

HIV Stigma: Key Concepts, Findings, and Intervention Strategies

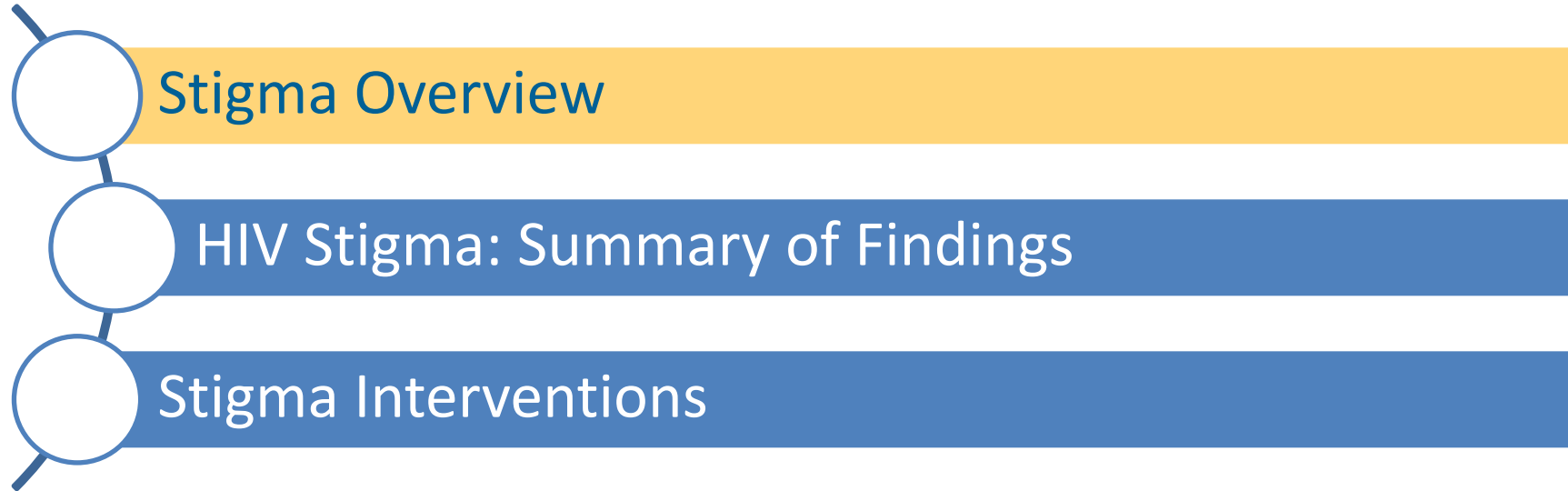
Valerie A. Earnshaw, PhD
Connecticut HIV Planning Consortia
October 20, 2021

Presentation Aims

- Stigma Overview
- HIV Stigma: Summary of Findings
- Stigma Interventions

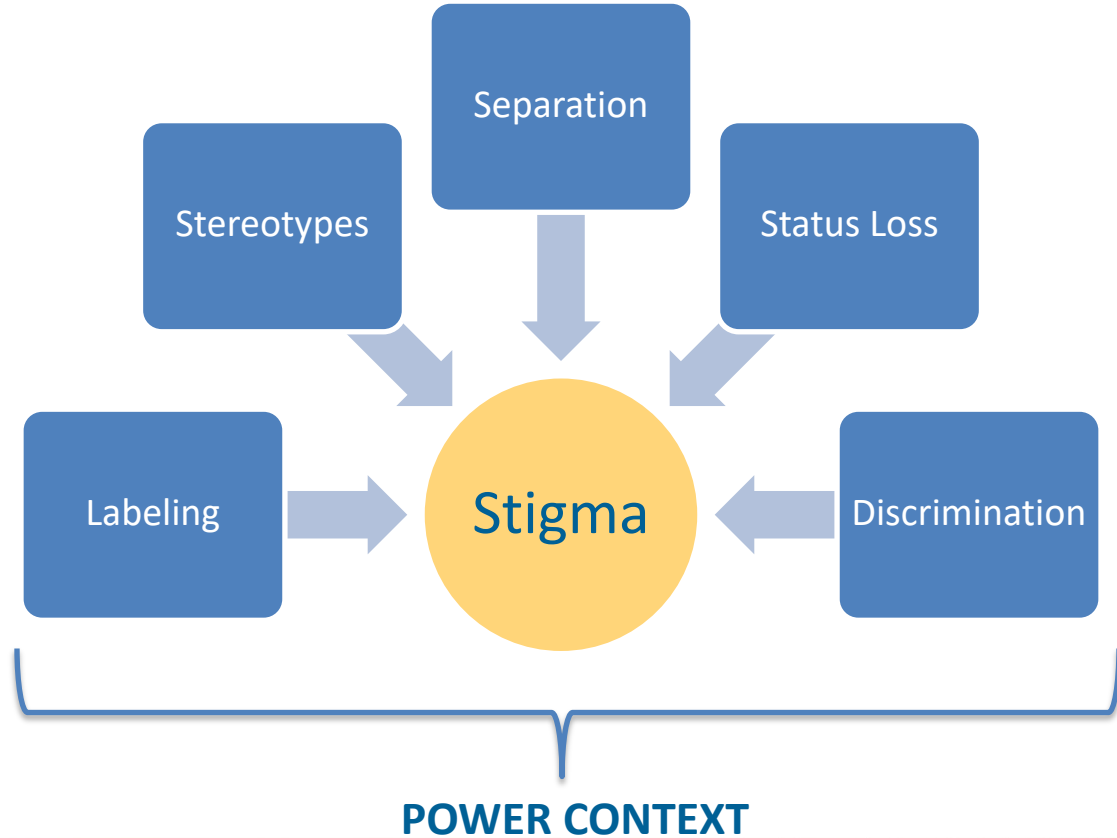


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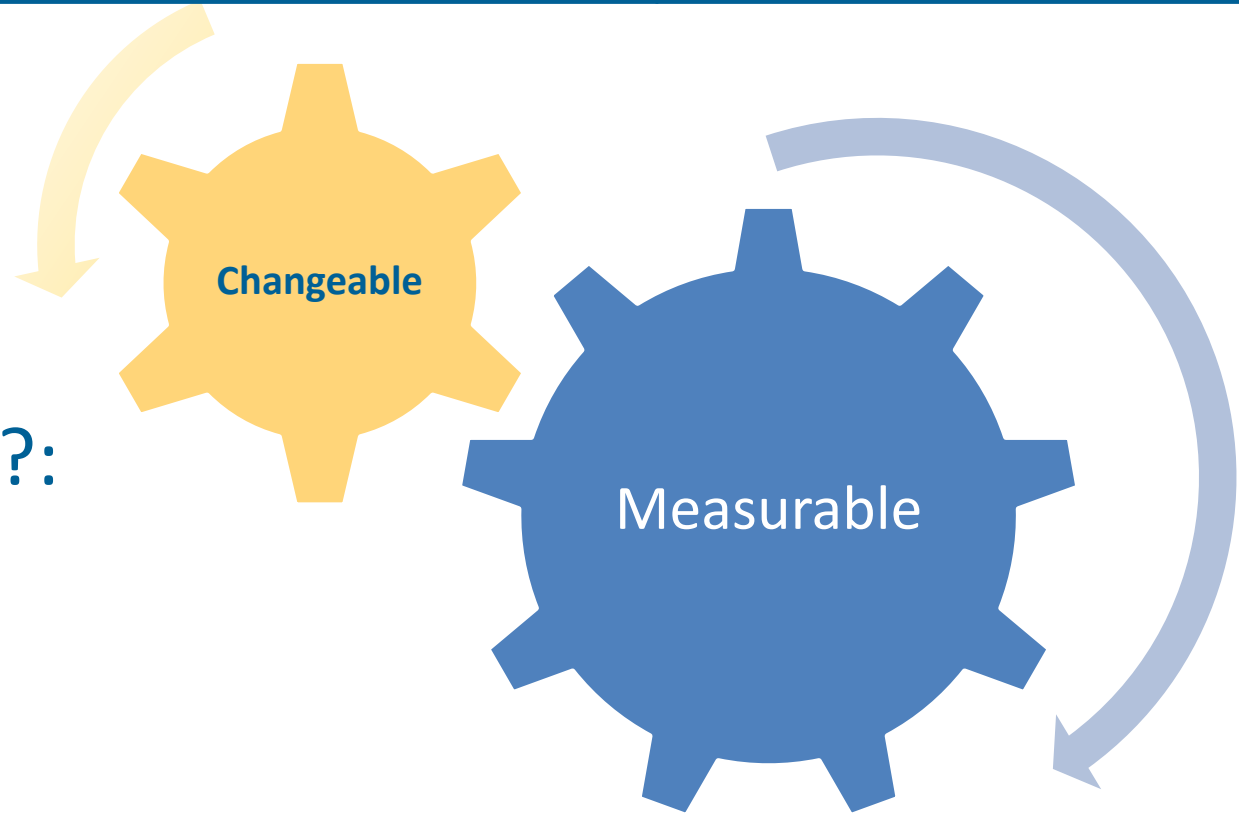
What is stigma?: A social process



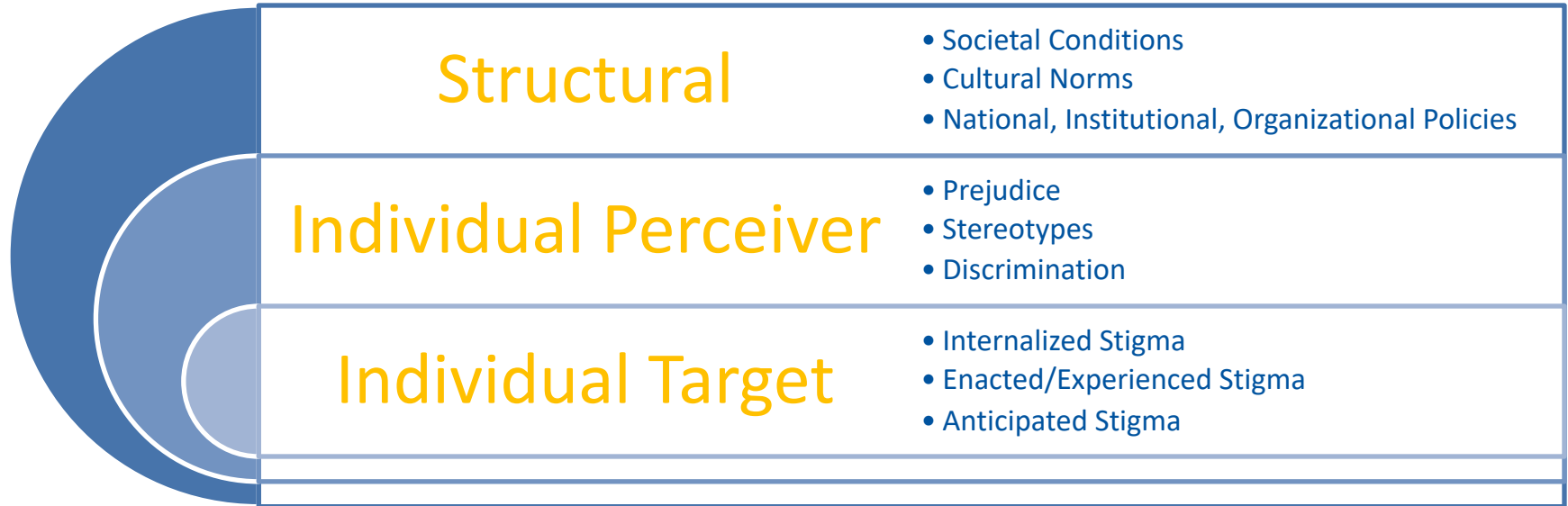
Goffman (1963); Crocker, Major, & Steele (1998);
Link & Phelan (2001)



How do people
experience stigma?:
Stigma
manifestations



Stigma Manifestations: Definitions



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Stigma Manifestations: Research Findings

Structural

- LGBTQ, race, HIV
- Undermines prevention efforts



Structural Stigma: Structural Racism + Anti-LGBT Policies

- Structural LGBTQ stigma → HIV prevention, testing, diagnoses
 - Anti-LGBTQ policies globally → less condom use, less HIV knowledge, less sexual orientation disclosure during testing among sexual minority migrant men¹
 - Anti-LGBTQ policies in the US → less frequent HIV testing among Black sexual minority men²
 - Non-supportive LGBTQ policies in the US → more HIV diagnoses, later HIV diagnoses, greater risk of AIDS-related mortality among sexual minority men³
- Structural racism → HIV prevention
 - Racial residential segregation + greater community racism → less effective HIV prevention interventions for African Americans⁴

¹Pachankis et al (2017); ²English et al (2021), ³Hatzenbuehler et al (2020), ⁴Reid et al (2014)



Stigma Manifestations: Research Findings

Structural

- LGBTQ, race, HIV
- Undermines prevention efforts

Individual Perceivers

- Fear, knowledge, contact
- Less HIV testing



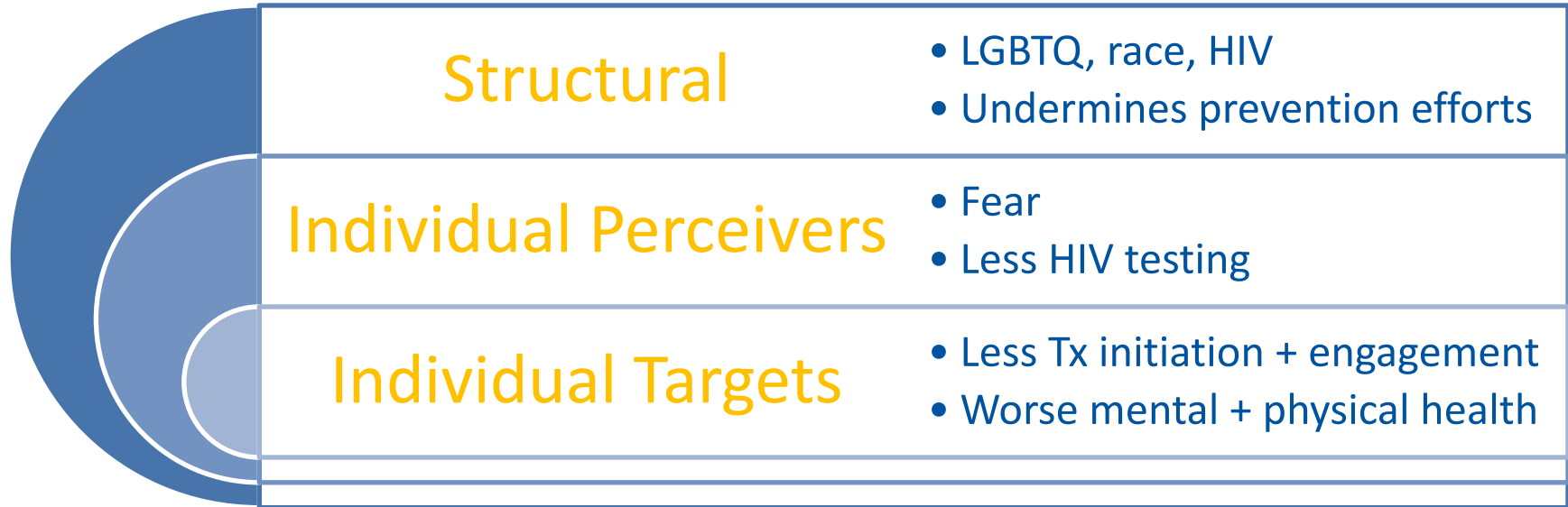
Perceiver Stigma: HIV Testing

- HIV stigma → HIV testing
 - Stereotypes → lower perceived HIV risk → less frequent HIV testing¹
 - Anticipated HIV stigma → delayed HIV testing²

¹Earnshaw et al (2012); ²Golub & Gamarel (2013)



Stigma Manifestations: Research Findings



Target Stigma: ART Initiation

- “The reason I hadn’t started was because I was afraid because **I hadn’t disclosed at home**... So, now I also feared going into a public space, among people I know, who **will be talking bout me at the clinic**. So, those are the things that made me afraid to get started.” PLWH
- “I don’t think she is gonna start medication because **she is scared**. The moment you come to the clinic to take your medication, **they gonna tell other people** ‘oh I saw so and so in the clinic’ and then they will go to your exes and then your exes can kill you because you know the rural areas there is not much information about HIV. **She is not safe.**” Provider

Earnshaw, Bogart, Courtney, Zandoni, Bangsberg, Orrell, Goggin, & Katz (2018)



Target Stigma: HIV Tx Initiation + Engagement

- HIV stigma → ART initiation + adherence
 - Internalized stigma → avoidant coping → lower likelihood ART initiation¹
 - Internalized, enacted stigma → mental health difficulties, reduced self-efficacy, concealment → ART non-adherence^{2,3}
- HIV Stigma → HIV treatment
 - Perceived HIV Stigma → late presentation for HIV care⁴
 - Internalized stigma → greater medical care gaps⁵
- HIV stigma → Non-communicable disease (NCD) care
 - Anticipated, internalized stigma → less engagement for NCD care⁶

¹Earnshaw et al., (2018); ²Katz et al (2013); ³Sweeney & Venable (2016); ⁴Gesesew (2017); ⁵Earnshaw et al (2013); ⁶Stockton et al (2018)



Target Stigma: Health + Wellbeing

- HIV stigma → Viral load suppression + physical wellbeing
 - Internalized, enacted stigma → lower likelihood viral load suppression^{1,2}
 - Stigma → overall physical health³
- HIV stigma → Mental health
 - Internalized stigma → depression, self-esteem⁴
 - Stigma → anxiety, emotional distress³

¹Earnshaw et al (2018), ²Earnshaw et al (2013); ³Rueda et al (2016); ⁴Mak et al. (2007)



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Stigma Intervention Toolkit

Structures

- Legal & Policy Change
- Communicating Diversity Values
- Behavioral Design

Perceivers

- Contact
- Language
- Education
- Cognitive Dissonance

Targets

- Counseling
- Social Support
- Coping
- Expressive Writing
- Values Affirmation

Chaudoir et al. (2017); Cook et al. (2014); Rao et al. (2019); Stangl et al (2013)



Stigma Reduction Tool: Policy Change

- Repeal stigmatizing policies
 - Case study: mental health of sexual minority men improved in Massachusetts the year following legalization of same-sex marriage¹
- Enact protective policies
 - Implementing protective policies (e.g., non-discrimination policies) may improve health

¹Hatzenbuehler et al (2012)



Stigma Reduction Tool: Contact

Stigma-Reduction Process

Contact

- In-person interactions
- Vicarious interactions: TV, radio/podcast, books

Mediators

- Increased empathy and perspective taking
- Enhanced knowledge (question stereotypes)
- Reduced anxiety about interactions

Outcome

- Lower Prejudice
- Fewer Stereotypes
- Less Discrimination

Pettigrew & Tropp (2006, 2008);
Dovidio et al. (2017); Paluck et al. (2021)



Stigma Reduction Tool(s): Resilience Resources

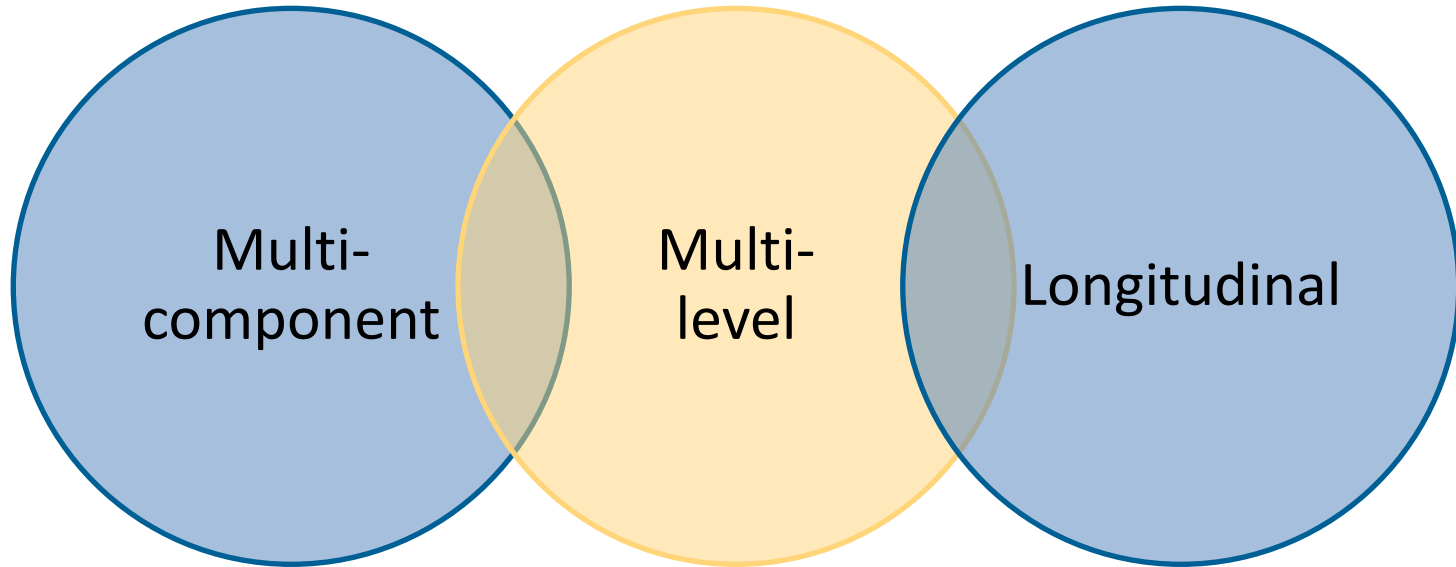
- Modifiable, strengths-based buffers
- Appropriate targets for intervention
- Examples:
 - Social support
 - Adaptive coping



Chaudoir et al. (2017); Cook et al. (2014); Earnshaw, Bogart, Dovidio, & Williams (2013)



Stigma Intervention Toolkit



Thank you!



- Contact
 - Email: earnshaw@udel.edu
 - Website: <https://earnshawlab.org>
 - Twitter: @UDStigmaLab
- Sex, Drugs & Science Podcast
 - Available on: iTunes, Spotify, Google Podcasts, etc
 - Instagram: @sexdrugsscience for updates



