



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 (SJCБ) training

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

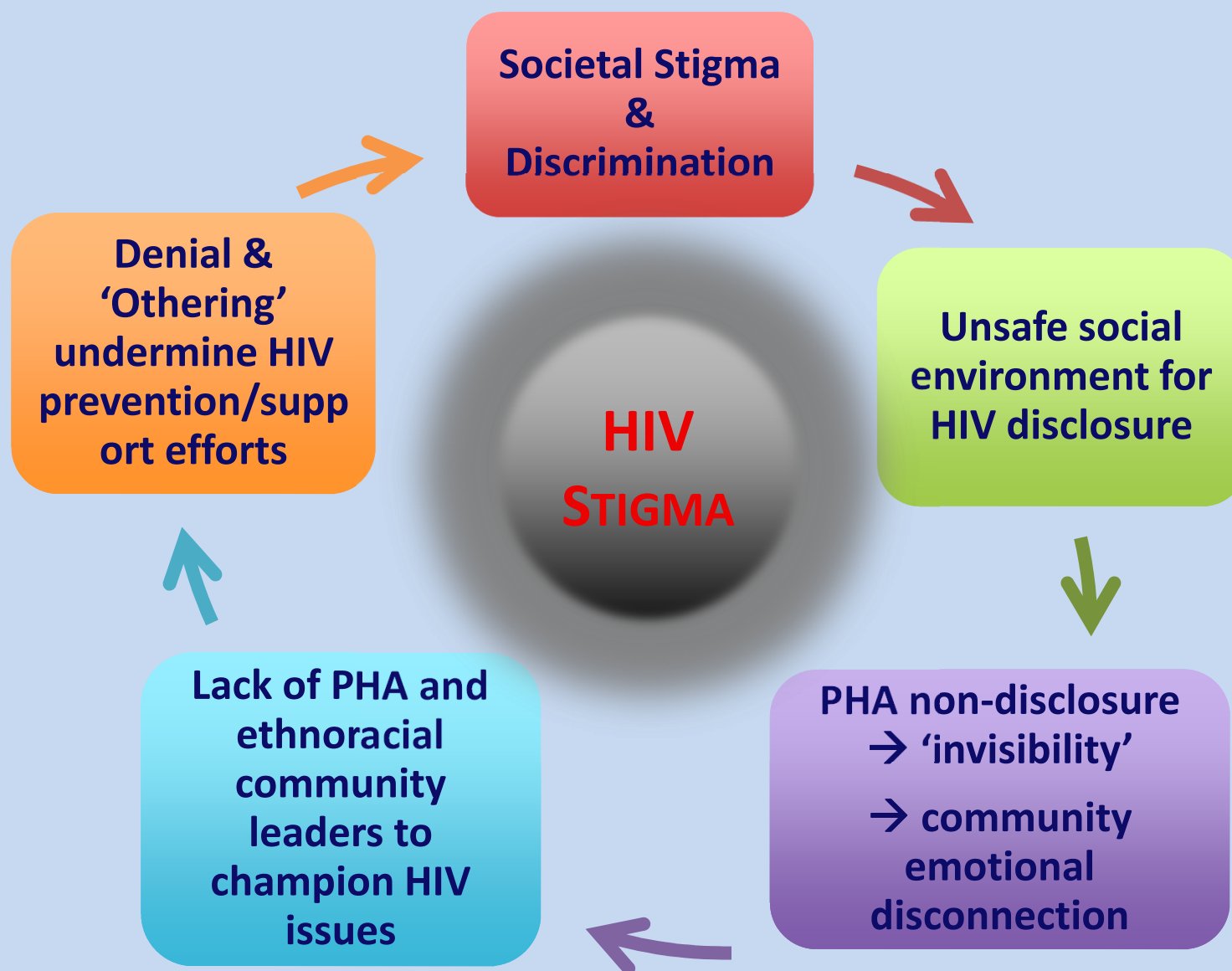
- Reflection on Methodology & Findings

- 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 with a globe as the flame. The globe is blue and white, with a red ribbon tied around the torch's handle. The background is a gradient of yellow and orange.

- 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

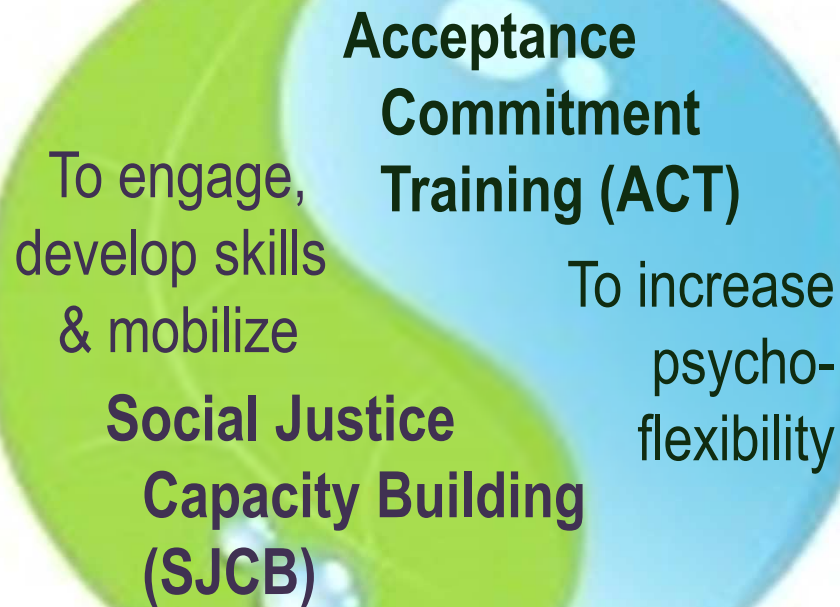
- Acceptance Commitment Training
- Social Justice Capacity Building

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

Non-PHA Group:
ACT + SJCB

N=31

Intrapersonal,
interpersonal

Non-PHA Group:
SJCB

2 evenings + 1 full-day

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)?**

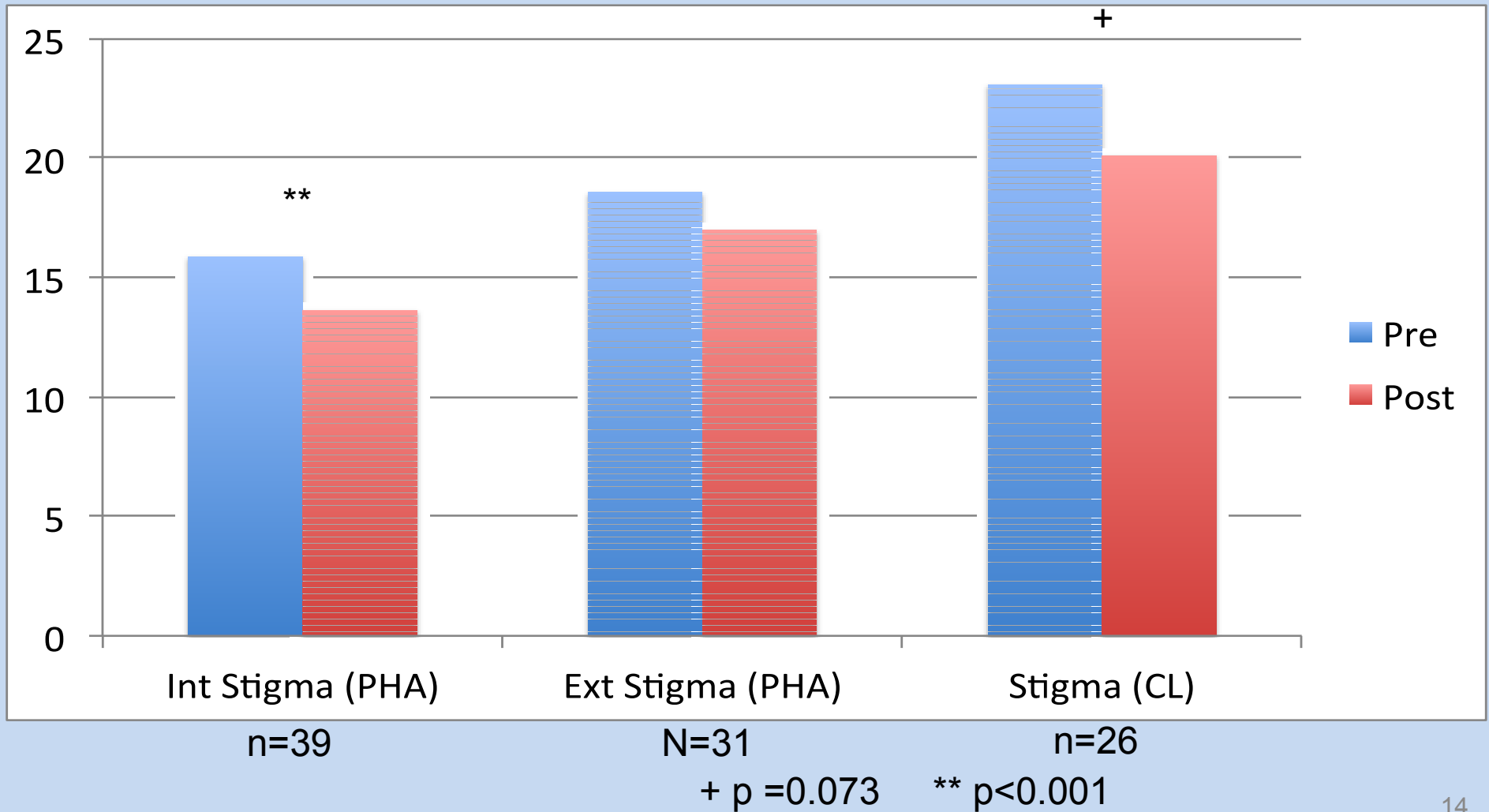
- b) an increase in empowerment readiness?**

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

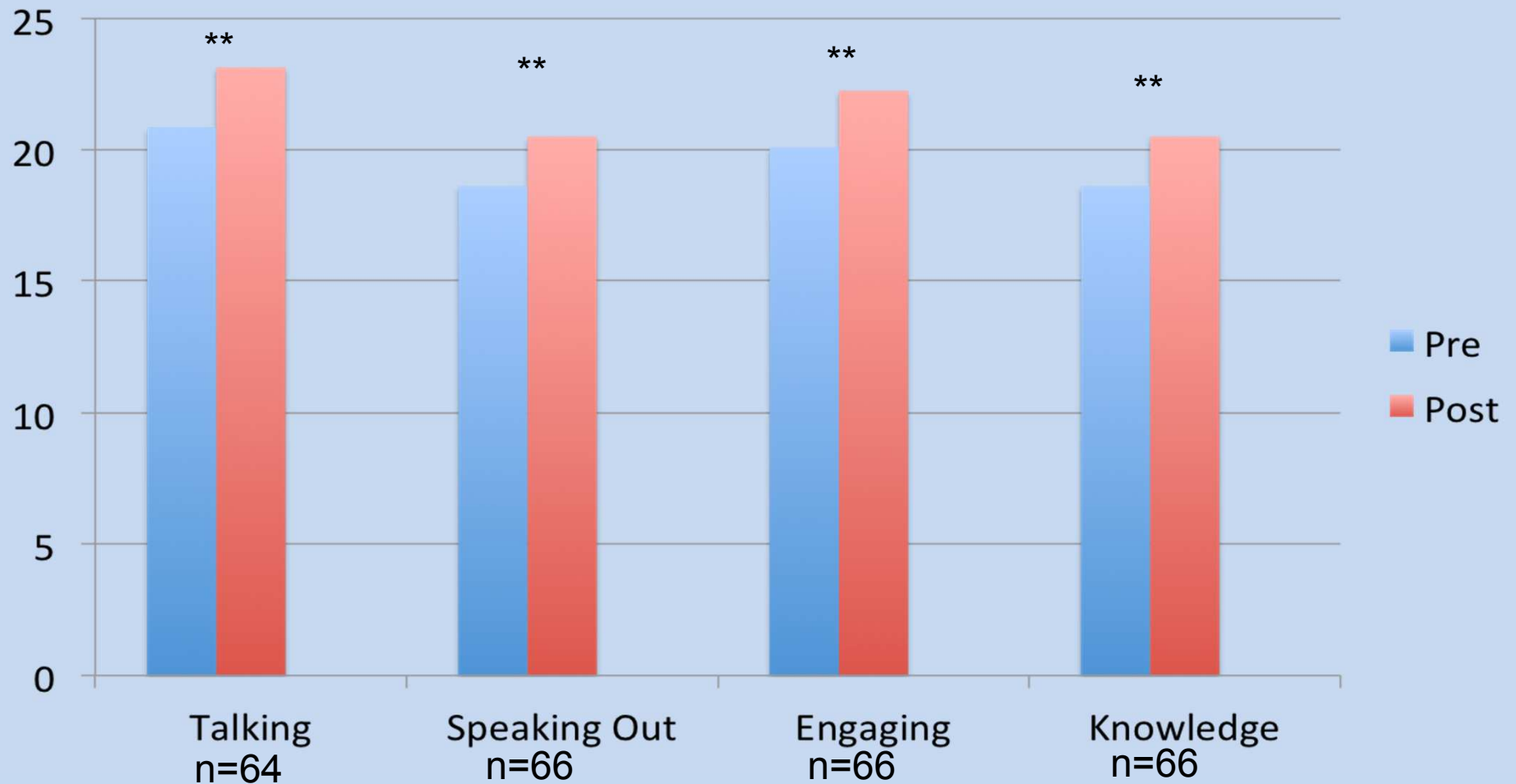
ACT + SJCB participants: Will there be:

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

Result

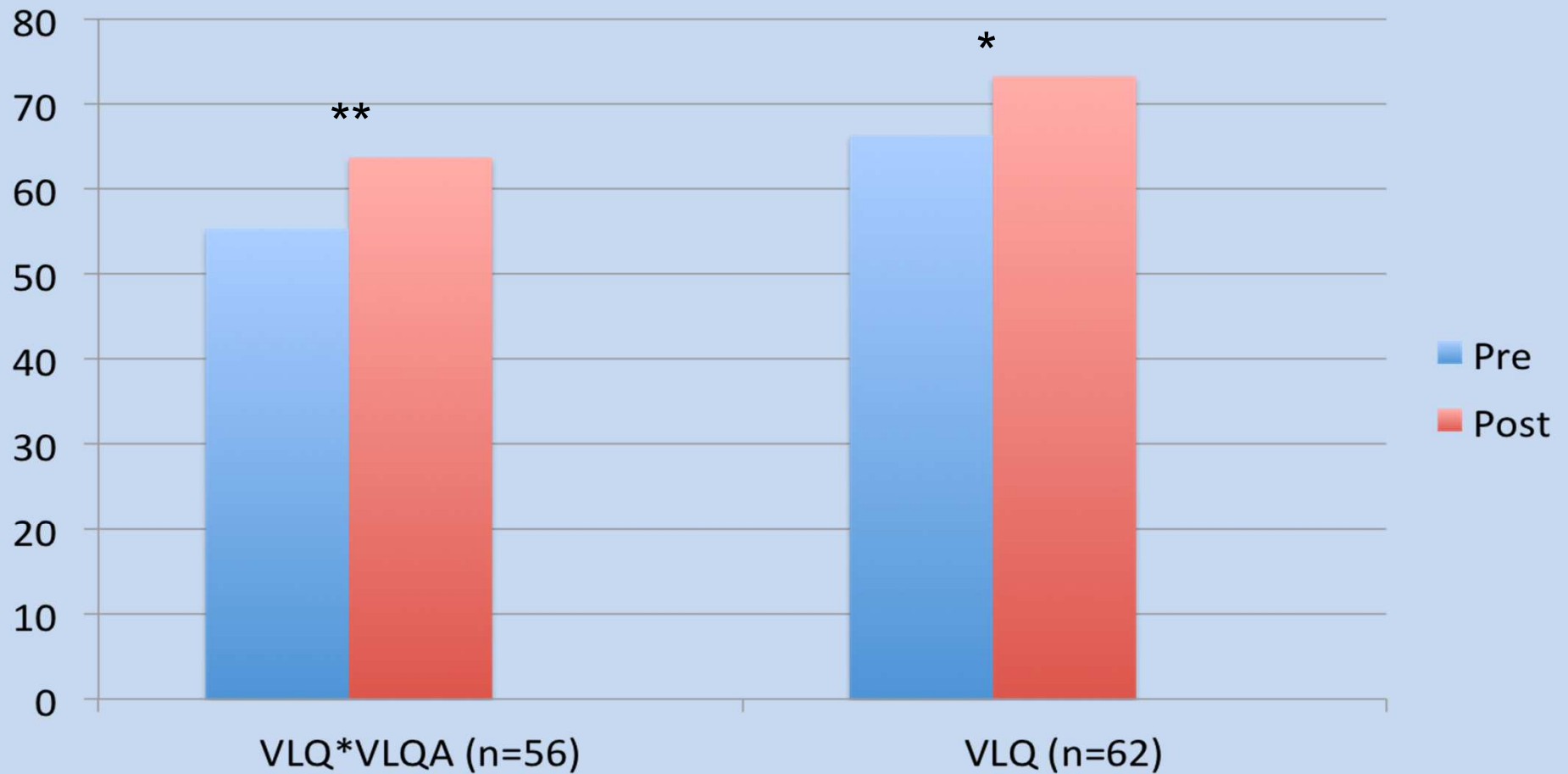
1. After participating in SJCB or SJCB+ACT
 - a. Internalized stigma was lower for PHAs; enacted stigma was lower for non-PHAs
 - b. All forms of empowerment readiness were higher

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

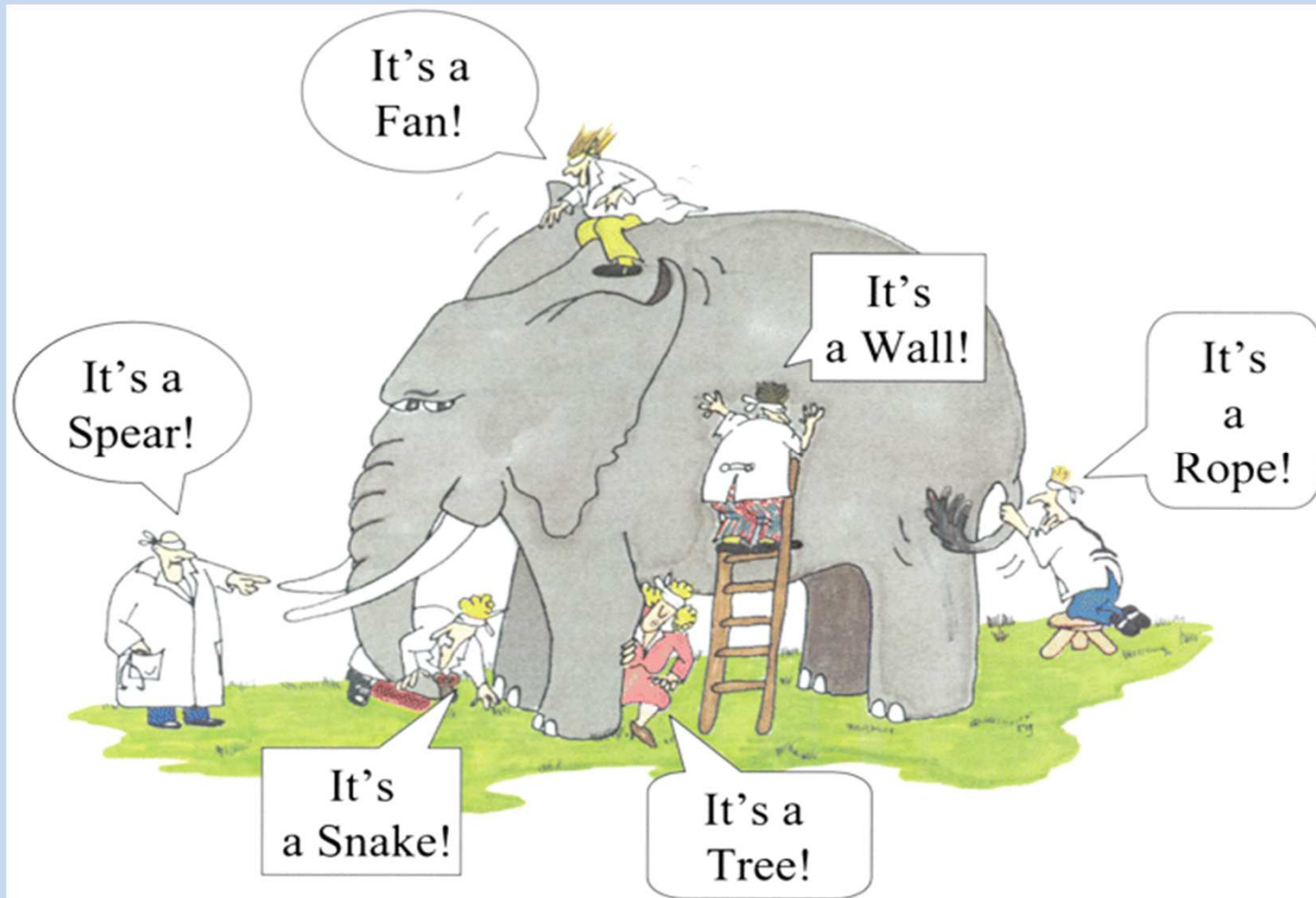
- Understanding and readiness to challenge stigma
- Mobilizing on HIV anti-stigma issues
- Understanding/mobilizing on broader social justice issues

Our CHAMPS Journey goes on. . .



Reflection on Multi-methods Approach in CHAMP

Multi-Methods: Piecing it together

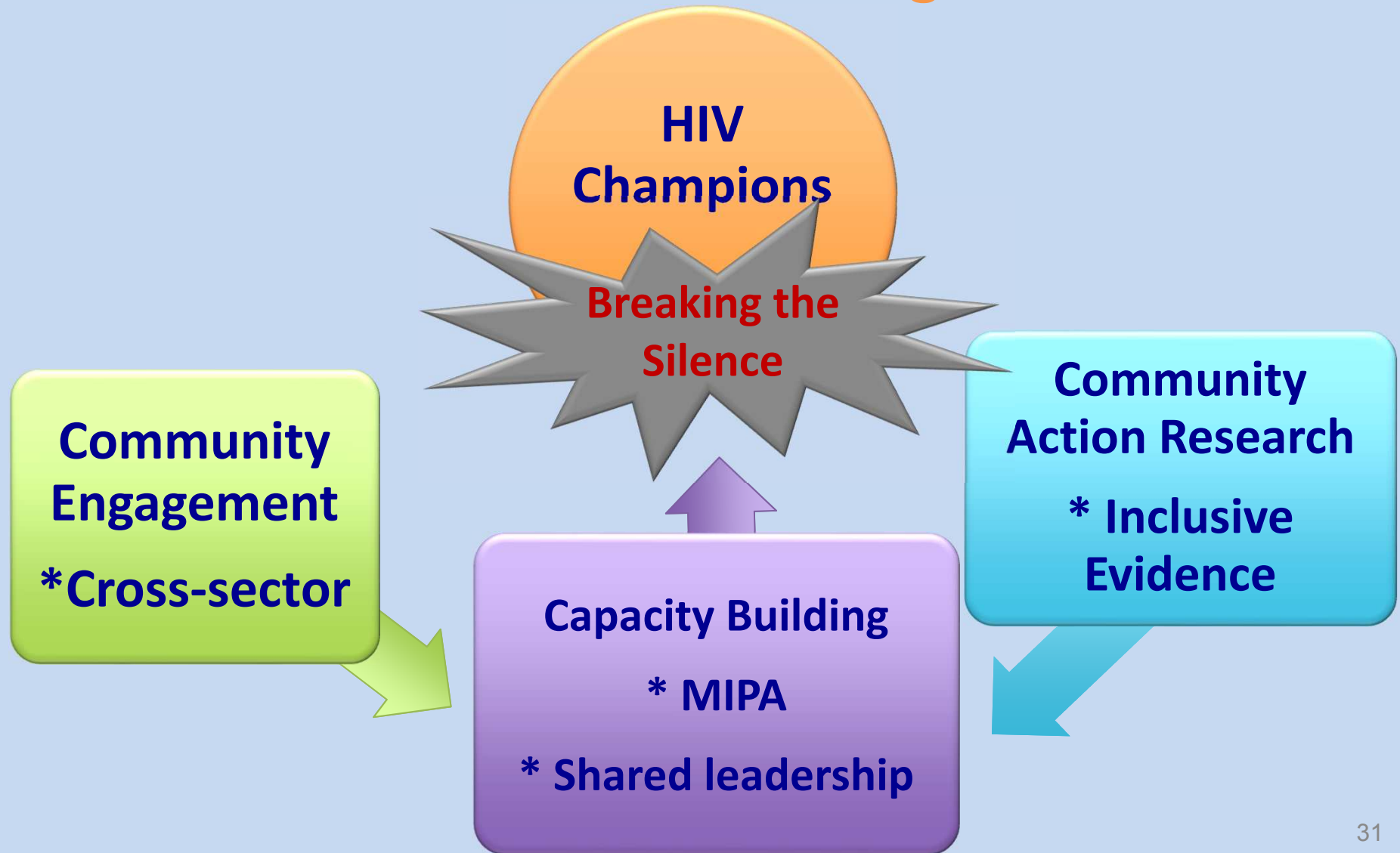


Multi-Methods: Different Levels of Understanding



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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