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Internet-based health information consumer skills intervention for people living with HIV/AIDS

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Abstrak

Medical information can improve health, and there is an enormous amount of health information available on the Internet. A randomized clinical trial tested the effectiveness of an intervention based on social?cognitive theory to improve information use among people living with HIV/AIDS. Men and women (N 􏰀 448) were placed in either (a) an 8-session intervention that focused on Internet information consumer skills or (b) a time-matched support group and were followed to 9 months postintervention. The Internet skills group demonstrated greater Internet use for health, information coping, and social support compared with the control group. The authors conclude that people with HIV infection may benefit from increased access to health information on the Internet and that vulnerability to misinfor- mation and fraud can be reduced through behavioral interventions.