black Coalition AIDS Prevention

Outline of Presentation

- CHAMP Background
 - ❑ From MEL to CHAMP

- Study Design & Methodology
 - ❑ Acceptance Commitment Therapy (ACT) training
 - ❑ Social Justice Capacity Building (SJC) training

- Study Findings
 - ❑ Quantitative data –pre & post-interventions and preliminary 9-mth f/u
 - ❑ Qualitative data – monthly activity logs and focus groups

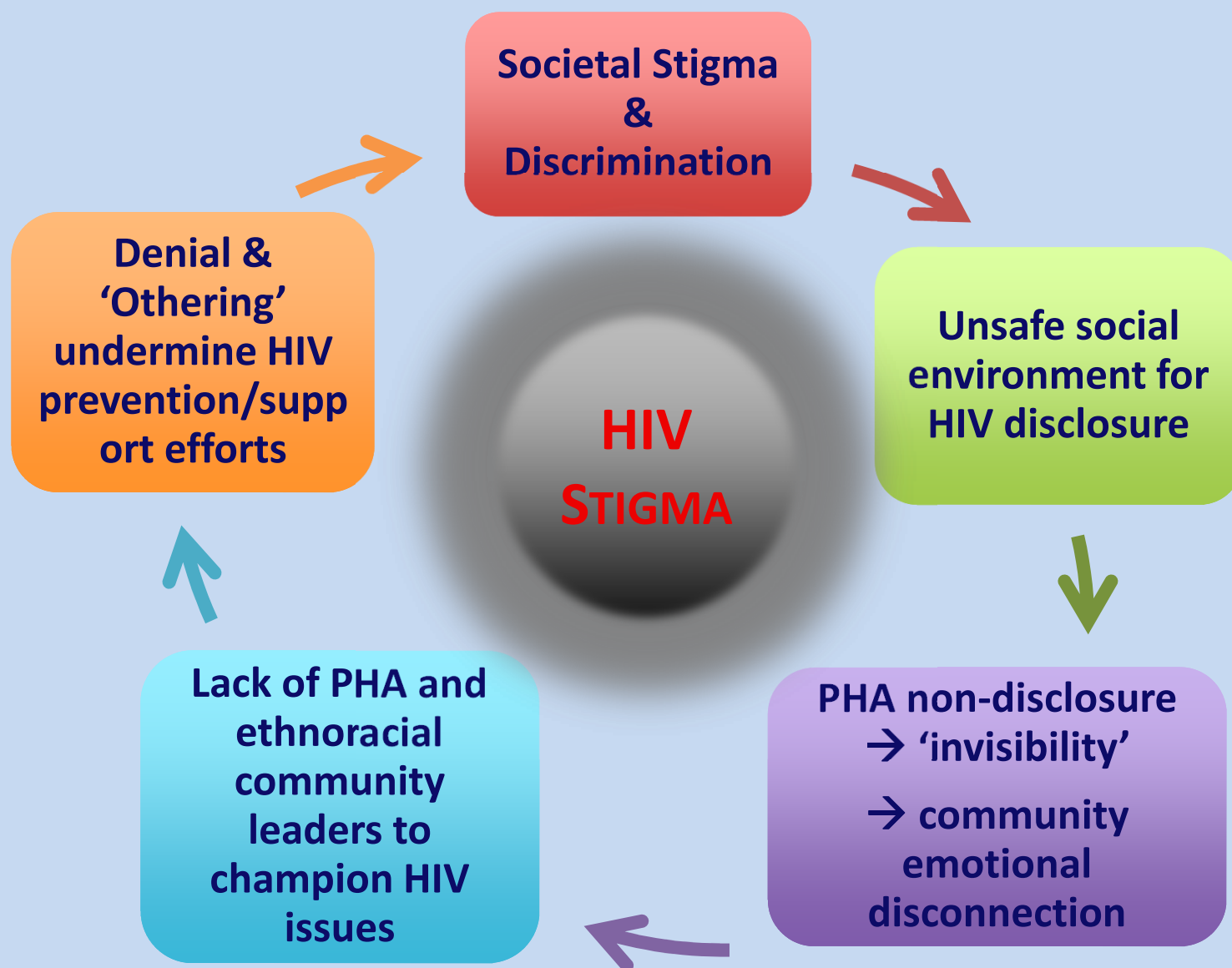
- Reflection on Methodology & Findings

- Conclusion & Journey ahead

The CHAMP Study (2011-2014)
Community Champions HIV/AIDS Advocates
Mobilization Project

Project Background

Cycle of Social & Internalized HIV Stigma/Discrimination



The CHAMP Study (2011-2014)

Community Champions HIV/AIDS Advocates Mobilization Project



Be a CHAMP!

Learn new skills!
Help evaluate 2 innovative training programs:

- Acceptance Commitment Therapy
- Social Justice Capacity Building

Join us to raise awareness and reduce HIV stigma!

The study is conducted by the CAAT Research Team, and funded by the Canadian Institutes of Health Research (CIHR)

Committee for Accessible AIDS Treatment

The poster features a central illustration of a hand holding a torch. The torch's bowl is a globe, and the flames are stylized in shades of orange, red, and yellow. A red ribbon is tied around the handle of the torch.

- To engage ethno-racial PHA and Non-PHA leaders
 - Asian (East, SE & S. Asian)
 - Black (African & Caribbean)
 - Latin American (Hispanic)
- To develop community HIV champions to address stigma & other social justice issues
- To build research capacity through community-campus partnership
 - 6 Peer Research Associates hired, 2 from each community
 - Multidisciplinary research team
 - Project Advisory Committee (PAC)

Study Design & Methodology

CHAMPS: Pilot and Test Two Interventions

- Acceptance Commitment Training
- Social Justice Capacity Building

PHA Group:
ACT + SJCB

N=35

Interpersonal,
community,
& societal

PHA Group:
SJCB

**Acceptance
Commitment
Training (ACT)**
To increase
psycho-
flexibility

**Social Justice
Capacity Building
(SJCB)**
To engage,
develop skills
& mobilize

2 evenings + 1 full-day

Non-PHA Group:
ACT + SJCB

N=31

Intrapersonal,
interpersonal

Non-PHA Group:
SJCB

The Research Questions:

We want to find out ...

- **Will Social Justice Capacity Building (SJCB) training enhance empowerment and anti-oppressive attitudes/intentions, reduce stigma and increased HIV/AIDS activism among PHA and non-PHA leaders?**
- **Will Acceptance Commitment Training (ACT) increase psychological flexibility and reduce HIV stigma?**
- **Will the combination of ACT & SJCB compared to only SJCB lead to greater empowerment & anti-oppressive attitudes/intentions and greater reduction in stigma?**

Data Collection Instruments

Quantitative Data

- Questionnaires –Pre & Post
 - ❑ Socio-demographic (pre-intervention)
 - ❑ Valued Living Questionnaire (VLQ)
 - ❑ Acceptance & Action version II (AAQ-II)
 - ❑ Freiburg Mindfulness Inventory (FMI)
 - ❑ Attitudes on HIV Stigma & PHAs
 - ❑ Empowerment/Anti Oppression readiness scale
 - ❑ AIDS-Related Stigma Scale (A-RSS)
 - ❑ Internalized AIDS-Related Stigma Scale (IA-RSS)
 - ❑ Domain Specific Stigma Scale
 - ❑ Specific questions for Faith & Media leaders

Qualitative Data

- Focus groups –pre & post 9months
- Workshop sessions – ACT & SJCB
- Field notes/direct observations
- Networking Session -3 & 9months
- Interviews – 9 months post
- Monthly activity logs
 - ❑ Championing against HIV stigma
 - ❑ Community building & networking
 - ❑ Care & support for PHAs
 - ❑ Championing against social injustices
 - ❑ HIV prevention and education
 - ❑ Resiliency and empowerment

Comparing Pre- to Post Interventions Quantitative Data

Key Questions & Results - 1

Question

ACT + SJCB participants: Will there be:

- a) a decrease in stigma (internalized for PHAs and enacted for non-PHAs)?**

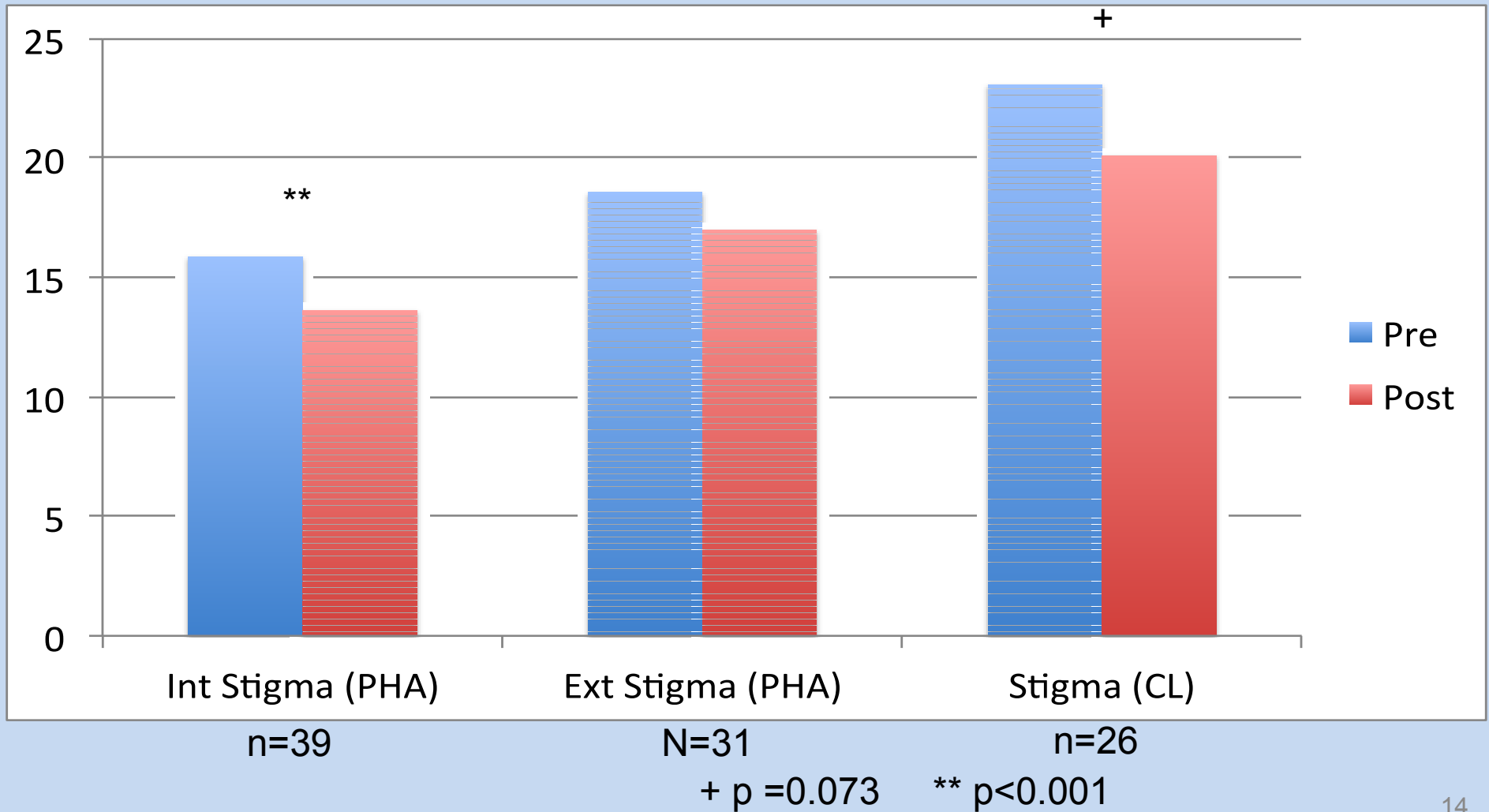
- b) an increase in empowerment readiness?**

Result

- 1. After participating in SJCB or SJCB+ACT**
 - a. Internalized stigma was lower for PHAs; enacted stigma was lower for non-PHAs**

 - b. All forms of empowerment readiness were higher**

Stigma Reduction



Key Questions & Results - 1

Question

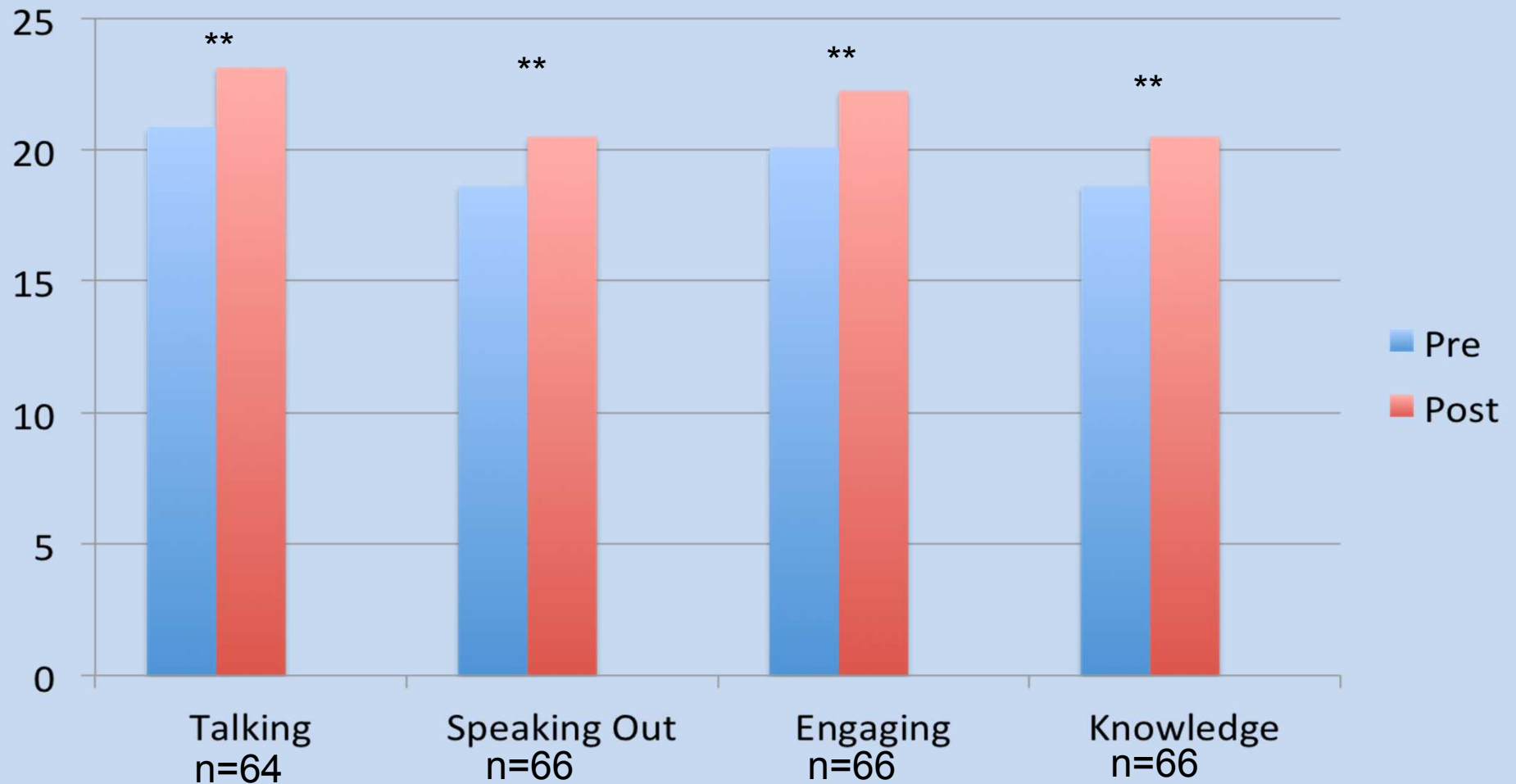
ACT + SJCB participants: Will there be:

- a) a decrease in stigma (internalized for PHAs and enacted for non-PHAs)?**
- b) an increase in empowerment readiness?**

Result

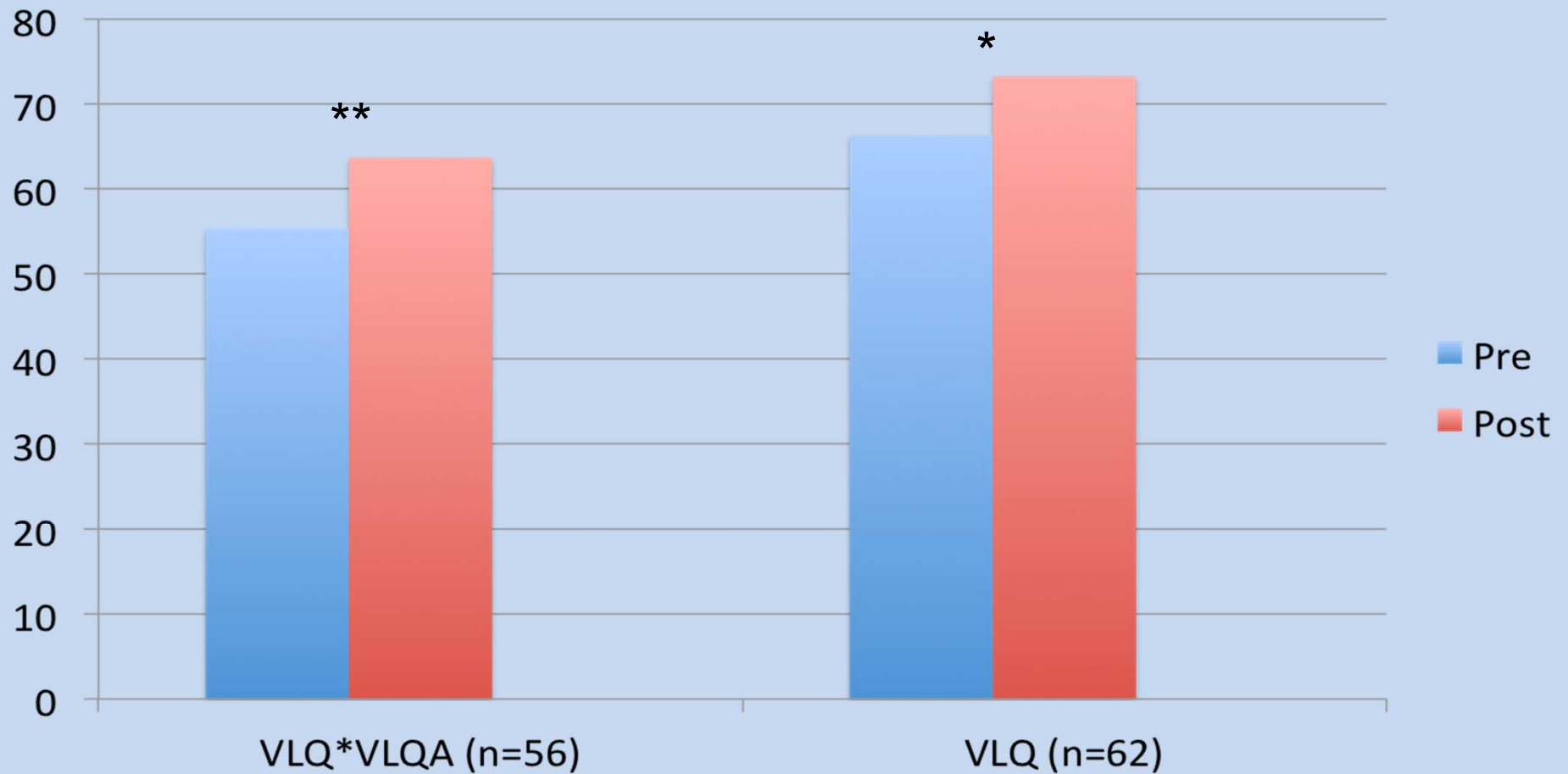
- 1. After participating in SJCB or SJCB+ACT**
 - a. Internalized stigma was lower for PHAs; enacted stigma was lower for non-PHAs**
 - b. All forms of empowerment readiness were higher**

Confidence in ...



** $p \leq 0.001$

Values Living Questionnaire



* $p < 0.05$

** $p \leq 0.001$

Key Questions & Results - 2

Question

Will the changes be greater for those participating in both ACT and SJCB than for those in only SJCB?

Result

The changes were the same for those participating in SJCB and SJCB+ACT

Key Questions & Results - 3

Question

Will the results be the same or different for non-PHAs and PHAs?

Result

The workshops had the same effect on non-PHAs and PHAs.

Preliminary Analysis: 9-Month Follow-up Data

Are there persisting changes at 9 mth?

Scale	All interventions
Internal stigma (PHAs only)	0.002
External stigma (PHAs only)	
Stigma (CLs only)	-----
VLQA	0.009
VLQ*VLQA	0.008
AA	
Freiburg	
Speak out	0.04
Knowledge	0.000
Talk to Others	0.024
Engage Others	0.008
Mobilize Other	0.044

Activity Log

Themes	Personal/self	Family/friends/co-workers	Community/organizational/Institutional	Societal	Global/International	Total
Championing Against Social Injustices	25	104	153	27	2	311
Promotion of Care and Support for PHAs	14	85	62	1	8	170
Supporting HIV Prevention Education and Awareness	15	107	64	8	2	196
Championing Against HIV related Stigma and Discrimination	21	133	135	13	4	306
Community Building and Networking	46	80	276	31	6	439
Empowerment and Resiliency	171	128	80	6	8	393
Total	292	637	770	86	30	1815

Qualitative Data from Monthly Activity Logs

PHAs

- PHAs disclosing HIV status to family members and friends
- Increased community advocacy on HIV non-disclosure issues
- Greater participation in community events e.g. Pride, Caribbean festival (Caribana), AIDS Walk
- Increased self-efficacy, skills development & capacity building e.g. return to school, job search, volunteering

Non-PHAs

- Integration of HIV issues in other sectors e.g. media/film, social network sites i.e. Facebook
- Community outreach & HIV education
- Media-based HIV education e.g. writing HIV articles in print & online
- Volunteering at AIDS service organizations
- Increased advocacy, networking and community building

Voices from Participants: Focus Groups & Activity Logs

ACT Stories: Disclosure and Resilience



SJCB Impact: Community Engagement & Activism

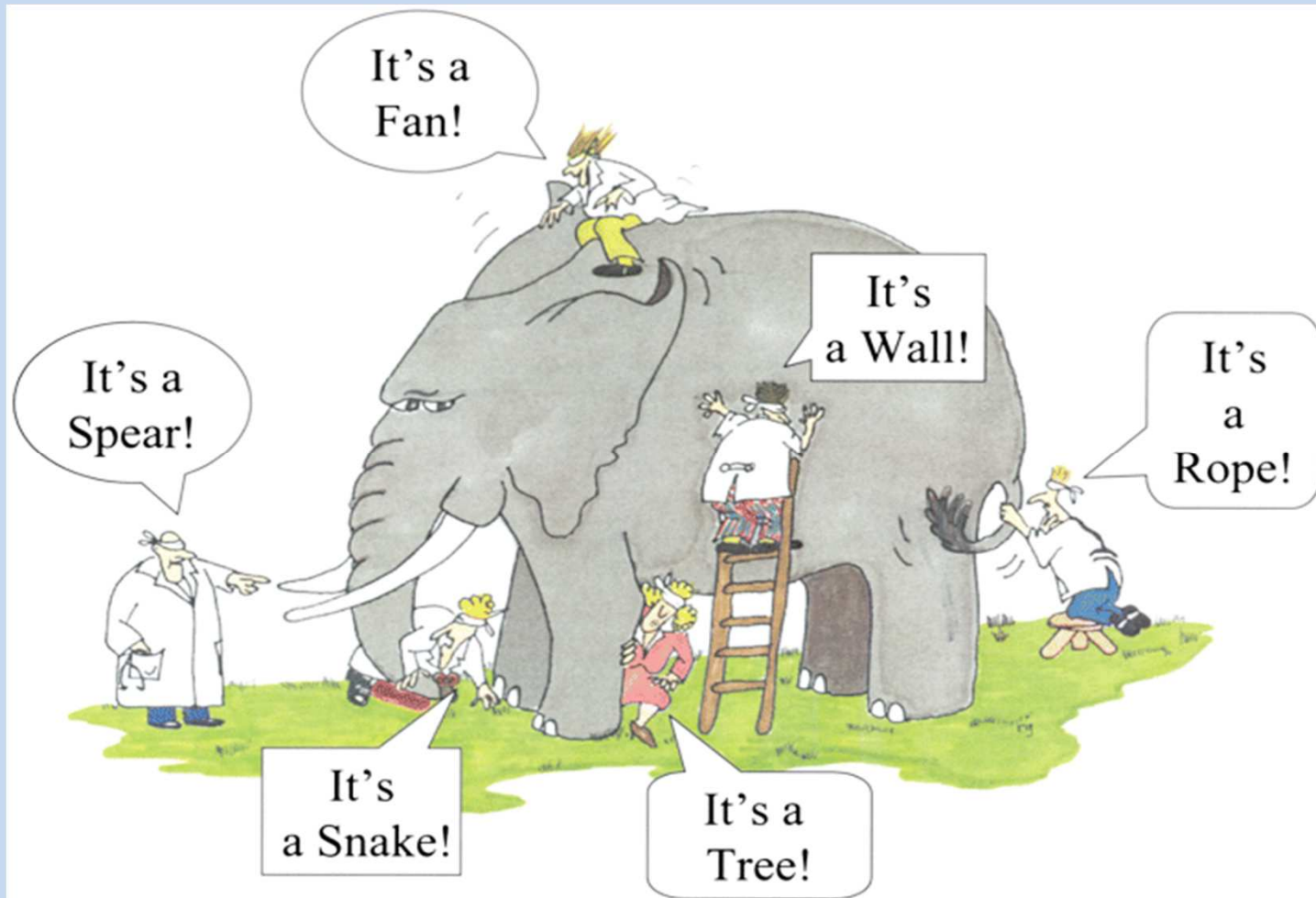
- Understanding and readiness to challenge stigma
- Mobilizing on HIV anti-stigma issues
- Understanding/mobilizing on broader social justice issues

Our CHAMPS Journey goes on. . .



Reflection on Multi-methods Approach in CHAMP

Multi-Methods: Piecing it together

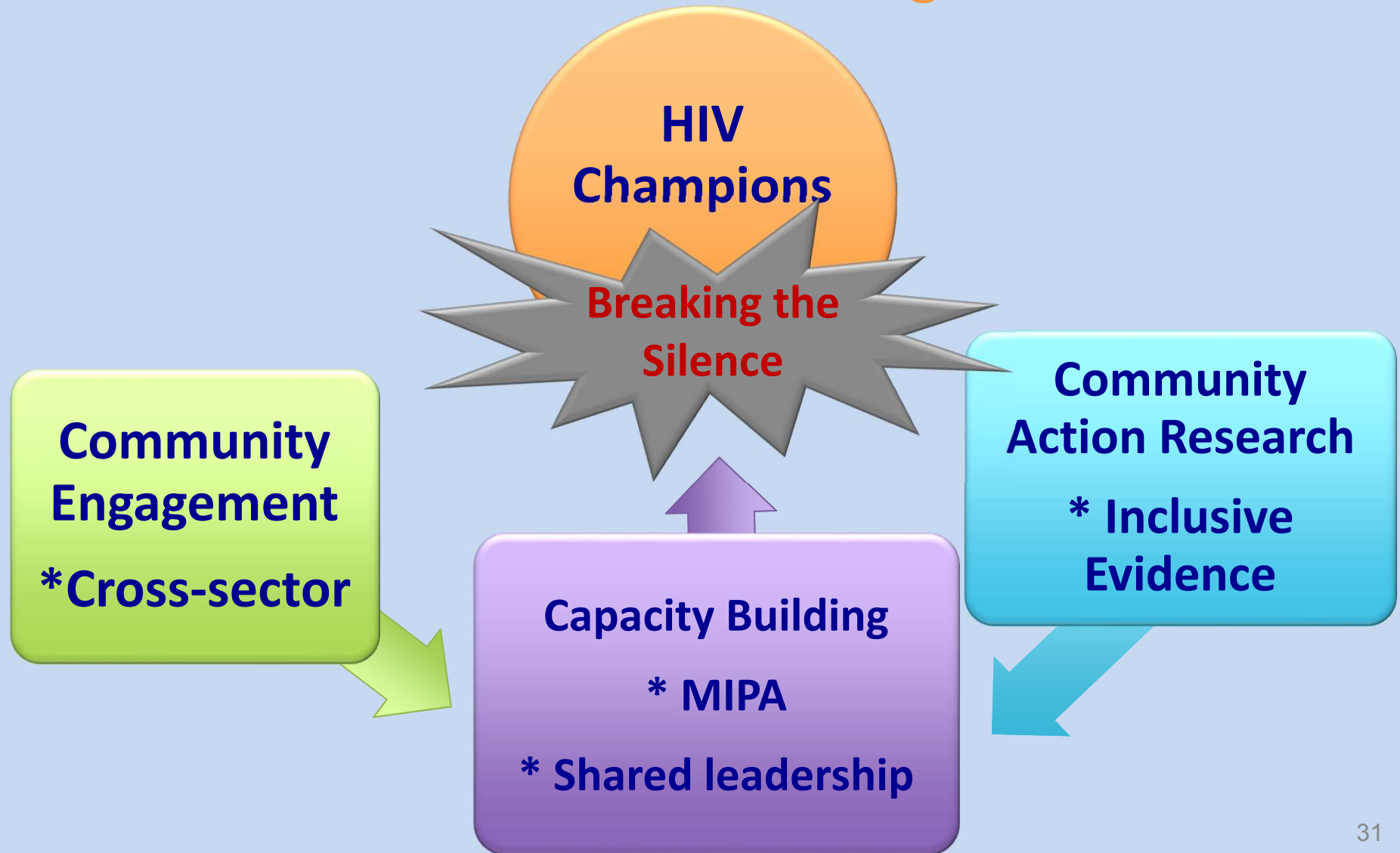


Multi-Methods: Different Levels of Understanding



Conclusion & the Journey Ahead

Evidence Informed Action To Reduce HIV Stigma



Next Steps

- Using program science framework to adapt/replicate CHAMP training in ASO and other partners
- Adapt/replicate project model for other marginalized communities (e.g. mental health)
- KTE and other initiatives driven by CHAMP participants (e.g. anti-stigma church night next month)



Thank You!



Be a CHAMP!

CHAMP Research Study

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