

CHARISMA Intervention:

Addressing Relationship Dynamics and Intimate Partner Violence among Women using oral PrEP

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What is CHARISMA?

Community Health Clinic Model for Agency in Relationships and Safer Microbicide Adherence (CHARISMA) is an empowerment counselling intervention to increase women's agency to consistently and safely use microbicides while:

- promoting healthy relationships
- reducing their risk of intimate partner violence (IPV)

Why do we need CHARISMA?

- Women can use oral PrEP without a partner's knowledge or agreement
- However...
 - Women often want the support of male partners
 - Women have more difficulty using PrEP consistently if:
 - Their partner is unsupportive of using it
 - They are experiencing partner abuse

Relationship dynamics and violence affect women's ability to use PrEP

- Intimate partner violence associated with:
 - Lower PrEP uptake¹
 - Increased PrEP interruption²
 - Lower adherence to oral PrEP use^{3,4}
- Qualitative research
 - IPV resulted in stress and forgetting to take pills, leaving home without pills, and partners throwing pills away³

1. Lanham et al. Sexual Violence Research Initiative Forum. Oct 2019.
2. Cabral et al. *J Acquir Immune Defic Syndr*. 2018; 77(2): 154-59.
3. Roberts et al. *J Acquir Immune Defic Syndr*. 2016; 73(3) : 313-22.
4. Palanee-Phillips et al. *J Acquir Immune Defic Syndr*. 2018;79(5): 580-89.

HIV and intimate partner violence in South Africa

- Women – particularly young women – at *high risk for HIV* and report *low condom use*
- Violence against women is *highly acceptable* to men and women (includes verbal, sexual, physical, and economic abuse)
- *High levels of violence* – as many as 1/2 of women experiencing violence and 3/4 of men perpetrating violence



HIV, violence, and gender inequality globally



1 in 3

women worldwide have been beaten, coerced into sex, or otherwise abused in their lifetimes.



1 in 4

girls' first sexual encounter was unwanted.

Exposure to GBV, particularly IPV, is associated with lower ART use, half the odds of self-reported ART adherence, and significantly worsened viral suppression among women.



ART Usage



1.5

is the increased likelihood that women who experience intimate partner violence will acquire HIV.



47%

of males living with HIV aged 15 and older are on ART, compared with 60% among females.

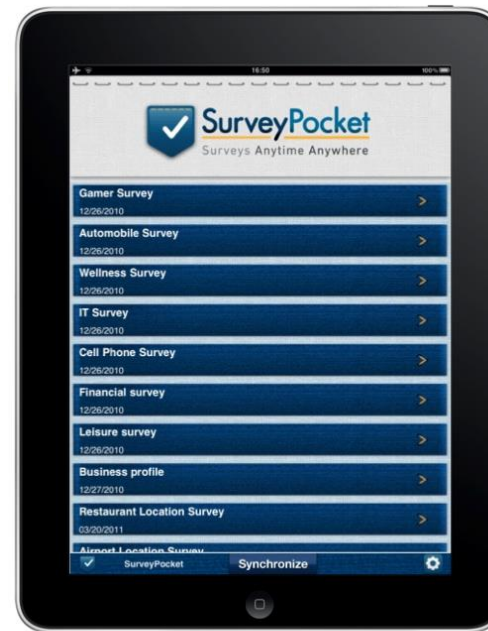
Having gender inequitable beliefs or endorsing harmful gender norms – particularly norms sanctioning violence against and the control of women by male partners – decreased the odds of ART use among PLHIV.

What is CHARISMA trying to accomplish?

1. Promote women's ability to decide if, when, and how to involve male partners in PrEP use.
2. Improve women's ability to communicate and negotiate with their male partners about PrEP and HIV prevention.
3. Screen for partner violence and support women experiencing violence in their relationships.
4. Increase men's awareness, acceptance, and support for women's use of PrEP.

Component 1: HEART screening tool

- Healthy Relationship Assessment Tool (HEART)
- Administration by lay counselor on a tablet
- Validated scale
- Asks about gender norms, relationship traits, access to resources, decision-making, agency, influence in relationship, violence, HIV prevention agency
- Helps target counselling to participant's needs



I think that a woman cannot refuse to have sex with her husband.

My partner does what he wants, even if I do not want him to.

I can talk about my problems with my family.

Component 2: Counseling and videos



1. Partner communication

Elements of communication, “I” statements, and conflict de-escalation

All other women receive this module



2. PrEP disclosure and partner support

HEART indicates partner is *not* abusive but she has *not disclosed* PrEP use or she has disclosed and he is *not supportive*

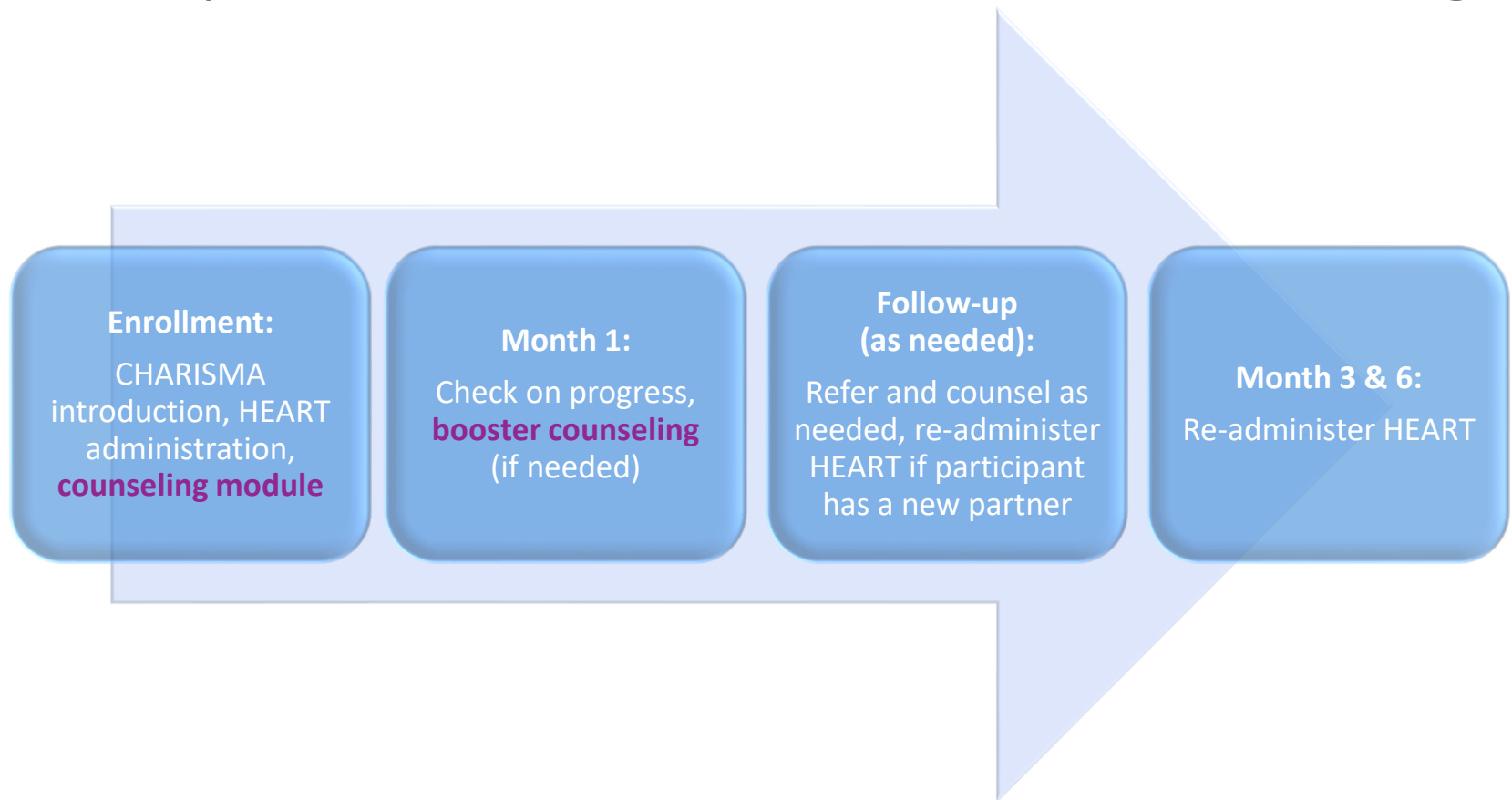
3. Responding to IPV

HEART indicates any controlling behaviors, emotional abuse or physical abuse



• Videos

The process of CHARISMA counselling



- Counseling conducted by lay health workers
- Most women only receive two counselling sessions



Component 3: Male Partner Packets

Component 4: Referrals

Community Service Providers



POWA
People opposing women abuse
 Berea
 011 642 4345/6
Powa Soweto
 Room 10 Nthabiseng Centre, Chris
 Hani Hospital



FAMSA
Families South Africa
Parkwood office
 011 788 4784/5
Soweto Satellite Office, 3217
Zone 3, Pimville, 1809



Counseling
Lifeline/Victim
Empowerment
Booyens
 011 433 538
 011 728 1331, 28 Melle St,
 Johannesburg, 2001



Child line
 08000 55555
 13 Joubert St, Braamfontein,
 Johannesburg, 2001



Ikhaya Lethemba
Braamfontein
 011 242 3000
 2nd Floor, Ikhaya Lethemba
Building, 176 Smit Street,
Braamfontein, Johannesburg,
Gauteng, 2001.



Usindiso Ministries
Johannesburg
 011 334 1143
 80 Albert St, Johannesburg,
 2000



Teddy Bear Clinic
Joubert Street & Empire Road
 011 484-4554/4539
 083 557 3720
 2nd Floor, Children's Memorial
 Institute, 13 Joubert Street
Extension, Parktown,
 Johannesburg, 2193



NISAA
Institute for Womens
Development
Lenasia
 011 854 5804/5
 19 Link Street, Extension 1,
Lenasia
 Johannesburg, Gauteng 2000



Legal Resources Centre
 Bram Fisher Tower, 20 Albert
 Street
 011 836 9831
 011 838 6601
 M, W, Th 9h00-16h00



Sophiatown Counseling
 011 614 5242
 4 Lancaster St, Westdene,
 2092

Version 1.0 dated 07 October 2016

How did we develop CHARISMA?

- CHARISMA was informed by:
 - (1) a literature review to identify appropriate evidence-based relationship dynamic scales and interventions
 - (2) the analysis of primary and secondary data collected from completed PrEP studies, surveys and cognitive interviews with PrEP-experienced and naïve women, and in-depth interviews with former vaginal ring trial participants and male partners
 - (3) the conduct of workshops to test and refine key intervention activities prior to pilot testing

Hartmann et al, AIDS Education and Prevention, 2019



CHARISMA pilot test results

- The CHARISMA intervention was found to be **acceptable and feasible** to providers and participants in the pilot study
- HEART made participants reflect on relationships in a way they hadn't before
- Counselors reported that CHARISMA helped women to:
 - Leave an abusive partner
 - Stay with an abusive partner but develop a safety plan
 - Improve the quality of the relationship
 - Communicate better with partners
- Participants were reluctant to follow through on referrals



Randomized Controlled Trial

- Testing effectiveness of the CHARISMA intervention to:
 - Reduce IPV
 - Increase partner communication and support
 - Increase oral PrEP adherence
- Population: 400 women, ages 18-45
 - 200 PrEP + standard of care
 - 200 PrEP + CHARISMA counseling
- Fully enrolled; results expected in July 2020

CHARISMA Toolkit

Currently packaging the intervention into a user-centered toolkit for PrEP implementers, including:

- Background on relationship dynamics, IPV, and PrEP
- Intervention components
- Key findings and lessons learned from pilot and RCT
- Tips and considerations for intervention adaptation

Toolkit discussion

Contact info@charismaproject.org if you are interested in learning more about how you can address relationship dynamics and IPV in PrEP programs.