



# Program Abstract

*Title*     **STRIVE** (*STUDY TO REDUCE INTRAVENOUS EXPOSURE*)

*Summary*     *STRIVE* is a group-level, clinic-based, behavioral intervention that aims to reduce risky distributive injection practices (e.g., syringe lending, unsafe drug preparation) among young injection drug users who are HCV positive. Such injection practices result in high rates of HCV and HIV. *STRIVE* provides information, enhances risk-reduction skills, and motivates behavior change through peer mentoring training. It is comprised of six two-hour sessions that build group cohesion; define, promote, and support peer education through positive modeling, training, and practice; increase HCV knowledge and risk awareness (along with information about HIV/AIDS/STI); improve problem-solving and risk-reduction skills; support sustained behavior change; and encourage further risk-reduction and education.

The effectiveness of the *STRIVE* program was evaluated using a randomized trial design with a time-equivalent attention-control group. Participants included 418 HCV-positive injection drug users aged 18 to 35 years in three US cities. Participants reported their injection-related behaviors at baseline, and at three- and six-month follow-ups.

Compared with the control group, intervention group participants reported a 26% relative reduction of distributive risk behaviors at three months and six months, but were no more likely to cite their HIV-positive status as a reason for refraining from syringe lending. Effects were strongest among intervention group participants who had known their HCV-positive status for at least six months. Peer mentoring and self-efficacy were significantly increased among intervention group participants, and intervention effects were mediated through self-efficacy.

*Focus*     ☐ General Population     ☒ Injection Drug Users     ☐ Gay/Bisexual Men     ☐ STI Clinic Clients     ☐ Other High-Risk Adults Intervention

*Original Site*

☐

Treatment Center-  
based

☐

Community-based

☒

Clinic-based

☒

Research Center

*Suitable for  
Use In*

This program is suitable for use in treatment centers, clinics, shelters, or other community-based settings that have one room that can accommodate all participants.

*Approach*

☒

Behavioral Skills Development

☒

Community Outreach

☐

Condom Education/Access

☐

HIV/STD Education

☒

Needle Cleaning/Exchange

☒

Self-Efficacy/Self-Esteem

*Original  
Intervention  
Sample*

Gender

76% Male  
24% Female

Age Range

18-35

Race/  
Ethnicity

7% African American  
57% Caucasian  
25% Hispanic  
11% Other/mixed

Sexual  
Orientation

No information provided

*Program  
Components*

☒

Behavioral Skills Practice

☒

Group Discussion

☐

HIV Antibody Testing/Counseling

☒

Lectures

☒

Peer Counseling/Instruction

☒

Role Play

☒

Safer Sex Communication/Negotiation

☒

Video

☐

Other

*Program  
Length*

The *STRIVE* intervention consists of six two-hour sessions delivered over a three-week period.

### *Staffing Requirements/ Training*

*STRIVE* is delivered by two trained health advisers who reflect the demographics of the participants. The *Facilitator's Manual* provides detailed instructions and scripts to help implement the intervention.

### *A Note about Adaptation*

The HAPPA program contains a customized adaptation workbook (How to Adapt the *STRIVE* Program for Use in New Contexts) to help program staff successfully adapt the *STRIVE* program for new settings and target populations. The adaptation workbook details a set of pragmatic, science-based steps to facilitate making changes to the program, while preserving the components that made – or are believed to have made – it effective in the first place.

### *A Note about Evaluation*

The HAPPA program also contains three resources for evaluation:

- Original evaluation materials used in the evaluation of *STRIVE*
- HAPPA Evaluation Assistance Kit and HAPPA Evaluation Questionnaire
- HAPPA Process Evaluation for *STRIVE*

Original Evaluation Instruments. The program includes the evaluation instruments used for the baseline, three-month, and six-month follow-up assessments, as well as the Peer Evaluation Assessment Instrument used during the intervention.

HAPPA Evaluation Assistance Kit and HAPPA Evaluation Questionnaire. The *HIV/AIDS Prevention Program Archive Evaluation Assistance Kit* (HAPPA Kit) is a comprehensive multi-part questionnaire item bank designed as a generic outcome questionnaire that could be adapted to suit most adult HIV/AIDS prevention programs. Items in the questionnaire were drawn from a variety of regional and national surveys conducted since 1985. A copy of the HAPPA Kit, which includes background on the development of the instruments as well as instructions for using the full survey, is included in the HAPPA program for reference purposes. The *HAPPA Evaluation Questionnaire* is a shorter selection of evaluation questions chosen by Sociometrics.

HAPPA Process Evaluation. In addition, the HAPPA program includes the *HAPPA Process Evaluation*. The instrument is for the facilitator's use to evaluate his/her own implementation of the intervention.

### *Contact Information*

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## *Bibliography*

Latka, M. H., Hagan, H., Kapadia, F., Golub, E. T., Bonner, S., Campbell, J. V., et al. (2008). A randomized intervention trial to reduce the lending of used injection equipment among injection drug users infected with hepatitis C. *American Journal Of Public Health*, 98(5), 853-861.