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ARTICLE

Evaluating the Solution Focused Wellness for HIV Intervention for Women: A Pilot Study

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Abstract

在美国，艾滋病病毒（HIV）携带者的女性在健康状况方面遭遇到性别差距（gender gap）的经验；非白人女性，特别容易受到这种性别差距的影响。为了处理这个议题，关于HIV携带者健康方面的焦点解决健康方案（SFWH）因而建立。在本文中，我们报告了最新的SFWH预试研究量化结果，即：为14名携带HIV的妇女提供了七次团体介入，并评估其有效性。研究结果显示，在基本线及五周后的追踪之间，这些参与研究的妇女在多层次健康的改善上，达到显著效果；但这些参与者的CD4和病毒载量计数，则没有明显变化。为了让这样的介入方案更容易被取得使用，并且增加小区对HIV护理的支持，我们对于如何更进一步地修正SFWH的计划，也在本文中予以说明。

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