

## **HIV Serostatus Disclosure and Safer Sex Self-Efficacy Scales**

To Score: Sum self-efficacy ratings across behavioral situations.

The specific behavioral items are:

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

**How confident are you that you could bring up the need to practice safer sex in this situation?**

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

Thus, you will obtain 4 self-efficacy scores: Disclosure Decision Making A, Disclosure Decision Making B, Safer Sex Initiation, and Unsafe Sex Refusal.

Safer sex scores are summed across all 8 situations. However, because situation 4a and 4b involves a long term partnership, disclosure is not relevant. So Disclosure scores are summed across the first 6 stories.

Kalichman, S.C., Rompa, D., DiFonzo, K., Simpson, D., Kyomugisha, F., Austin, J., & Luke, W. (2001). **Initial Development of Scales to Assess Self-Efficacy for Disclosing HIV Status and Negotiating Safer Sex in HIV-Positive Persons.** *AIDS & Behavior*, 5, 291-296.

Kalichman, S.C. and Nachimson, D. (1999). **Self-Efficacy and Disclosure of HIV Positive Serostatus to Sex Partners.** *Health Psychology*, 18, 281-287.

**INSTRUCTIONS:** In this section, you are asked to read a brief story and then answer questions afterward. The story is then repeated with some details changed to make it different. There are four sets of stories. Imagine that you are in the story and please rate how confident you are that you could perform an action by circling your rating from 0 to 10. Use your imagination to put yourself in each story even if it is something that would be unlikely to happen to you. Please answer every question even if you are not currently sexually active.

### Story 1 Version A

This week has been difficult for you and you want to forget all of your problems for a while. You go out walking and meet up with some people you know. You go off with them and have a drink to relax. Even though you haven't had much to drink you feel it affecting you. One of your friends introduces you to someone you have seen before and felt attracted to in the past. This person seems to be making it clear that they want to have sex with you. You feel interested.

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

0      1      2      3      4      5      6      7      8      9      10  
Not well at all                      Somewhat well                      Very well

**How confident are you that you could bring up the need to practice safer sex in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 1 Version B

Just like in the previous story, imagine that this week has been difficult for you and you want to forget all of your problems. You go out walking and meet up with some people you know. You go off with them and have a few drinks. You get to feeling pretty buzzed when one of your friends introduces you to someone you have been attracted to in the past. This person seems to be making it clear that they want to have sex with you. You feel like you are a little drunk. You also feel interested in being with them.

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

0      1      2      3      4      5      6      7      8      9      10  
Not well at all                      Somewhat well                      Very well

**How confident are you that you could bring up the need to practice safer sex in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 2 Version A

As in the previous story, imagine that you have had a difficult week. You have been feeling lonely and you realize that it has been some time since you had sex with anyone. You decide to go out and meet some friends to get something to eat. While out, you meet a person that you have seen around and think is attractive. They seem interested in you and seem to be flirting with you. Soon it becomes clear that they want to have sex with you.

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

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Not well at all                      Somewhat well                      Very well

**How confident are you that you could bring up the need to practice safer sex in this situation?**

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Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 2 Version B

As in the previous story, imagine that you have been feeling lonely and depressed. You realize that it has been a long time since you were intimate with someone. While you are out you meet a person that you have seen around and think is attractive. They seem interested in you and you want to be with this person.

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

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**How confident are you that you could bring up the need to practice safer sex in this situation?**

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**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 3 Version A

While out with some friends and having fun, you unexpectedly run into an ex-partner from your past. You had sex with this person many times long before you became HIV positive. They start telling you how much they missed being with you and that they think of you often. Then they say that they are not currently partnered. You are feeling good and the mood seems right for the two of you to get together. Because you still like this person and have feelings for them you are wanting to be with this person.

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

0    1    2    3    4    5    6    7    8    9    10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

0    1    2    3    4    5    6    7    8    9    10  
Not well at all                      Somewhat well                      Very well

**How confident are you that you could bring up the need to practice safer sex in this situation?**

0    1    2    3    4    5    6    7    8    9    10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0    1    2    3    4    5    6    7    8    9    10  
Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 3 Version B

Imagine that you had been in a relationship with someone who just left you and ended it. You unexpectedly run into an ex-partner from your past who is visiting in town. You had sex with this person many times long before you became HIV positive. After telling you how much they missed being with you and that they think of you often, this person asks you to come to their hotel room. You are feeling really good, the mood seems right, and you want to have sex with this person.

**How confident are you that you could make an effective decision of whether to tell this person you are HIV positive in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you could know whether it was safe to tell this person in this situation that you are HIV positive?**

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**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

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Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 4 Version A

Imagine that you are in a long-term sexual relationship with a person who is HIV negative. The two of you always practice safer sex and have a very satisfying relationship. You feel particularly good about yourself and your life with your partner. One evening your partner tells you that they want to experience an even higher level of closeness with you and want to have unprotected intercourse, just this one time. You have very strong feelings for this person and the idea of taking your relationship to another level is very appealing to you.

**How confident are you that you could bring up the need to practice safer sex in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

### Story 4 Version B

Like the previous story, imagine that you are in a long-term sexual relationship. The two of you always practice safer sex and have a very satisfying relationship. You have been feeling good about your life with your partner. One evening in midst of hot and passionate foreplay, your partner tells you that they want to experience you completely. Your partner moves toward having unprotected intercourse, saying “Please, just this one time.” You are caught up in the moment and feeling a strong desire to give your partner what they want.

**How confident are you that you could bring up the need to practice safer sex in this situation?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do

**How confident are you that you would refuse to have unsafe sex in this situation even if your partner pressures you to be unsafe?**

0      1      2      3      4      5      6      7      8      9      10  
Cannot do at all                      Somewhat certain can do                      Certain can do