



Cultural-adaption 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

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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}

¹Dong, M. J. et al., *BMC Infect Dis* (2019); ²UNAIDS (2022); ³Xu, J. J. et al., *Chin Med J* (2021); Zheng, S. *Lancet Public Health* (2018)

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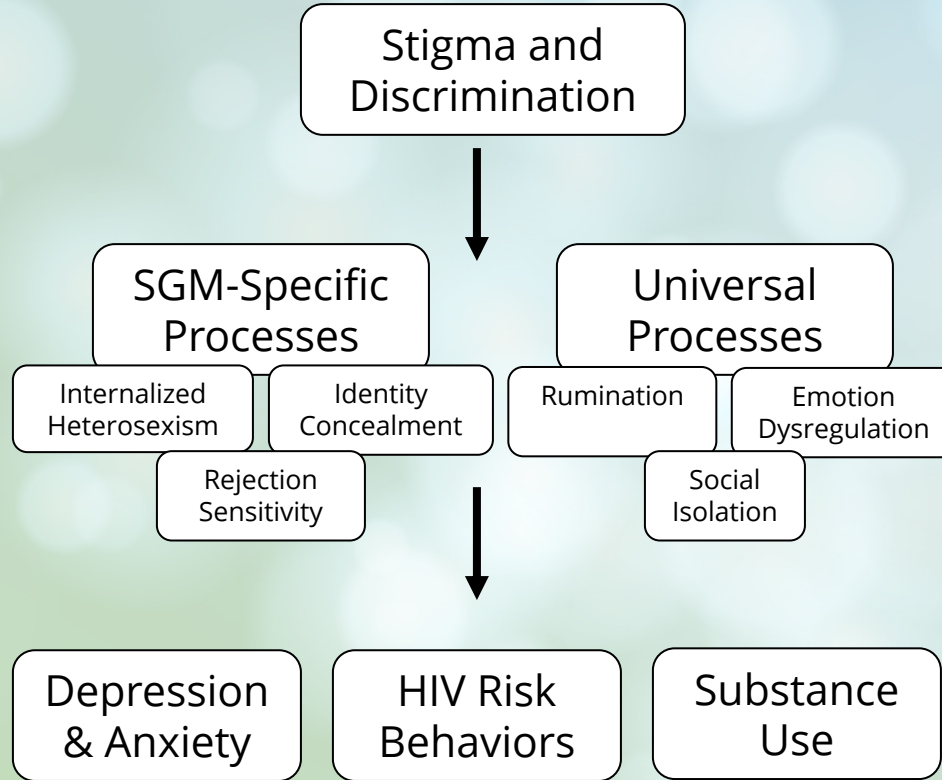
SMM also experience elevated rates of depression, anxiety, suicidality, and alcohol and substance use⁵

SMM report common experiences of family rejection, concealment, and internalized heterosexism⁵

⁵Sun, S. et al., *Curr HIV/Aids Rep* (2020)

ESTEEM: A Minority Stress Intervention

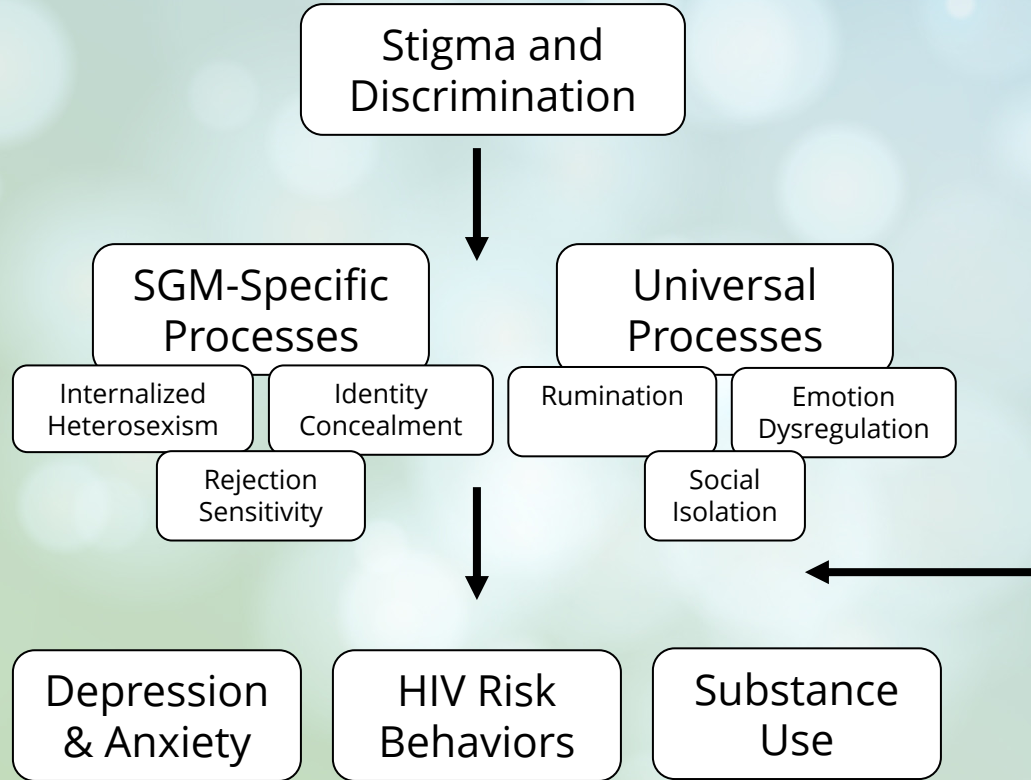
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⁶Meyer, *Psychol Bull* (2003); ⁷Hatzenbuehler, *Psychol Bull* (2009)

ESTEEM: A Minority Stress Intervention

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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

Cultural Adaptation- The ADAPT-ITT Model

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1. Assessment

2. Decision

3. Administration

4. Production

5. Topical Experts

6. Integration

7. Training

8. Testing

⁸Wingood, G. M. et al., *J Acquir Immune Defic Synd* (2008)

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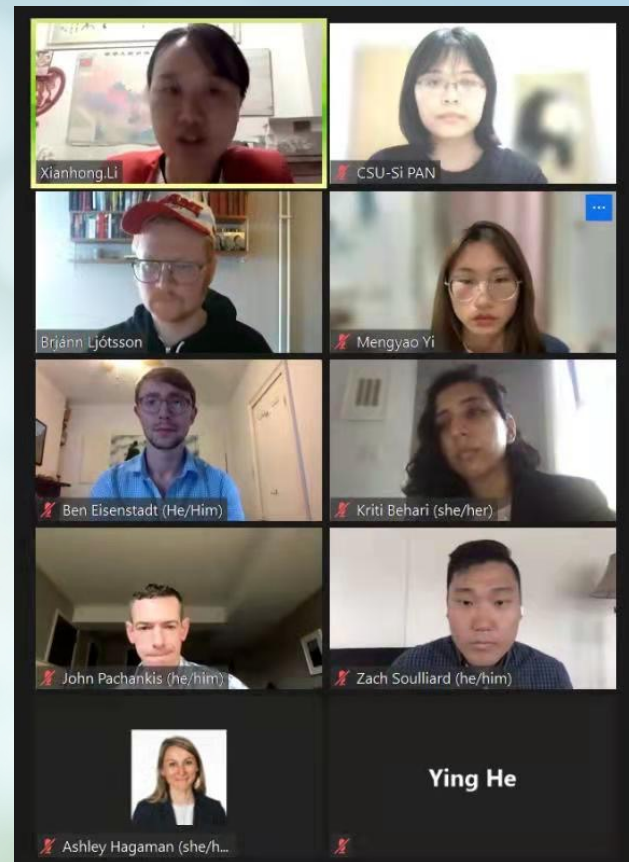
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Cultural Adaptation- The ADAPT-ITT Model

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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

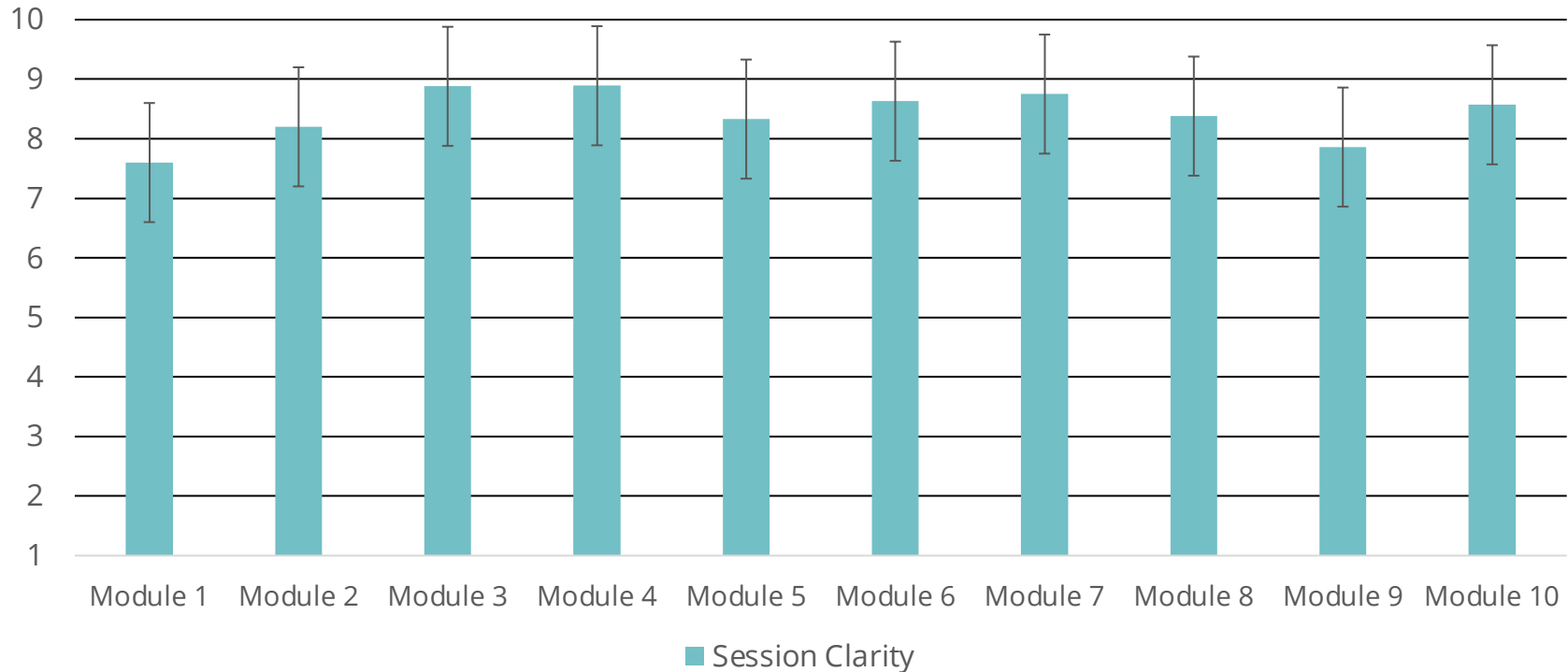
How helpful did you feel the video(s) were in helping you gain a better understanding of the relevant concepts in this module?
1 = Not at all helpful 10 = Very helpful

Please share any feedback you have for making this session more helpful. _____

Results: Feasibility, Acceptability, & Revisions #ADHERENCE2023



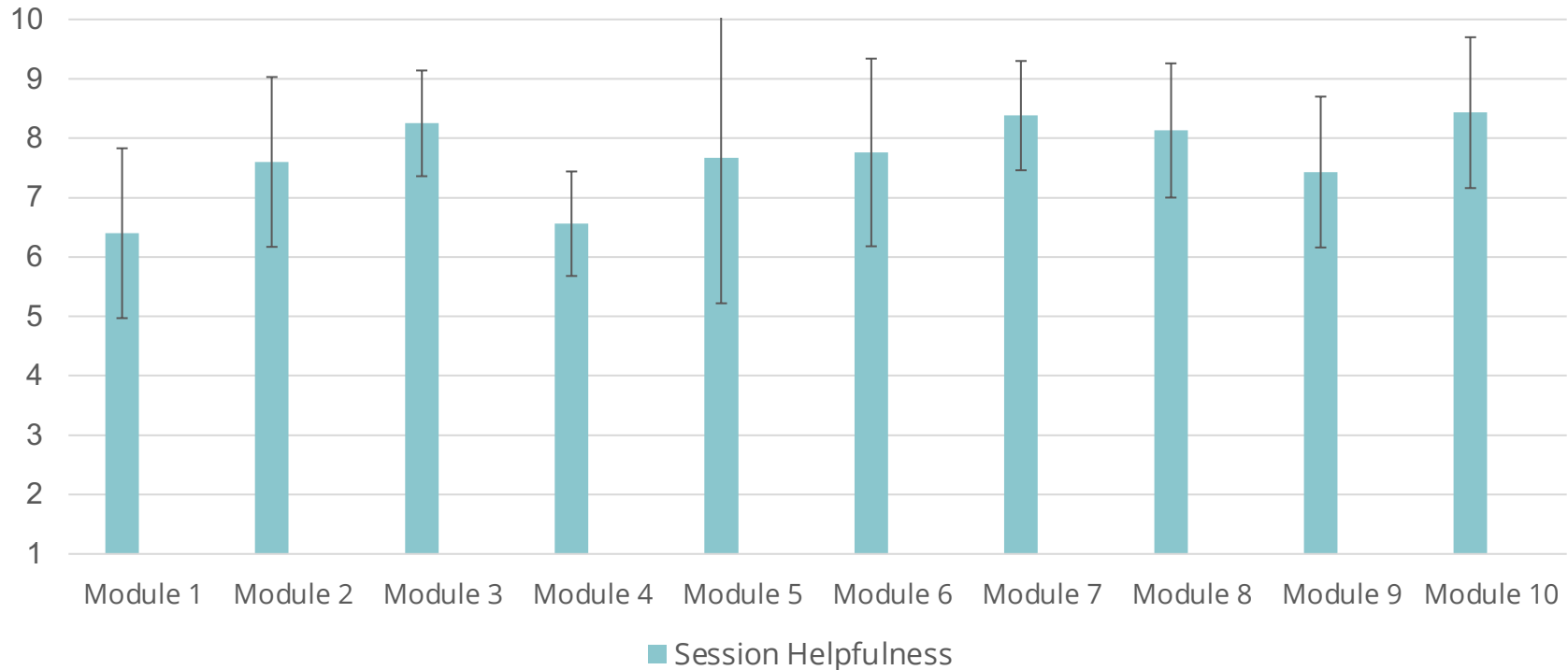
Post-Session Session Clarity Ratings



Results: Feasibility, Acceptability, & Revisions #ADHERENCE2023



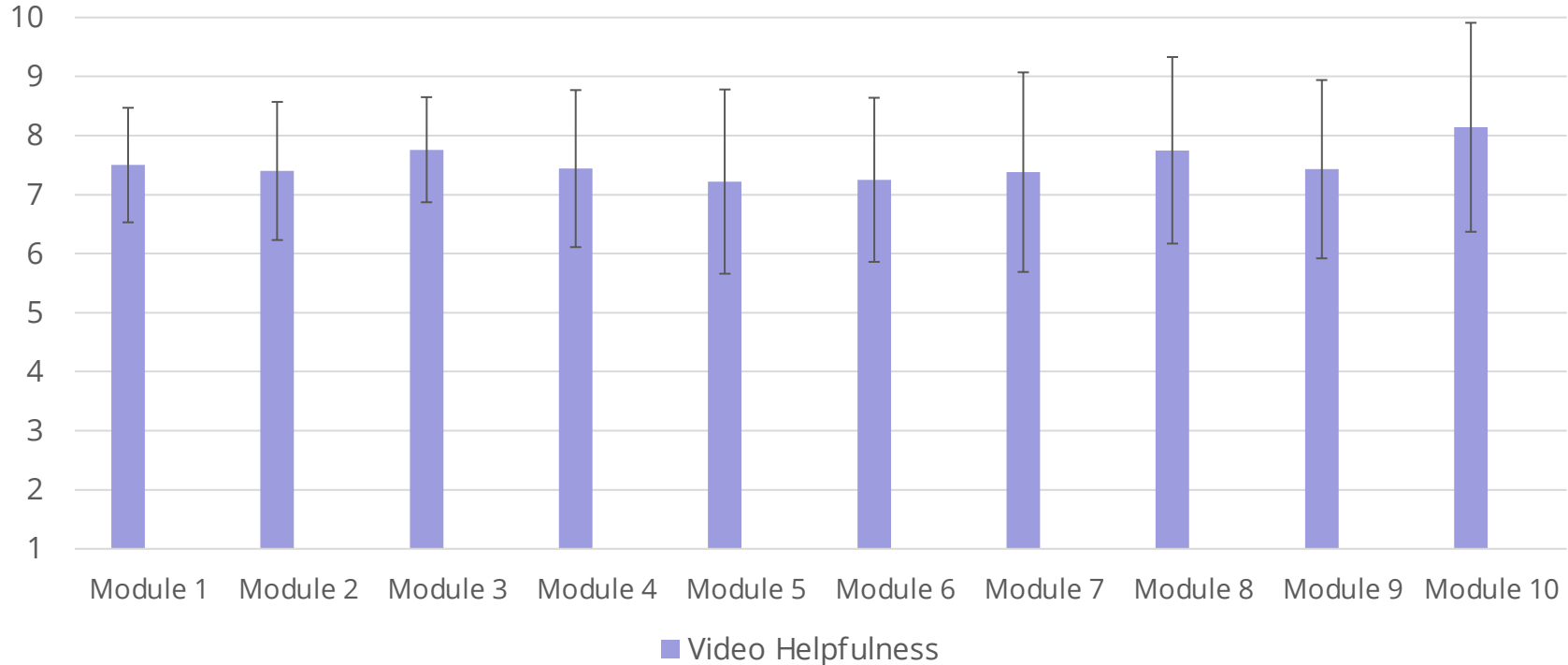
Post-Session Session Helpfulness Ratings



Results: Feasibility, Acceptability, & Revisions #ADHERENCE2023



Post-Session Video Helpfulness Ratings



Results: Feasibility, Acceptability, & Revisions #ADHERENCE2023



Theme	Suggested adjustments	Qualitative example	Adjustments made
Platform use comfort	❑ Too many words to read per module	"The material is too long to read... I wish that it could be shown in sections."	✓ Adopted page-turning design
Session frequency, number and duration	❑ Timing is too tight to study in depth	"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."	✓ Provided one-week interval per session
Content relevance	❑ Some cases don't resonate	"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."	✓ Asked SMM representatives to make case revisions
Content accessibility	❑ Some content is difficult to comprehend	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."	✓ Added videos and pictures
Counselor-participant relationship	❑ Involvement of the counselor is unclear	"If I had some real-time interaction, I would feel more involved and secure."	✓ Included welcome call and halfway check-in calls



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

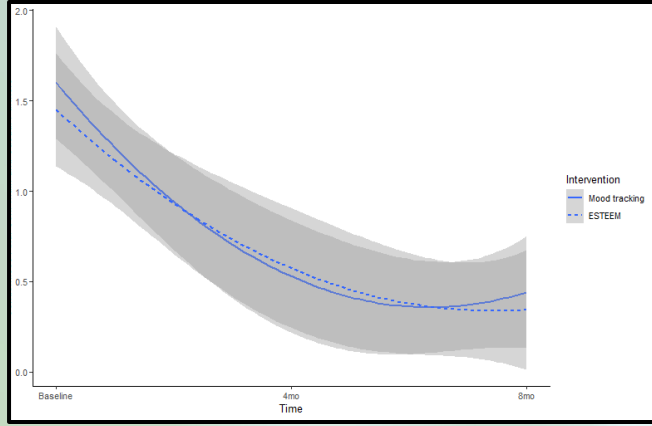
Incorporating
cultural metaphors
and examples

Results: RCT Preliminary Findings

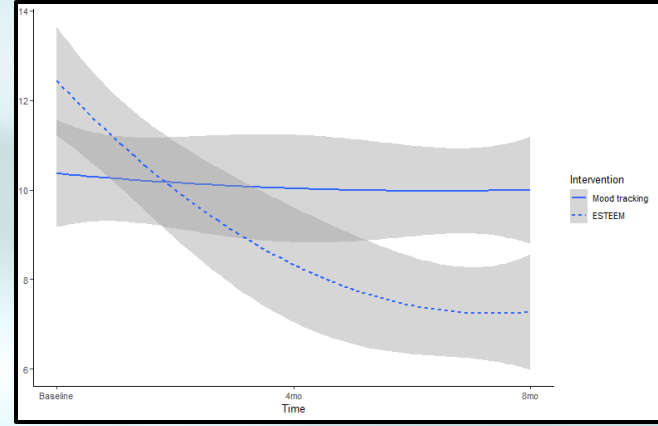
#ADHERENCE2023



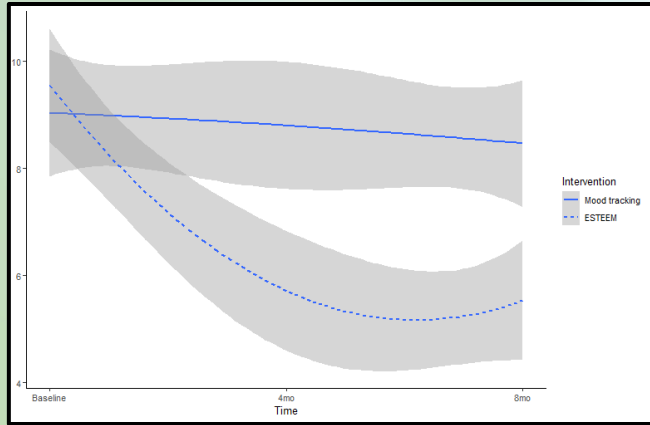
Condomless Anal Sex



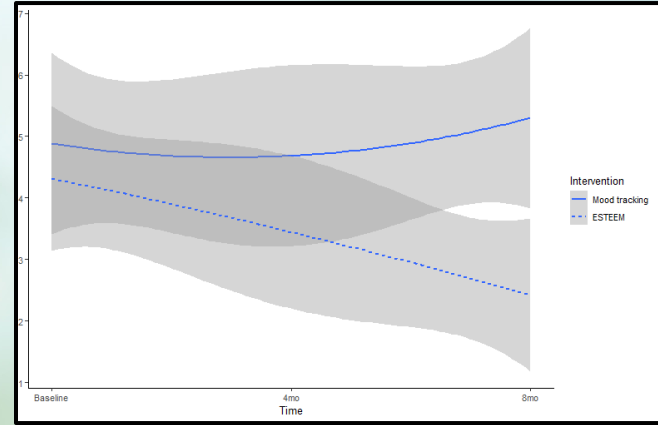
Depression (PHQ)



Anxiety (GAD-7)



Problematic Alcohol Use (AUDIT)





- 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 and Acknowledgements

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Questions?

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