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Table 1. Description of the Intervention Studies Included in the Review: Characteristics of Interventions and Main Findings

	Author, year of publication & country	Study design	No. participants (intervention/control)	Intervention	Study population	Stigma measurement tool	Results (effective or not)	Intervention implementer	Did intervention design include PLWHIV?
1.	Barroso J ⁴⁷ 2014 USA	RCT	n=100 (43/45)	Video "Maybe Someday" as MP4 file on an iPod, Participants were asked to watch the video at least once a week for 4 weeks, then as much or as little as desired for 5-12 weeks	Adult women living with HIV	IHSS, a 28-item multidimensional measure of internalized HIV stigma.	Effective	Research Assistant	NA
2.	Bhana A ⁴⁹ 2014 South Africa	RCT	n= 65 (33/32)	Cartoon-based storyline with a 12 year old boy living with HIV & counseling.	Children/adolescents aged 10-14 years	HIV/AIDS Illness Stigma (Perceived stigma, disclosure and self-esteem)	Not effective; but a non-significant trend in the intervention group of less stigma	Lay counselors and one psychologist	✓
3.	Bhatta DN ⁵⁰ 2017 Nepal	RCT	n= 132 (66/66)	Participatory learning activities like buzz sessions, brainstorming, lecture and discussion techniques. 6 sessions held weekly at ART center with a group of 8-10 participants.	Adults living with HIV	23-item scale questionnaire	Effective	Two national level trainers	NA
4.	Bogart LM ⁵¹ 2017	RCT	n=215 (107/108)	Three individual 60-minute counseling sessions at weeks 1, 2, and 4, and a group	Black/African American, adults living	Stigma not defined.	Not effective	One Black peer counselor with in-depth	✓

	USA			session/HIV education during the first month, followed by two booster sessions (weeks 12 and 20).	with HIV with self-reported adherence problems.			knowledge of HIV and Black communities.	
5.	DeMarco RF ⁵³ 2013 USA	RCT	n= 110 (56/54)	Peer-led, 4-week small-group, structured writing using film clips from Women's Voices Women's Lives as a writing prompt	Black women ≥ 40 years.	HIV Stigma Scale	Not effective	Peer leaders	✓
6.	Masquillier C ⁵⁹ 2015 South Africa	RCT	n=630 (Follow up 1=397 Follow up 2=294)	Intervention group was assigned a peer adherence supporter or treatment buddy	Adults living with HIV	Shortened version of Berger's HIV Stigma Scale	Mixed results, partly effective and partly negative. Treatment buddy decreased stigma, while adherence supporter increase felt stigma	Peer adherence supporters who had been on ART for at least 12 months.	✓
7.	Nyamathi A ⁶⁴ 2013 India	RCT	n= 68	Six 45 minutes sessions on HIV/AIDS, ART, parenting, coping, with stigma, nutrition and life skills classes; Intervention group received monthly supplies of 1 kg of Urad dal and 1 kg of Toor dal and bus tokens to the hospital or clinic.	Adult women living with HIV (18-45 years old)	10-item scale which is one of four stigma scales developed by Ekstrand, Bharat, Ramakrishna, & Heylen, 2011	Effective	Expert physicians, nurses, spiritual leaders and project director.	NA

8.	Rongkavilit C ⁶⁸ 2015 Thailand	RCT	n= 74	4- session motivational interviewing (MI)-based Healthy Choices intervention at 1, 2, 6 and 12 weeks after baseline. MI counseling targeted two of three possible risk behaviors: sexual risks, alcohol use, and antiretroviral adherence.	MSM youth (aged 16-25 years) living with HIV	Shortened (12-item) version of Berger's HIV Stigma Scale.	Not effective	MI-trained interventionist	NA
9.	Simoni JM ⁷⁰ 2015 China	RCT	n=20	Theory-informed parental HIV disclosure support intervention	Parents living with HIV with children unaware of parents' HIV- status	Disclosure distress; Disclosure self-efficacy; Disclosure behaviour continuum	Effective	Nurses	NA
10.	Van Tam V ⁷² 2012 Vietnam	RCT	n= 228	Peer support Intervention	Adults living with HIV	Internal AIDS-related Stigma Scale	Not effective;	Trained peer supporters	✓
11.	Adam BD ⁴⁶ 2011 Canada	Pre-and post-test	n = 3,733 (pre = 1942, post= 1791)	Development of a province-wide advertising strategy Creation of a range of promotional materials across the province. Development of an interactive website	Gay and Bisexual men in Ontario	Stigma-related survey assessing stigma-related attitudes, beliefs and behaviors	Not effective	Blog facilitators	NA
12	Batey DS ⁴⁸ 2016 USA	Pre-and post-test	n = 36 (HCWs= 17 PLHIV= 19)	Adaptation of 2-day workshop 1-day project evaluation workshop after a 1-month interval. The intervention included three key elements: (1) Sharing of information, (2) Increasing contact between health	Health workers who were staff in healthcare setting with patient contact.	Comprehensive Questionnaire, HIV Stigma Scale	Not effective	1 social worker and 1 person living with HIV	✓

				workers and PLHIV, and (3) Utilizing empowerment strategies to improve coping with HIV-related stigma.	Adults living with HIV				
13.	Chidrawi HC ⁵² 2016 South Africa	Pre- and post-test	n=76 PLHIV= 18 (10 from Urban and 8 from rural) People living close to them (PLC)=60 (23 urban, 37 rural)	Two-day workshop with PLHIV: personal understanding of HIV-stigma, identification of personal strengths and teaching responsible disclosure management 1 st day: understanding HIV stigma and relationship between PLWH and PLC. 2 nd day: learning and practicing the planning of an HIV stigma reduction project. Followed by series of six days workshop for each group of PLC occurred two week apart. One month HIV stigma reduction work with similarly designated groups within the community.	Adults living with HIV People living close to them (PLC)	HIV/AIDS Stigma Instrument (HASI-P) AIDS-related Stigma Measure for Community HIV Stigma	Not effective	Research assistants, 1 PLHIV and 1 facilitator (not PLHIV)	✓
14.	Farber EW ⁵⁴ 2013 USA	Pre- and post-test	n=48	Mental health service program integrated with community-based HIV primary care. (psychotherapy, psychopharmacological services and case management support)	Adults living with HIV	HIV Stigma Scale with sub scales: Distancing, blaming, discrimination	Effective	Health care providers	NA
15.	Harper GW ⁵⁶ 2014	Pre- and	n= 50	Two individual sessions, followed by nine gender	Newly HIV diagnosed	Berger HIV Stigma Scale	Effective	Interventionist with a mental	✓

	USA	post-test	(male =28, female =22)	specific weekly group sessions and a final individual session	youth (16 – 24 years)			health background and a peer facilitator living with HIV	
16.	Moitra E ⁶¹ 2017 USA	Pre- and post-test	n= 9	<p>Acceptance-based behavior therapy (ABBT) intervention</p> <p>Session 1: Psychoeducation about engagement, Informed disclosure, creative hopelessness, cognitive defusion (gaining distance from negative thoughts) and experimental acceptance, Value-driven living</p> <p>Session 2: Booster, Revisions to the treatment manual, creative hopelessness and willingness metaphors testing and excluding, increased emphasis on engagement psychoeducation and changes to values clarification.</p>	Adults living with HIV	HIV stigma scale	Not effective	Clinical psychologist	NA
17.	Neema S ⁶³ 2012 Uganda	Pre- and post-test	<p><i>Quantitative:</i> Survey 1= 400 Survey 2= 400</p> <p><i>Qualitative:</i> n= 75</p>	<p>creativity initiative intervention.</p> <p>Provide activities in the clinic while patients waited to be seen by healthcare professionals.</p> <p>Large board games, music and dance shattered the silence, communal art</p>	People living with HIV	Team developed semi-structure questionnaire; no validation provided;	Quantitative findings show mixed results , both increased and decreased at different	Creative leader and consultation with key stakeholders	NA

				Training in how to develop entrepreneurial skills to gain productive employment, and others provided social and spiritual support in the clinic.			provider interactions		
18.	Rao D ⁶⁷ 2012 USA	Pre- and post-test	n=24	Workshop for discussion and exercise to acquire new coping skills	African American women living with HIV	Stigma Scale for Chronic Illness (SSCI) HIV Stigma Scale	Effective	An African American woman living with HIV and a social worker	✓
19.	Smith Fawzi MC ⁷¹ 2012 Haiti	Pre- and post-test	n=210	Psychosocial support group intervention- that relies on social cognitive theory with a focus on enhancing coping skills and increasing social support.	HIV-affected youth and their HIV-positive caregivers	HIV stigma scale	Effective significant decrease in HIV-stigma among caregivers and children's well-being	Trained professional social workers	NA
20.	Li ATW ⁵⁷ 2017 Canada	Mixed method	n= 105 (community leaders= 42, PLHIV =63)	CHAMP study using Social justice Capacity Building (SJCBC) +Acceptance and Commitment Therapy/Training (ACT) vs. SJCBC only Group discussion and mindfulness exercise and experimental group exercises 4-half day sessions	African/Caribbean, Asian, and/or Latino Canadian communities	AIDS –Related Stigma Scale (A-RSS) and Internalized AIDS –Related Stigma Scale (IA-RSS) for PLHIV 9-item and 6-item standardized scales used to	Effective	Not mentioned	NA

						measure HIV stigma for community leaders (A-RSS +)			
21.	Prinsloo CD ⁶⁶ 2017 South Africa	Mixed method	n= 62 people PLHIV n= 570 community members	5-month long intervention program including 27 three-hour workshops on "Understanding HIV stigma" for both people living with HIV and community member groups; 5 workshops on "Coping with HIV Stigma" for those interested in continuing; and, weekly door-to-door "Understanding HIV stigma" teaching with a pamphlet. After the workshops both the community and people living with HIV received 6 support group sessions.	Adults living with HIV and people from their community	HIV/AIDS Stigma Instrument (HASI-P) Received Stigma: includes 4 subscales i) Verbal Abuse ii) Healthcare neglect iii) Social Isolation iv) Fear of contagion Internal Stigma : Negative self-perception	Not effective	Community mobilisers	✓
22.	Nambiar D ⁶² 2017 India	Quasi-experimental	n= 257	Radio educational and empowerment program	Adults living with HIV	Steward/Ekstrand HIV Stigma Scale developed in India	Effective	Trained PLHIV	✓
23.	Okello FO ⁶⁵ 2013 Ethiopia	Quasi-experimental	n= 2168 (1084/1084)	Community and Home-based care program service (CHBC) Based on the elements of social cognitive theory	Adults living with HIV	Stigma not well defined	Quality of life in domains, social inclusion and the environment	Volunteer-based community organizations	NA

							ent for PLHIV improved		
24.	French H ⁵⁵ 2014 South Africa	Qualita tive	n=78 (PLHIV= 18, PLC=60)	2 days workshops with only people living with HIV in both urban and rural setting focusing on the knowledge of HIV, identifying strength, training, disclosure and disclosure management. This was followed by a 3 day workshop for each group in both rural and urban settings including presentations and group discussions	Adults living with HIV and people living close to them	Experiences of people living with HIV (and their significant others) as expressed in an open interview post- Intervention	Effective	Facilitators composed of PLHIV and HIV- negative people	✓
25.	Lowther K ⁵⁸ 2018 Kenya	Qualita tive	n= 30 (20/10)	Nurse-led palliative care intervention PLHIV in the intervention group received at least 7 appointments (>= 45 minutes) with a nurse	Adults living with HIV with chronic pain	Qualitative interviews about HIV associated stigma	Effective	Nurses	NA
26.	Mburu G ⁶⁰ 2013 Uganda	Qualita tive	n= 65 (40 PLHIV, 10 MOHH, 15 HCW	Network Project Empowering PLHIV by engaging them as partners in the delivery of HIV services, through three approaches: i) Mapping and supporting: organizing 750 people living with HIV into a network of 120 larger sub- national clusters; ii) training the groups on comprehensive HIV prevention and care, record keeping, income generation,	Adults living with HIV	HIV-stigma (Stigma not well defined)	Effective	Groups of PLHIV	✓

				advocacy and financial and general project management; and iii) implementing community-based HIV prevention, care and treatment referral activities with the groups as partners who were functional in 40 districts, with a total membership of more than 40,000 people living with HIV.					
27.	Salmen CR ⁶⁹ 2015 Kenya	Qualitative	n=161 (82 micro clinic participants, 40 CHW and 39 staff of local program)	Micro clinic Intervention "Therapy Management Collective" comprised of a network of 5-15 neighbors, relatives and friends. Parallel health seminar and radio broadcasting Sessions include basic f HIV/AIDS biology, ART therapy, and related issues	Adults living with HIV	HIV-stigma (Stigma not well defined)	Effective	A micro clinic is a therapy management collective comprised of a group of neighbors, relatives, and friends	✓

✓ indicates intervention included PLHIV in the design or intervention phase, or both.

NA=not available | PAS=peer adherence supporter | PLHIV = people living with HIV | PLC = people living close to PLWHIV | MOHH = members of the household
| HCW = healthcare worker | CHW = community health worker