



Third Joint Conference  
of the  
British HIV Association (BHIVA)  
with the  
British Association for Sexual Health and HIV (BASHH)

**1-4 April 2014**

Arena and Convention Centre · Liverpool

THIRD JOINT CONFERENCE  
OF BHIVA AND BASHH 2014



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# Psychological interventions to reduce sexual risk taking

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1 Homerton Sexual Health Services

2 Public Health England



# Background

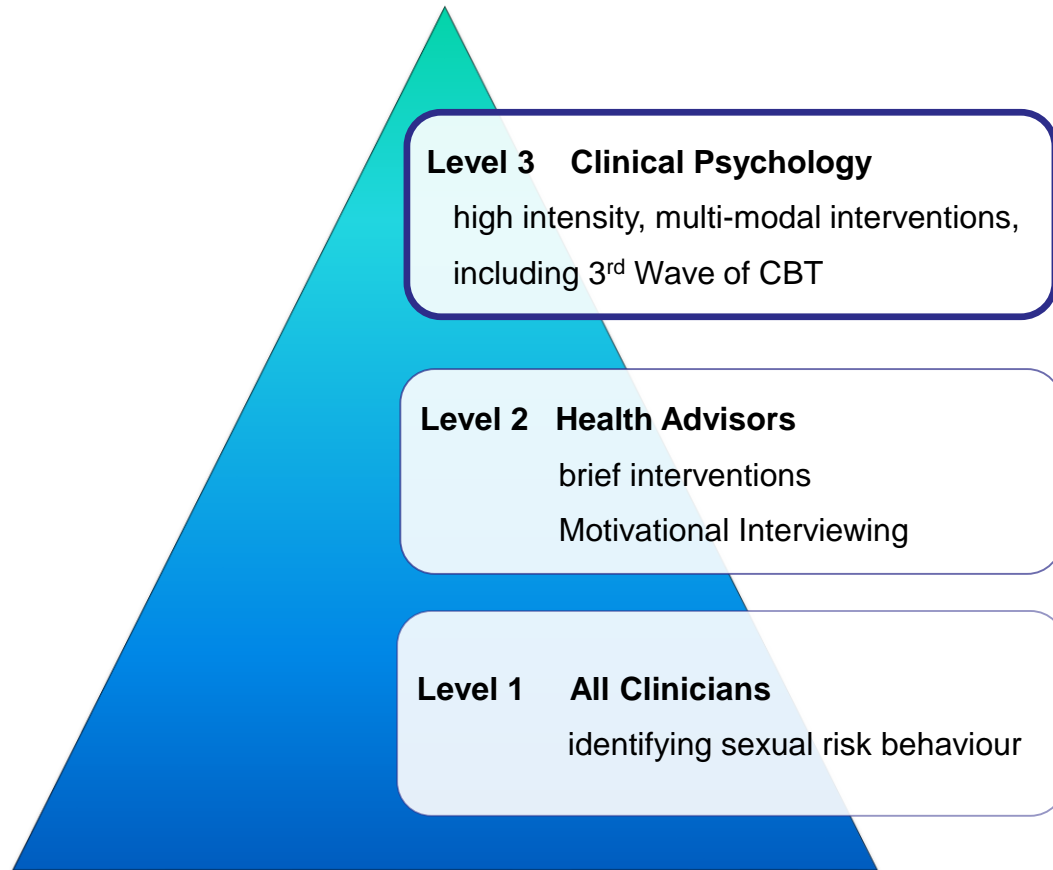
- NICE PH 3 (Feb 2007) *One to one interventions to reduce the transmission of sexually transmitted infections (STIs) including HIV, and to reduce the rate of under 18 conceptions, especially among vulnerable and at risk groups*<sup>1</sup>
- *HIV Prevention Needs Assessment for London (2013):* new HIV diagnoses in London are increasing
- 8/1000 HIV seroprevalence in Hackney<sup>2</sup>
- Homerton, 2013 cf 2012: 80% increase in HIV diagnosis in MSM<sup>2</sup>

1) London: National Institute for Health and Care Excellence

2) Public Health England, private communication



# Stepped care model at HSHS



# Methods

- Reviewed referrals: Jan 2011 - Dec 2013
- Demographics
- Attendance
- **Outcome measures:**
  - risk reduction: number of partners  
condom use
  - mental health: depression (PHQ-9)  
anxiety (GAD-7)
- **High risk** UPVI or UPAI with  $\geq 2$  partners in 3/12

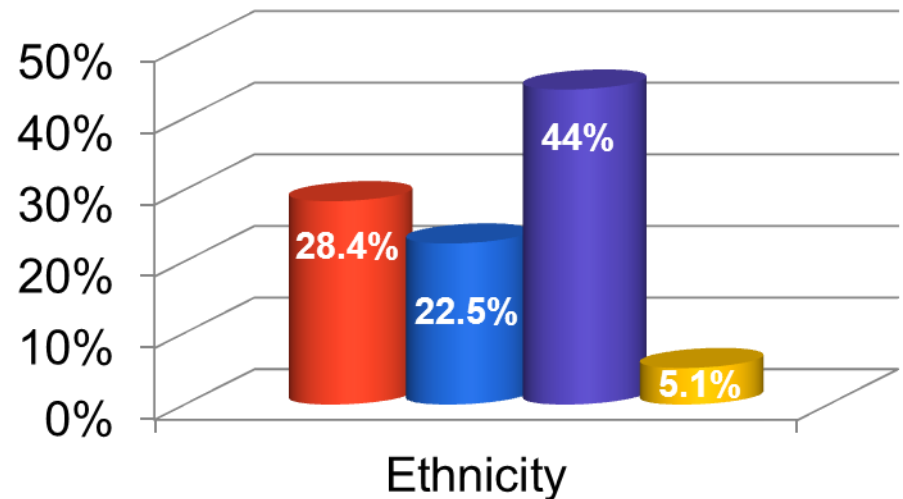


# Results

219 referrals - Level 3 interventions (Clinical Psychology)

## Demographics

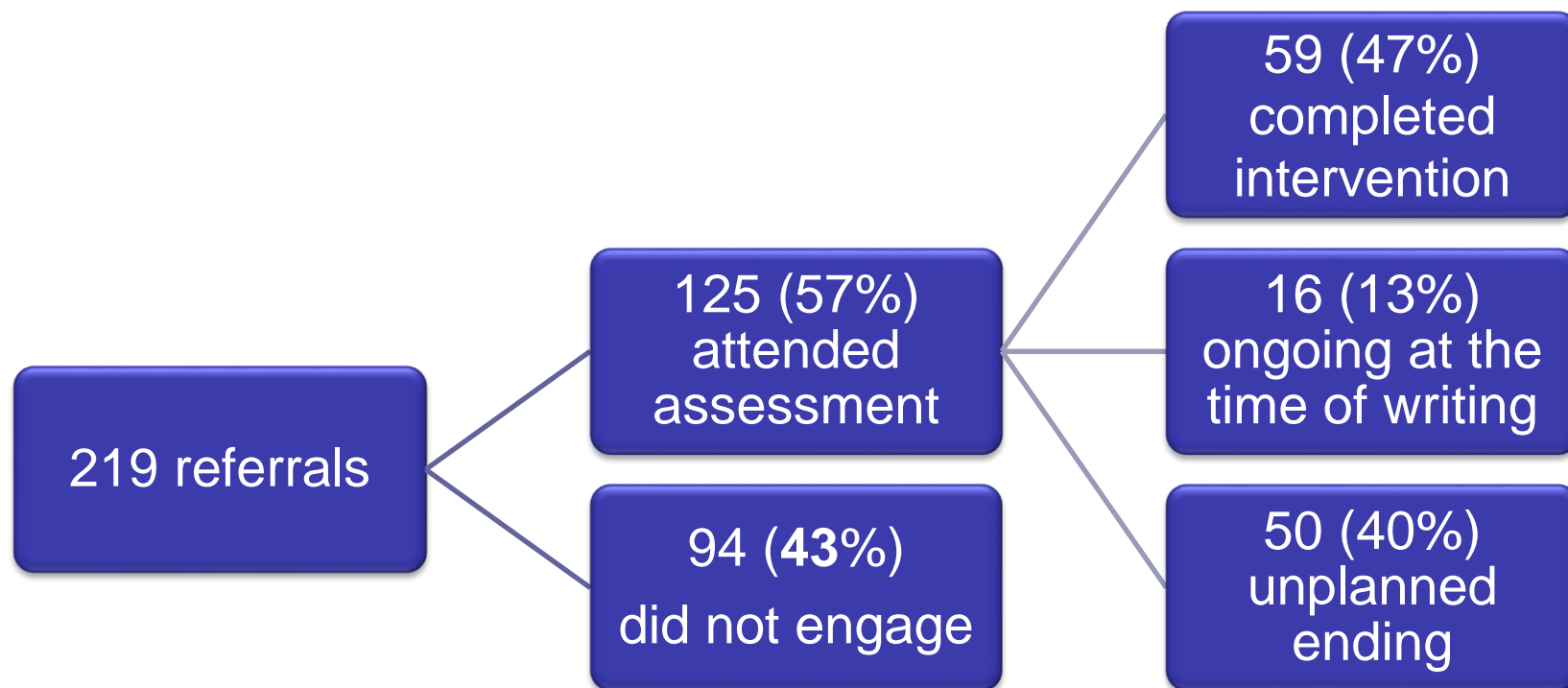
- 16 - 68 y/o
- Mode 27 & 32
- MSM 107 (49%)
- Female 68 (31.1%)
- HIV+ 9 (4%)



- White UK
- Black African/Caribbean/UK
- Other
- Not stated



# Results - engagement

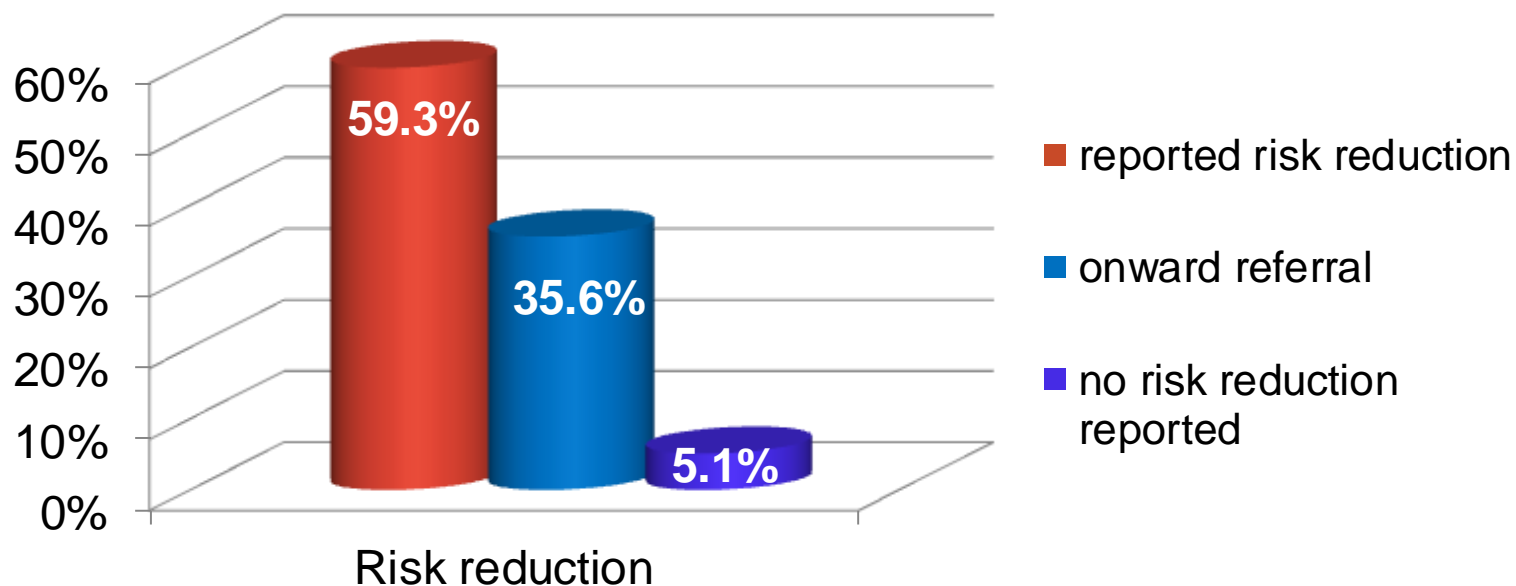


National IAPT results: engagement 49%<sup>3</sup>

3) *Psychological Therapies, England: Annual Report on the use of Improving Access to Psychological Therapies services* (Jan 2014)



# Results – risk reduction



Risk reduction = ↓ number of partners +/- ↑ condom use

Onward referrals: (incl.) personality disorders services; psychiatry; drug & alcohol services



# Results – mental health outcomes

|                                    | Depression<br>PHQ-9            | Anxiety<br>GAD-7              |
|------------------------------------|--------------------------------|-------------------------------|
| Mean score on<br><b>assessment</b> | <b>11.6</b><br>mild range      | <b>10.1</b><br>moderate range |
| Mean score on<br><b>discharge</b>  | <b>5.1</b><br>minimal symptoms | <b>5.2</b><br>mild range      |

Both:  $p < 0.0001$ , paired-samples t-test,  $n=30$

IAPT recovery definition: score of less than 8 on GAD-7 <sup>3</sup>



# Conclusions

- **Specialist psychological interventions do work !**
  - = are effective and acceptable to patients with high risk sexual behaviour
- Interestingly, individuals with complex mental health needs can be identified and linked with specialist mental health services
- Currently developing a standardised measure of risk reduction, which includes clinical end points; further evaluation to follow



# Acknowledgments

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Dr Jose Figueroa

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Dubniewicz





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