

A Study on the Construction and Preliminary Evaluation of a Self-Help Online Intervention Model Among Newly Diagnosed People Living With HIV/AIDS



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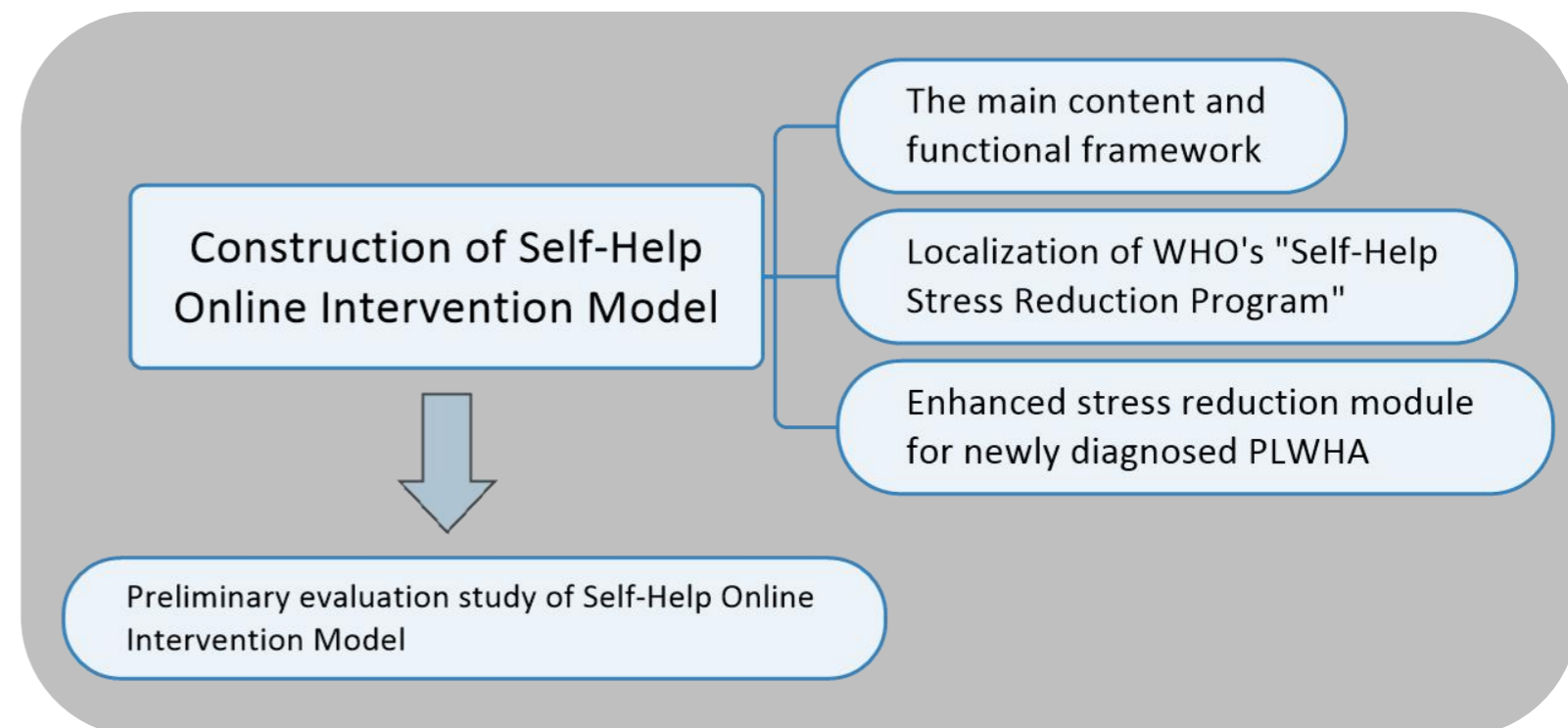
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INTRODUCTION & OBJECTIVES

Previous studies confirm significant psychological stress among individuals newly diagnosed with HIV.

This study developed a mobile mini-program to provide psychological support for these individuals, with plans to integrate AI for personalized stress reduction.

METHODOLOGY



RESULTS



Figure 1 Character image localization

2. The final development of the enhanced stress reduction intervention module was based on knowledge education and skills training.

1. The basic functional components of the Self-Help Stress Reduction Online Intervention Model comprised frontend and backend modules.

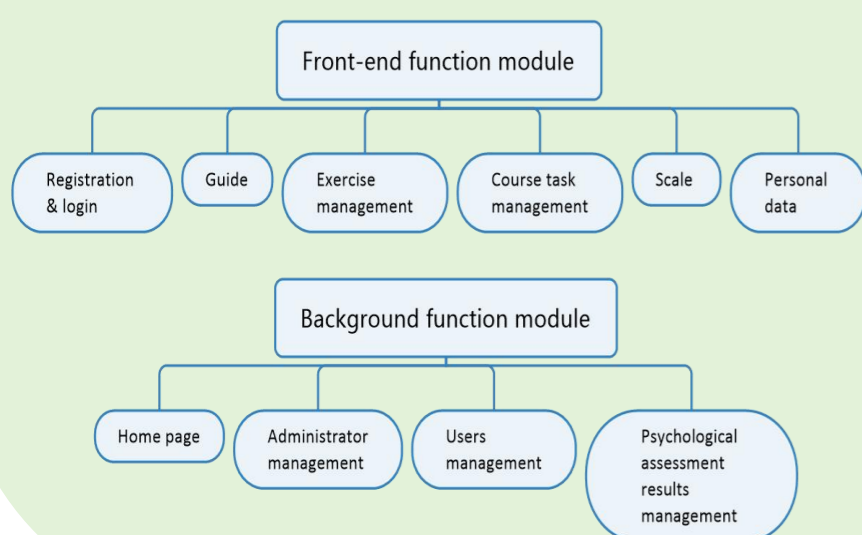


Figure 2 Basic function module

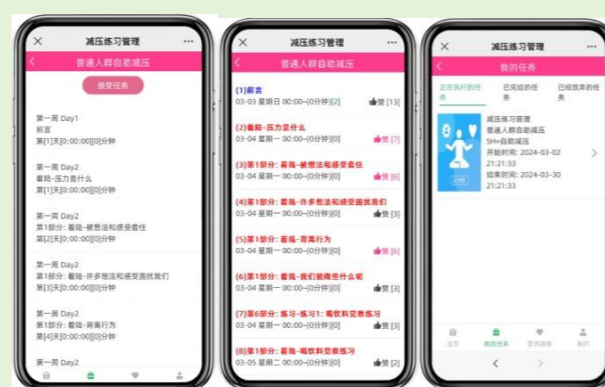


Figure 3 Task management page



Figure 4 Intensive intervention module

Variable	Intervention	Scores	t	P
Total	Pre	31.09 ± 0.64	5.53	<0.001
	Post	24.91 ± 1.31		
loss of control	Pre	17.73 ± 0.78	4.71	0.026
	Post	13.36 ± 1.11		
tension	Pre	13.36 ± 0.72	2.39	0.047
	Post	11.55 ± 0.56		

Table 1 Comparison of perceived stress scores

Variable	Intervention	Scores	t	P
PHQ-9	Pre	20.64 ± 3.61	6.500	<0.001
	Post	10.36 ± 5.92		
GAD-7	Pre	16.09 ± 2.95	4.907	0.001
	Post	7.82 ± 3.79		

Table 2 Comparison of depression and anxiety scores

3. The intervention showed high usability and significantly reduced perceived stress. Experts validated its feasibility and relevance, with potential benefits for depression and anxiety.

CONCLUSION & POLICY RECOMMENDATION

This study developed a mobile Self-Help Stress Reduction program for newly diagnosed PLWHA, effectively reducing perceived stress. Future AI integration aims to enhance support through intelligent chat services, using NLP, speech recognition, and sentiment analysis to address stigma and improve user experience.