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PhD in Medical Sciences
2020-2021

INVITATION to the Public defence of

Einav LEVY

To obtain the academic degree of

'DOCTOR OF MEDICAL SCIENCES'

**The effects of Psychological inoculation on condom use
towards HIV prevention**

The defence will take place on **Wednesday 30th September 2020 at 4 p.m.**

and will be organised online via Teams Meeting, accessible through the following link:

[Deelnemen aan Microsoft Teams-vergadering](#)

Summary of the dissertation

An effective method for preventing contraction of the HIV is condom use. Yet, research shows limited effects of education on increasing condom use. This might be due to important determinants of health behavior which are lacking in educational programs and which include social and cognitive barriers. A health-promoting intervention method, which addresses some core elements of the SCM described above is Psychological inoculation (PI). This method was found effective in varied studies related to health behavior through reduction of social and cognitive barriers.

This dissertation includes three main parts. The first part provides a background on the biomedical and psychosocial aspects of HIV, followed by a systematic review on interventions targeting social and cognitive determinants of condom use in the general Sub-Saharan African population. The second part looked into the challenge of measuring condom use in an unbiased self-reported manner. The findings validated the I-CUTE and show that this tool is not affected by social desirability, which is of high importance in these contexts. The third part included three randomized controlled trials (RCTs), administering the PI as the experimental group and education/knowledge as the control group. There are several new uses of the PI in the trials described above. First, the PI was used in varied cultural contexts, thus testing its versatility and generalizability in multiple cultures. Furthermore, in the present studies, the interventions were given via a fully automatized online system, without any counselor contact. This also increases the applicability of our intervention for en-masse administration in the future, should the intervention be effective in more studies.

The main conclusion of the dissertation is that PI, as a tool targeting SCM components and subject to adjustments, is partly effective in changing behavior and in reducing condom use barriers.

Curriculum Vitae

Einav Levy is the Founding Director of The Israeli School of Humanitarian Action and Lucien Research center for Humanitarian Action. He is also the head of the stress and trauma program at Tel- Hai College. Einav is a director and entrepreneur with a profound experience in the interface between civil society organizations and the business, governmental, and academic sectors, and expertise in Humanitarian Action. Einav was a COO of an organization, which promote development in Africa, a CEO of NGO dealing with International Humanitarian Action, and is a founding member of SID-ISRAEL (Society of International Development) and a member of its first board. Currently, Einav is a director at NALA Foundation Board. He led Humanitarian and social missions in countries such as Jordan, Haiti, Serbia, Zambia, Greece and Uganda. Einav is a consultant of few Israeli Ministries (Ministry of Health, Ministry of Welfare, Ministry of Social equality and the Ministry of Education) on the topics of managing people in emergencies, systems in crisis and community resilience.

Einav holds a Master's degree in Management of Emergency and Disasters situations from Tel Aviv University, and currently completing his Ph.D on Behavioral Medicine in the Liberal University of Brussels. His main academic work is focused on resilience, communities in emergencies, health and behavior among population at risk, migrants and minorities. Carries teaching experience in Johns Hopkins University, Tel-Aviv University, Tel-Hai College and Haifa University among others. Einav is a reviewer in several academic journals such as AIDS and Behavior and The International Journal of Equity in Health, and serves as a guest editor in The Journal of International Humanitarian Action.