

Risk-reduction counseling and HIV/STD testing on behavior change of MSM: Results from a cohort Study in Nanjing, China

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HIV and AIDS incidence in China is high among men who have sex with men (MSM) and we evaluated the role of risk reduction counseling and HIV testing. We estimated baseline prevalence and subsequent 18 months incidence of HIV among MSM. More importantly, it assessed the effectiveness of a series of counseling session in reducing risk behavior. We used respondent-driven sampling to recruit 430 MSM. At baseline, each participant in counseling session design to increase knowledge and motivation on achieve HIV risk reduction. Participants were followed up at 6, 12 and 18 months to evaluate HIV incidence and behavioral changes. At baseline, HIV prevalence was 4.7%. Over the subsequent 6 months intervals, HIV incidence was 5.2, 3.8, 1.1 per 100 person-years. This was matched by a reduction of Unprotected Anal Intercourse (UAI), which declined from 60.9% to 42.9%. Further, UAI with casual (15.3%) and regular partners (20.0%) were significant reduced, and a decreasing number of participants reported multiple sex partners (declining from 59.1% to 52%). HIV prevalence in our cohort was lower than in other cities in China. However, the higher incidence rate suggests that this may possibly be due to high fatality among Nanjing MSM. The brief intervention proved helpful in reducing risk. The high HIV incidence rate underscores the health threat of HIV for MSM in this city. Our intervention suggests that reduction in UAI can be achieved through risk reduction counseling and testing. This calls for developing interventions that provide booster sessions for this vulnerable population.

Biography

Weiming Tang has completed his M.D. M.S. from Andhra University and will gain his Ph.D in Epidemiology this September from University of California, Los Angeles. He has published more than 15 papers in reputed journals.

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