



# Intervention Cuts Alcohol Use, Ups Viral Suppression in Men With HIV

The study in Vietnam examined the effects of an intervention based in cognitive behavioral and motivational enhancement therapy.

November 6, 2020 By [Benjamin Ryan](#)

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A brief counseling intervention improved abstinence from alcohol among Vietnamese men with HIV who drank to a hazardous extent and also improved their viral suppression rate, Healio reports.

Vivian F. Go, PhD, a professor of behavioral health at the University of North Carolina at Chapel Hill Gillings School of Global Public Health, and her colleagues conducted a three-group randomized study that included 440 people receiving antiretroviral treatment for HIV at seven clinics in Thai Nguyen, Vietnam.

Ninety-seven percent of the participants were men. All were considered to drink to a hazardous extent, defined by their score on the Alcohol Use Disorder Identification Test.

A total of 146 participants were randomized to receive the standard of care. Otherwise, 147 people each were randomized to the two intervention groups. One group received six in-person group counseling sessions and three optional group sessions that provided an intervention grounded in combined motivation enhancement and cognitive behavioral therapy techniques. The other intervention group received two in-person sessions and two telephone sessions. All sessions were brief and based in motivational enhancement and cognitive behavioral therapy.

As described in JAMA Network Open, a year after the randomization, the proportion of days spent abstinent to alcohol was 65% among those in both intervention groups, compared with 50% in the standard-of-care group.

Additionally, those in the brief intervention group had an 11% higher rate of viral suppression compared with the control group. There was no significant difference between the longer intervention group and the standard-of-care group on this measure.

“These findings support the use of the brief intervention in antiretroviral therapy clinics to reduce alcohol use and increase viral suppression in this high-risk population,” the study authors concluded.

To read the Healio article, [click here](#).

To read the study, [click here](#).

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