

Group Interventions for Persons Living with HIV/AIDS II: Cognitive Behavioral Perspectives

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Neil Schneiderman, Michael Antoni, Gail Ironson, and colleagues at the University of Miami (Florida, USA) have been conducting research on psychosocial interventions for persons living with HIV for the past decade. Their emphasis has been on the effects of cognitive-behavioral stress management groups (CBSM) on the psychological and physiological health of men and women living with HIV. These researchers have found that CBSM decreases dysphoric mood and herpesvirus titers (HSV-2) in symptomatic HIV+gay (Lutgendorf et al., 1997). They have also found that CBSM buffers the negative psychological (distress) and physiological (CD4 T-cell decline) consequences following notification of HIV seropositivity (Antoni et al., 1991).

The Miami group has recently begun a five-year investigation on the effects of CBSM on patient's medication adherence to combination and antiretroviral therapy (CART). This talk will introduce CBSM, the possible mechanisms through which CBSM influences health-related outcomes, and the hypothesized effects of CBSM on CART adherence among people living with HIV and AIDS.