

# Predictors of Intervention Adherence Among Young People Living With HIV

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**Objective:** To examine adherence to a 23-session intervention for young people living with HIV. **Methods:** Two hundred eight HIV-positive youth were assigned by small cohort to a behavioral intervention. **Results:** Youth with more personal strengths were more likely to attend the intervention; those with more competing environmental demands (eg, employment, school) were less likely to attend the intervention. Using a

social support, spiritual hope, or self-destructive and escape coping style was associated with attendance. Youth who reported many sexual partners attended fewer sessions. Adherence varied by cohort assignment. **Conclusion:** When designing future interventions, high attendance should be considered as a goal.

**Key words:** HIV, intervention, adherence, youth living with HIV  
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