

CISS

Computerised Intervention for Safer Sex



CISS is a DVD based intervention to support HIV positive migrants and gay men in finding their way to personalized 'safer sex' solutions. Using film material and engaging slide shows it allows HIV service providers to discuss delicate emotional and sexual issues with their clients, working with them to achieve an individually tailored approach.

The CISS is evidence-based, facilitating clients in bridging the rationale-cognitive divide so as to achieve success in affective decision-taking in sexual situations. Clients are encouraged to continue working with the DVD alone, for example at home. Three counseling sessions are given to complete the three sections of the CISS.

Who am I?

In this first session clients are encouraged to articulate their values around safer sex and their personal needs. Video clips of HIV+ people talking or interacting with lovers are used for emotional engagement to stimulate discussion with the counselor on factors that may play a part (e.g. mood, relationship needs, drugs and alcohol).



Richard



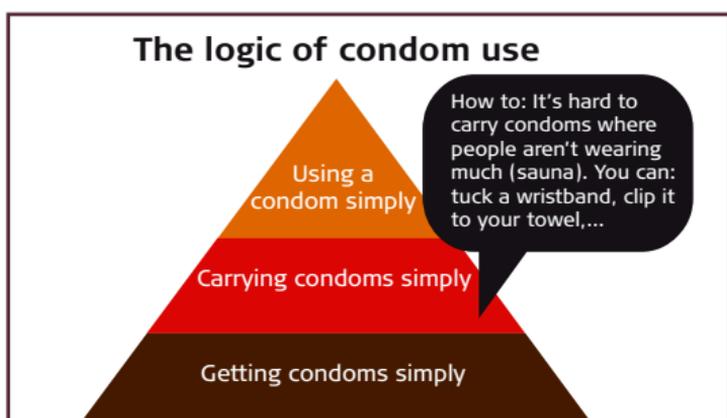
Georgio



Sam

Working through solutions

The second session aims to set concrete goals, using further materials which stimulate the client to consider new approaches which meet his or her needs.



Click your mouse on layers of the pyramid for more suggestions

Today and tomorrow

In this session clients are enabled to formulate an individual risk reduction plan. This includes concrete steps to achieve their long-term goal. If desired, this plan can be worked out using the planning tool 'goal enforcer' to visualise the concrete steps.

Evaluation Research

The CISS is being evaluated in a European multi-centre study. Effectiveness is determined using an experimental design, while its feasibility for HIV care settings is assessed through a process evaluation. If found to be effective, the CISS will be disseminated as part of an integrated training and resource package.