Cultural-adaptation of an internet-based cognitive behavioral intervention among young men who have sex with men in China

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HIV Risk among Chinese YMSM

HIV prevalence among sexual minority men (SMM) in China has risen steadily, with estimated prevalence rates above 5%\(^1,2\)

SMM comprise 33.4% of general population cases; 81.6% of new cases among young people\(^3,4\)

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\(^1\)Dong, M. J. et al., *BMC Infect Dis* (2019); \(^2\)UNAIDS (2022); \(^3\)Xu, J. J. et al., *Chin Med J* (2021); Zheng, S. *Lancet Public Health* (2018)
HIV prevalence among sexual minority men (SMM) in China has risen steadily, with estimated prevalence rates above 5%\(^1,2\).

SMM also experience elevated rates of depression, anxiety, suicidality, and alcohol and substance use\(^5\).

SMM comprise 33.4% of general population cases; 81.6% of new cases among young people\(^3,4\).

SMM report common experiences of family rejection, concealment, and internalized heterosexism\(^5\).

ESTEEM: A Minority Stress Intervention

Stigma and Discrimination

SGM-Specific Processes
- Internalized Heterosexism
- Identity Concealment
- Rejection Sensitivity

Universal Processes
- Rummation
- Emotion Dysregulation
- Social Isolation

Depression & Anxiety
HIV Risk Behaviors
Substance Use

6 Meyer, Psychol Bull (2003); 7 Hatzenbuehler, Psychol Bull (2009)
ESTEEM: A Minority Stress Intervention

Stigma and Discrimination

SGM-Specific Processes
- Internalized Heterosexism
- Identity Concealment
- Rejection Sensitivity

Universal Processes
- Rumination
- Emotion Dysregulation
- Social Isolation

HIV Risk Behaviors
- Depression & Anxiety

Substance Use

#ADHERENCE2023
1. Adapt the ESTEEM intervention to address the experiences of Chinese YSMM in an online format

2. Test the acceptability and feasibility of the adapted intervention among Chinese YMSM
<table>
<thead>
<tr>
<th>Step</th>
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<tbody>
<tr>
<td>1. Assessment</td>
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<tr>
<td>2. Decision</td>
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<tr>
<td>3. Administration</td>
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<tr>
<td>4. Production</td>
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<tr>
<td>5. Topical Experts</td>
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<td>6. Integration</td>
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<td>7. Training</td>
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<tr>
<td>8. Testing</td>
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</tbody>
</table>

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Cultural Adaptation - The ADAPT-ITT Model

1. Assessment
2. Decision
3. Administration
4. Production
5. Topical Experts
6. Integration
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How clear was the content of this session?
1 = Not at all clear 10 = Very clear

How helpful did you find the content of this session to be?
1 = Not at all helpful 10 = Very helpful

How helpful did you feel the video(s) were in helping you gain a better understanding of the relevant concepts in this module?
1 = Not at all helpful 10 = Very helpful

Please share any feedback you have for making this session more helpful. ______________
Results: Feasibility, Acceptability, & Revisions

Post-Session Session Clarity Ratings

Module 1  Module 2  Module 3  Module 4  Module 5  Module 6  Module 7  Module 8  Module 9  Module 10
Session Clarity
Results: Feasibility, Acceptability, & Revisions

Post-Session Video Helpfulness Ratings

Module 1  Module 2  Module 3  Module 4  Module 5  Module 6  Module 7  Module 8  Module 9  Module 10

Video Helpfulness
<table>
<thead>
<tr>
<th>Theme</th>
<th>Suggested adjustments</th>
<th>Qualitative example</th>
<th>Adjustments made</th>
</tr>
</thead>
<tbody>
<tr>
<td>Platform use comfort</td>
<td>Too many words to read per module</td>
<td>“The material is too long to read... I wish that it could be shown in sections.”</td>
<td>✓ Adopted page-turning design</td>
</tr>
<tr>
<td>Session frequency, number and duration</td>
<td>Timing is too tight to study in depth</td>
<td>“Ten modules is too much to absorb in a short period of time, so I suggest that once a week is the most appropriate rhythm.”</td>
<td>✓ Provided one-week interval per session</td>
</tr>
<tr>
<td>Content relevance</td>
<td>Some cases don’t resonate</td>
<td>“When I encountered a story that does not resonate with me, I... did not want to continue the module, such as running away from home. In my opinion, in China, people don’t run away from home... Examples like these can be modified.”</td>
<td>✓ Asked SMM representatives to make case revisions</td>
</tr>
<tr>
<td>Content accessibility</td>
<td>Some content is difficult to comprehend</td>
<td>Mindfulness [is] very abstract and hard for me to understand, and I’d be better off if I had audio or video to guide me.”</td>
<td>✓ Added videos and pictures</td>
</tr>
<tr>
<td>Counselor-participant relationship</td>
<td>Involvement of the counselor is unclear</td>
<td>“If I had some real-time interaction, I would feel more involved and secure.”</td>
<td>✓ Included welcome call and halfway check-in calls</td>
</tr>
</tbody>
</table>
Results: Key Adaptations

Key adaptations for Chinese YSMM

- Expanding stigma focus to Chinese YSMM’s familial and cultural context
- Adopting a culturally sensitive view of what is considered healthy coping in a collectivistic society
- Incorporating cultural metaphors and examples
Results: RCT Preliminary Findings

Condomless Anal Sex

Depression (PHQ)

Anxiety (GAD-7)

Problematic Alcohol Use (AUDIT)
Conclusions

• Cultural adaption of the ESTEEM intervention in an online format for Chinese YSMM demonstrates strong preliminary feasibility and acceptability.

• Preliminary RCT findings indicate online Chinese ESTEEM is efficacious in reducing depression, anxiety, and problematic alcohol use compared to mood tracking control.
References:


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Questions?

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