A theatrical performance group intervention empowers HIV-positive women to publicly disclose their HIV status: A qualitative analysis of the process, the experience of writing, and the impact
Introduction and Methods

- Stigma, isolation, and nondisclosure contribute to poor health outcomes among HIV-positive women.

- Expressive therapy and HIV-disclosure are linked to improved psychological and physiological health outcomes.

- A qualitative study described and evaluated a theatrical performance group intervention.
Participant Demographics

- HIV status: 8 HIV-positive, 7 HIV-negative
- Race: 46% African American
- Age: 23-65 years old (mean = 45, SD = 11.7)
- Education: all earned a high school diploma
- Number of years since HIV diagnosis: 1 to 24 years (mean = 13, SD = 8)
Results – Process

The Role of the Leader – The Power to “Show Up”
Results – Experience of Writing

Sample Writing Prompts

<table>
<thead>
<tr>
<th>Living with HIV</th>
<th>How did you find out that you have HIV?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identity</td>
<td>How did you arrive at this place?</td>
</tr>
<tr>
<td>Relationships</td>
<td>What is the difference between sex and intimacy?</td>
</tr>
</tbody>
</table>

Confronting the Challenge of Writing

Private Personal Exploration

Reading the Writing to the Group

Identity

How did you arrive at this place?

Relationships

What is the difference between sex and intimacy?

Living with HIV

How did you find out that you have HIV?
“As cliché as it sounds, it also just emphasized that you're [name], you just happen to be positive. You're not positive and your name is [name].”

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