Treatment: Benefit of Counseling With Computers

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A computerized counseling program for people with HIV improves treatment adherence and reduces viral load and risky sexual behavior. A Seattle study looked at a computer-based program called CARE+ that counseled study participants about treatment adherence, HIV disclosure, safer sex, condoms, substance abuse and the way that adherence affects viral load. After a nine-month period, there were various modest but significant differences between those who received the counseling and the control group who did not. The greatest benefits were found among those starting the study with a detectable virus, who were more likely to reach full suppression if they used CARE+. The counseling group's adherence rate was 13 points higher than the control group on a scale of 0 to 100, while the control group appeared to dip slightly in adherence. The counseling group also appeared to nearly cut in half their number of risky sexual acts.

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http://beta.docker.poz.com/article/computerized-counseling-25591-4688