

# SANKOFA FACT SHEET

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## Research Synthesis

### **Sister-to-Sister: Group Skills-building and One-on-One Skills-building**

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## Target Population

Inner-city African-American female clinic patients

## Goals of Intervention

- Eliminate or reduce sexual risk behaviors
- Prevent new STD infections

## Overview of Intervention

*Sister-to-Sister* includes two skills-building interventions - *Group* or *One-on-one*. The interventions are culturally-sensitive, gender-appropriate, single-session interventions developed to increase self-efficacy and skills to use condoms correctly and to negotiate condom use with sex partners. The interventions encourage women to respect and protect themselves, not only for their own sake, but for their family and community. The interventions are delivered by female African-American nurses and can be delivered to small groups of women (3-5 women) or individually. Both formats involve video viewing, condom demonstration, practice with an anatomical model, and role playing to increase self-efficacy and skills to negotiate condom use. The additional activities used in the group format include group discussions, brainstorming, and interactive exercises and games.

## Study Sample

The study sample consisted of a baseline sample of 564 inner-city clinic patients. All participants were African-Americans females. Ninety-nine percent were heterosexual. Clinic patients were eligible if they were sexually experienced African-American women, between 18 and 45 years old, and were not pregnant. The women were randomly assigned to one of five groups: group skills-building intervention consisted of 118 participants; one-on-one skills-building intervention consisted of 123 participants; group HIV/STD information intervention consisted of 124 participants; one-on-one HIV/STD information intervention consisted of 118 participants; or *Health promotion* comparison consisted of 118 participants.

## Comparison Group

- The *Health Promotion* comparison intervention, consisting of a single, 200-minute, group session that was delivered by female African-American nurses, addressed behaviors associated with risk of heart disease, stroke and cancer.
- The HIV/STD information interventions consisted of a single session delivered by female African-American nurses and was designed to increase knowledge about HIV/STD transmission and prevention and personal vulnerability to HIV/STD. The interventions were delivered to small groups of women or one-on-one. The intervention lasted 200 minutes for the group format and 20 minutes for the one-on-one format. The intervention activities were similar to those in the *Sister-to-Sister* group and one-on-one skills-building interventions, except there was no behavioral skill demonstration or practice.

## Considerations

- The *Group Skills* intervention had a marginally significant effect in reducing new STD infections at the 12-month follow-up compared to the *Health Promotion*.
- The *One-on-one Skills* intervention also had a marginally significant effect in increasing condom use at most recent sexual intercourse at the 12-month follow-up compared to *Health Promotion*.
- Women receiving the *Group Skills* intervention reported a significantly greater proportion of condom-protected sexual intercourse at the 12-month follow-up compared to women receiving the *One-on-one Skills* intervention.

Source: <http://www.cdc.gov/hiv/topics/research/prs/resources/factsheets/sister-to-sister.htm>

