

# WILLOW PROJECT



Pilot Test of the Women Involved in Life Learning from Other Women (WILLOW)

## WHAT:

WILLOW is an evidence-based, small group intervention designed by women for HIV-positive women aged 18-50 years based on social cognitive theory and the theory of gender and power.

WILLOW was designed and implemented for the prevention of HIV/STI acquisition & transmission in the US and Sub-Saharan Africa for non-immigrant women.

## WHY:

Sexism deprives women of power and agency directly affecting their ability to negotiate condom use and maintain healthy intimate relationships.

Willow is designed to provide women with information, skills, and strategies to enhance the quality of their lives and negotiate power to support safer sexual relationships

## HOW:

WILLOW was adapted for a primarily immigrant population of ACB women in Toronto so our methodology focused on testing the effectiveness of the pilot adapted version.

To test effectiveness, two study arms were compared before, and at three points after the intervention. Focus groups were conducted to inform piloting and implementing WILLOW.

## IMPACT:

ACB women living with HIV, 18-50 years, sexually active and accessing HIV service attended sessions on:

Healthy & unhealthy relationships

Condom use including barriers & self-efficacy

HIV/AIDS transmission knowledge

Training on WILLOW by CDC

Social support networks

## FEEDBACK:



### Here's what women had to say:

- Topics should include 'impact of cultural beliefs on women living with HIV' & 'experiences of trauma'
- Less lecture style sessions
- More opportunity to facilitate some group activities.

## WHO:

Shamara Baidoobonso, Marvelous Muchenje, Wangari Tharao, Lydia Makoroka, Mercy Gichuki, David Seekings

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