

# Brief HIV Disclosure and Safer Sex Self-Efficacy Scales

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The HIV disclosure and safer sex self-efficacy scales were developed to provide a brief assessment of self-efficacy for HIV positive persons disclosing their HIV status to sex partners and for practice of safer sex. The scales are 5 items each and are scored by summing the total number of items for each scale. Both scales are internally consistent with alpha coefficients that range between .71 and .85.

To Score: HIV Status Disclosure Scale: items 1 – 5.

Safer-Sex items 6 – 10.

## References

Kalichman, S.C., Rompa, D., Cage, M., DiFonzo, K., Simpson, D. Austin, J., Luke, W., Buckles, J., Kyomugrsha, F., Benotsch, E., Pinkerton, S. and Graham. J. (2001). **Effectiveness of an Intervention to Reduce HIV Transmission Risks in HIV Positive Persons.** *American Journal of Preventive Medicine*, 21, 84-92.

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.

## Multi-Item Brief Administration Scales

**These questions ask how much you disagree or agree with each statement. Please read each statement carefully and circle the answer that is most true for you. Please answer every question even if you are not currently sexually active.**

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. If I did not know a person's HIV status I am certain that I could decide about telling them my status before having sex.	1	2	3	4
2. I am certain that I can discuss being HIV positive with a new sex partner.	1	2	3	4
3. I feel confident telling someone I was dating that I am HIV positive.	1	2	3	4
4. I am certain that I could decide about disclosing my HIV status to a new sex partner even if I had been drinking.	1	2	3	4
5. I would rather not have sex than deal with decisions to disclose.	1	2	3	4
6. I am confident about suggesting using Condoms with new sex partners.	1	2	3	4
7. I am certain that I would remember to use a condom even if I were drinking or using drugs.	1	2	3	4
8. I am confident that I can have safer sex and satisfy my partner.	1	2	3	4
9. I am confident that I can have safer sex that is satisfying to me.	1	2	3	4
10. I am certain that I know how to use a condom correctly.	1	2	3	4