

**Comparison of Positive Self-Management Program (PSMP) to
the Chronic Disease Self-Management Program (CDSMP)**

Session One	PSMP vs. CDSMP
Activity 1: Introductions	Similar: More HIV-specific; asked to first write down problems then go into intros
Activity 2: Guidelines and Overview	SAME
Activity 3: Acute vs. Chronic	Includes chart with HIV-specific chronic and acute conditions; no path analogy; self-management principles include the addition of HIV-specific principle (adherence to treatment); emphasis given to importance of med adherence
Activity 4: Using a Medication Log	New activity, not in CDSMP
Activity 5: Introduction to Action Plans	Use of HIV example in explanation of goal setting; participants asked to consider an action plan for keeping a medication log
Activity 6: Closing	SAME

Session Two	PSMP vs. CDSMP
Activity 1: Feedback & Problem Solving	Similar: After feedback and review of problem-solving steps, includes some additional problem-solving for meds adherence problems
Activity 2: Decisions: Taking HIV Medication	New activity, not in CDSMP
Activity 3: Dealing with Difficult Emotions	Similar: Includes intro to the symptom cycle and self-management tool box, then explains how negative emotions feed the cycle, the rest is same <i>Session 2, Activity 2 in CDSMP</i>
Activity 4: Using Your Mind to Manage Symptoms:	Similar: Slightly different wording at the beginning of activity; uses the lemon exercise and then moves right into distraction practice <i>Session 1, Activity 4 in CDSMP</i>
Activity 5: Making and Action Plan	SAME
Activity 6: Closing	SAME

Session Three	PSMP vs. CDSMP
Activity 1: Feedback & Problem Solving	SAME
Activity 2: Informing the Health Care Team	New activity, not in CDSMP
Activity 3: Evaluating Common Symptoms	New activity, not in CDSMP
Activity 4: Taking HIV Medications: Problem Solving	New activity, not in CDSMP
Activity 5: Making and Action Plan	SAME
Activity 6: Closing	SAME

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Session Four	PSMP vs. CDSMP
Activity 1: Feedback & Problem Solving	SAME
Activity 2: Depression Management	Similar: More HIV specific <i>Session 5, Activity 4 in CDSMP</i>
Activity 3: Positive Self-Talk	Similar: Called Positive Thinking in CDSMP, slight changes in examples <i>Session 5, Activity 5 in CDSMP</i>
Activity 4: Working with Your Health Care Professional	Similar: More HIV-specific, only one brainstorm around provider problems followed by problem solving; no brainstorm about problems with health care system
Activity 5: Lab Tests: Which and When?	New activity, not in CDSMP
Activity 6: Making Treatment Decisions	SAME <i>Session 5, Activity 3 in CDSMP</i>
Activity 7: Making and Action Plan	SAME
Activity 8: Closing	SAME

Session Five	PSMP vs. CDSMP
Activity 1: Feedback & Problem Solving	SAME
Activity 2: Future Plans for Health Care	Similar: More HIV-specific <i>Session 4, Activity 2 in CDSMP</i>
Activity 3: Progressive Muscle Relaxation	Similar: Include review of symptom cycle, brief explanation, demonstration and practice of diaphragmatic breathing before relaxation; done because there is no separate activity for better breathing as in CDSMP <i>Session 3, Activity 3 in CDSMP</i>
Activity 4: Sex, Intimacy and Disclosure	New activity, not in CDSMP
Activity 5: Communication Skills	Different: no additional role play around asking for help; no chart as in CDSMP <i>Session 4, Activity 4 in CDSMP</i>
Activity 6: Making and Action Plan	SAME
Activity 7: Closing	SAME

Session Six	PSMP vs. CDSMP
Activity 1: Feedback & Problem Solving	SAME
Activity 2: Fatigue Management	Different: PSMP discusses only fatigue causes and ways to manage it; also includes a chart of the causes of fatigue; CDSMP combines pain with fatigue, doing brainstorms of causes and ways to manage each. <i>Session 3, Activity 4 in CDSMP</i>
Activity 3: Healthy Eating	Different: no brainstorm of benefits; more HIV-specific; includes charts: Cycle Of Poor Nutrition and Parts of a Good Eating Program; short sharing of goals/problems around changing eating habits; info on safe food preparation <i>Session 4, Activity 3 in CDSMP</i>
Activity 4: Problem Solving	Similar: slightly different wording, framed around any HIV-related problems <i>Session 4, Activity 5 in CDSMP</i>
Activity 5: Guided Imagery	SAME <i>Session 5, Activity 6 in CDSMP</i>
Activity 6: Making and Action Plan	SAME
Activity 7: Closing	SAME

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Session Seven	PSMP vs. CDSMP
Activity 1: Feedback & Problem Solving	SAME as in Final CDSMP Session 6
Activity 2: Exercise	Different: only one activity, covering a brainstorm on the importance of exercise, review of types of exercise, exercise goals, the FIT formula, and ways to monitor exercise intensity with 1 minute practice <i>Session 2, Activity 3 in CDSMP</i>
Activity 3: Building Support Systems	New activity, not in CDSMP
Activity 4: Looking Back and Planning for the Future	SAME as in Final CDSMP Session 6
Activity 5: Closing	SAME as in Final CDSMP Session 6

Activities in CDSMP but not PSMP

Session 3, Activity 2: Better Breathing, *but see Session 5, Activity 3 in PSMP*

Session 3, Activity 5: Endurance Activities, *but see Session 7, Activity 2 in PSMP*

Session 5, Medication Usage, *concepts are expanded and made HIV specific by new activities in PSMP*