

SYSTEMATIC CULTURAL ADAPTATION OF COGNITIVE
BEHAVIORAL THERAPY TO REDUCE ALCOHOL USE
AMONG HIV – INFECTED OUTPATIENTS IN WESTERN
KENYA.

By:

Rodgers Songole

Rebecca Papas

David Ayuku

John Siddle

INTRODUCTION / BACKGROUND

- Approximately **two – thirds** of the world's 33.2million individuals **infected with HIV** virus live in **Sub – saharan Africa**.
- **Alcohol use** is associated with the **HIV** epidemic through **risky sex** and **sub – optimal ARV adherence**.
- In Western Kenya, hazardous drinking was reported by HIV 53% and general medicine 68% outpatients.

PURPOSE OF THE STUDY

- To see whether **group therapy sessions** using **CBT model** with a Kenyan counselor can help **HIV patients stop drinking alcohol.**

STUDY SITE

- AMPATH HIV outpatient clinic in Eldoret – Western Kenya.

PROCEDURE / METHODS

1. Development phase of the study

Multidisciplinary panel:

3 psychologists, 1 psychiatrist, 2 physicians, lay representatives of the community and 2 alcoholics in recovery.

2. Trained 2 Kenyan psychologists to provide ongoing quality monitoring of **peer led CBT**.

- Provided ongoing training and supervision to peer facilitators.

3. Trained 5 Kenyan peer facilitators in standardized CBT intervention to reduce alcohol use.

- Via didactic seminars and supervised training cases until each met certification standards of 3.5 / 7 points

- Yale adherence and competence scale

4. Evaluation of the feasibility of the CBT via a small 6 week trial in 6 sessions.

session i.

overview of treatment

Introduction to treatment

Session ii

Reasons for drinking vs quitting drinking

QUIT DAY

Session iii

CBT Model

Analysis of behavior.

Session iv

- Copying with triggers- identity

Distraction

Replacement activities

Talk about cravings

Wait for cravings to pass

Recall, negative consequences of drinking

Develop new healthier activities, friends,
lifestyle

Challenge unrealistic and harmful thoughts.

Session v

Risky decision

Problem solving

Session vi

Alcohol refusal skills

Development of long term plans and
wrap up

STUDY SAMPLE

- 76 HIV POSITIVE PEOPLE WHO USE ALCOHOL
- 40 WOMEN
- 36 MEN

RESULTS

1. Development of a complete CBT manual in both English and Kiswahili.
2. CBT intervention has demonstrated to have promise in management of alcohol / HIV clients
3. Overall attendance was 77%.
4. Percent days abstained from alcohol before session was 52% women and 21 % men.
By session iv, it was 96% women and 89% men.

CONCLUSION

- Participants reported treatment satisfaction
- Results indicate feasibility, acceptability and preliminary efficacy for CBT in Kenya.

Wait for the craving to pass

