

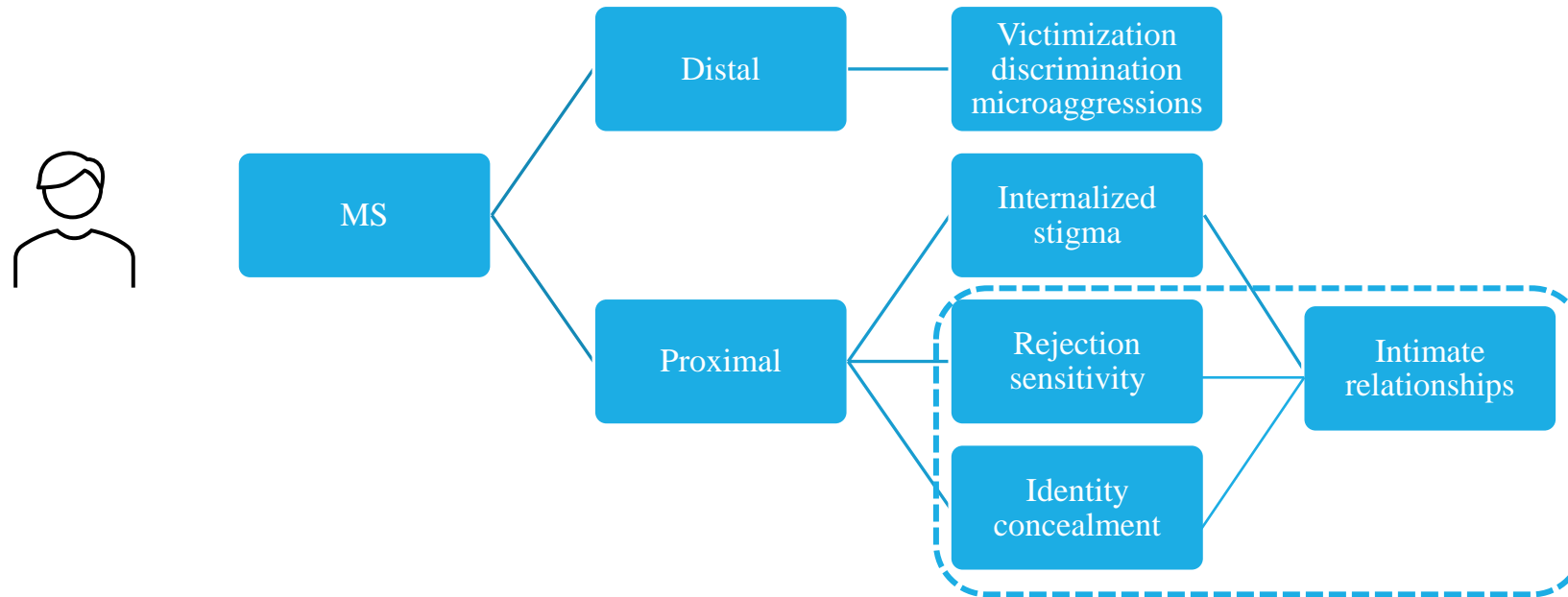
Enhancing Intimacy in Colombian Gay Men: A FAP Implementation

SARA ROBAYO (SHE/HER).

YORS GARCÍA (HE/HIM).

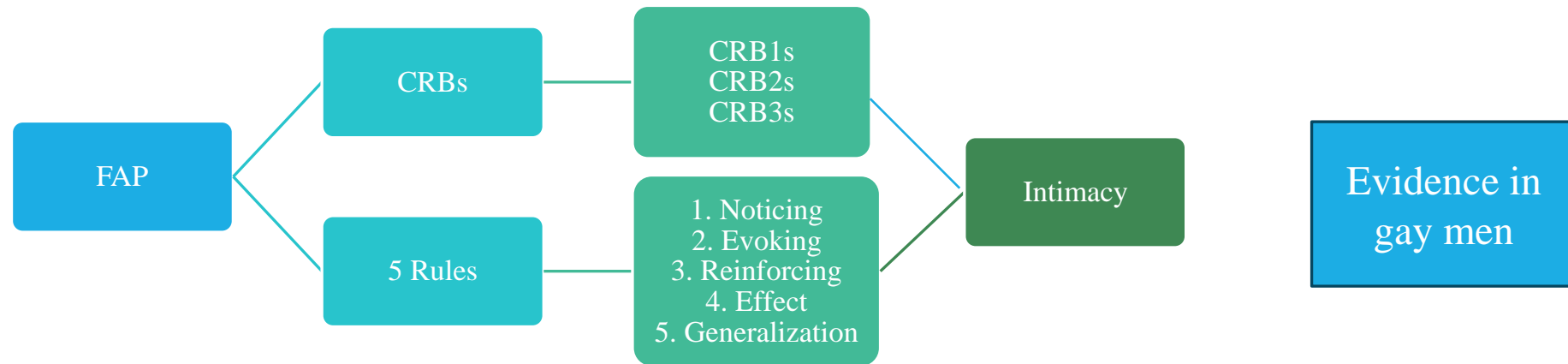
AMANDA MUÑOZ-MARTINEZ (SHE/HER).

Introduction



(Gmelin et al., 2022; Hoy-Ellis, 2023; Cordova & Scott, 2001).

Introduction



(Kohlenberg & Tsai, 1991; López-Bermúdez et al., 2021; Rincón et al., 2023)

Participants

Design. Concurrent a non-concurrent multiple base design (Coon & Rapp, 2018).

Dante (NCBL 3)	Robbie (CBL 4)	Tonks (CBL 5)
24, single, middle-class, atheist gay man, who lived with a roommate.	22, single, middle-class agnostic gay man, who lived with a roommate. He came from a Christian family	26, single, middle-class non-practicing catholic gay man, who lived with his nuclear family
CRB1s Changing subjects and providing intellectual descriptions	CRB1s Downplaying his emotions and laughing	CRB1s Making jokes, changing subjects, and denying emotions,
CRB2s expressing emotions and acknowledging relationship depth	CRB2s Describing his feelings and emphasizing the therapist's impact	CRB2s sharing feelings and expressing happiness about therapy progress

Measures

Primary outcomes.

Intimacy in- and out-of session

FAPRS (Callaghan et al., 2008)

FAPIS (Leonard et al., 2014) Weekly

- **FAPIS 3** (Items 2-6-10) Daily

Secondary outcomes

Interpersonal functioning. FIAT-Q-SF (Darrow et al., 2014) PRE, POST and FU

Minority stress. LGBT-MSM (Outland, 2016)
PRE, POST and FU

Social Validity

Data analysis

Primary outcomes.

Within participant

- **Non-overlap analysis of all pairs**
(NAP, Parker & Vannest, 2009)

Between Participant

- **Between-case standardized mean difference (BC-SMD)** (Hedges et al., 2013).

Secondary outcomes

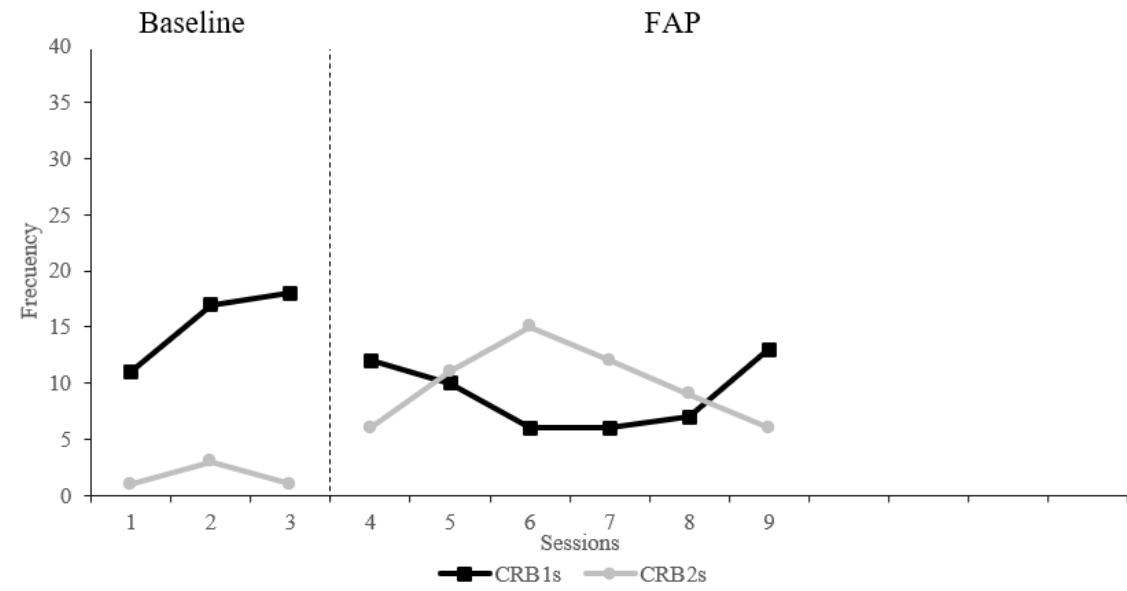
Reliable Change Index (RCI;
Jacobson & Truax, 1991)

Results

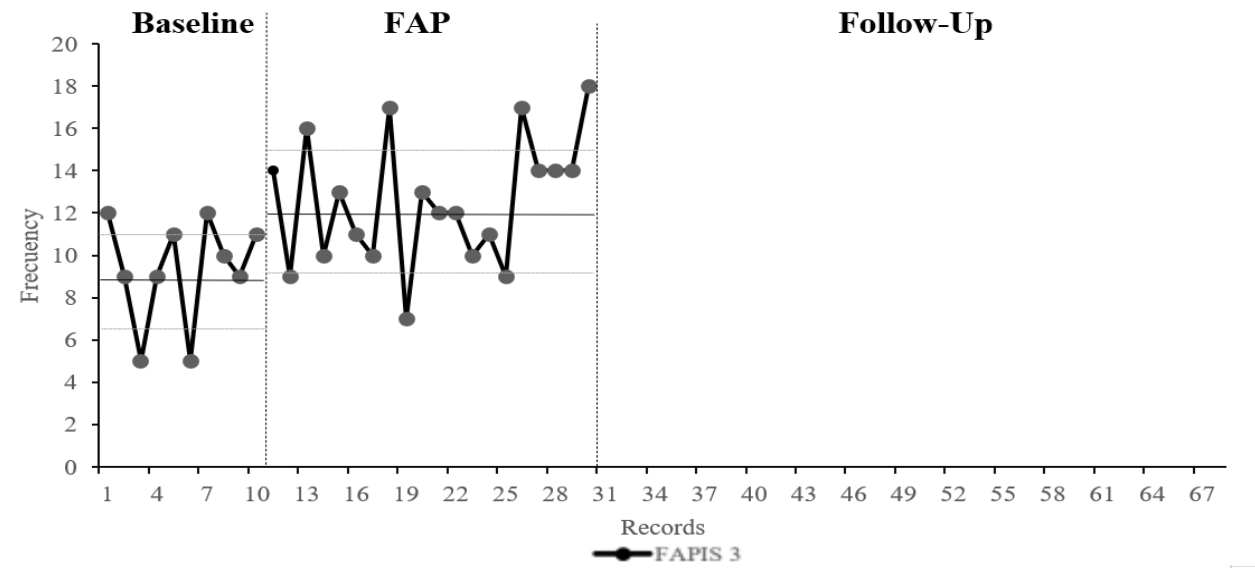
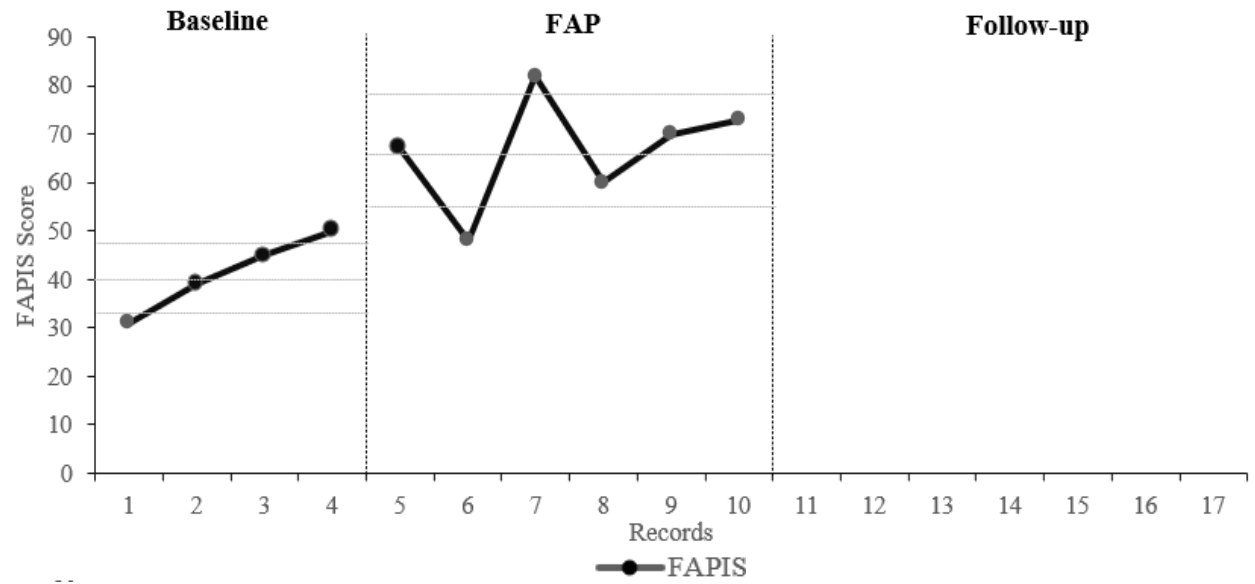
IOA across participants.

Dante IOA			Robbie IOA			Tonks IOA		
Ss	CRB1	CRB2	Ss	CRB1	CRB2	Ss	CRB1	CRB2
S2	94%	100%	S1	92%	100%	S1	100%	100%
S5	95%	94%	S2	96%	100%	S5	95%	100%
S6	94%	94%	S6	94%	94%	S8	88%	89%
			S8	90%	100%	S11	100%	85%
			S11	84%	95%	S13	100%	89%
\bar{x}	94%	96%	\bar{x}	91%	98%	\bar{x}	97%	93%

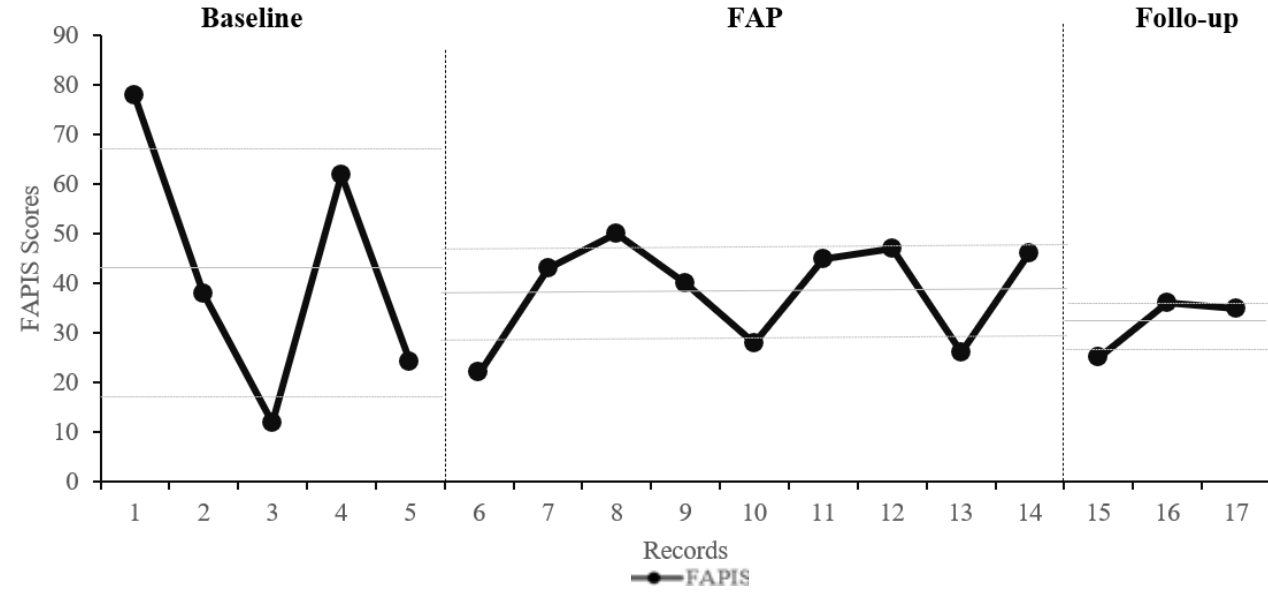
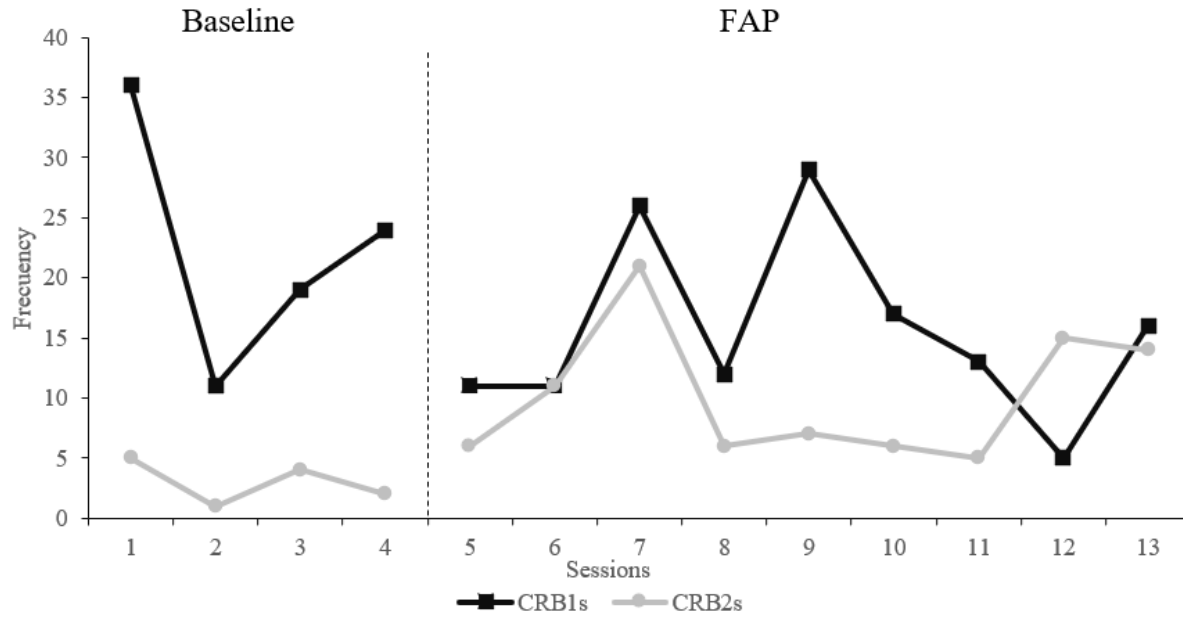
Results



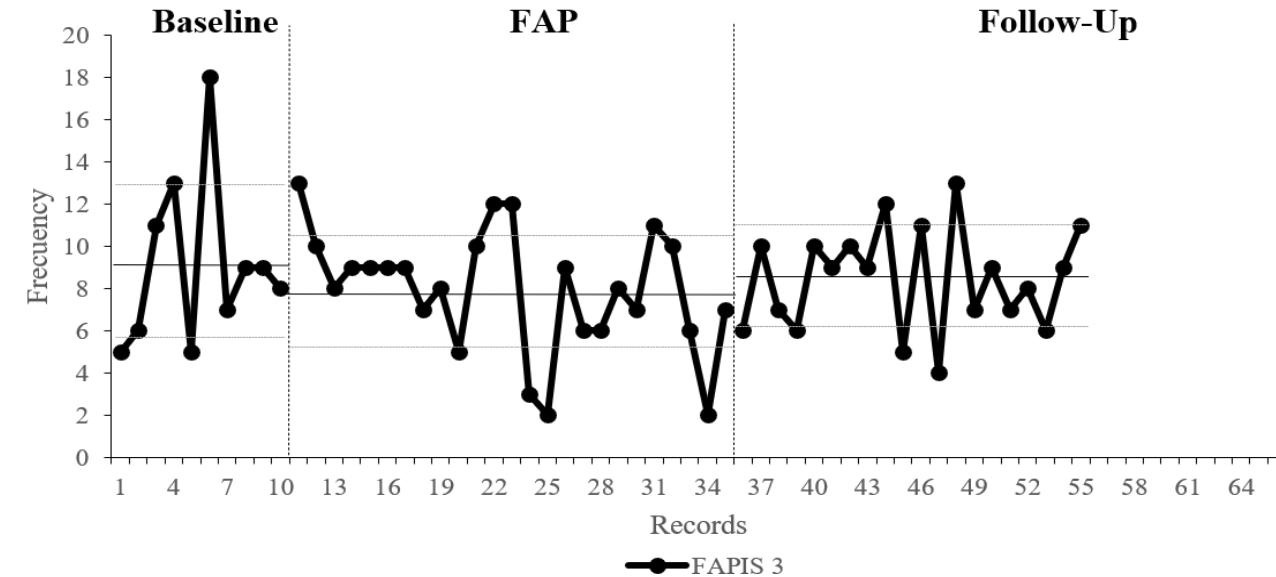
Dante's in- and out-of session intimacy repertoires



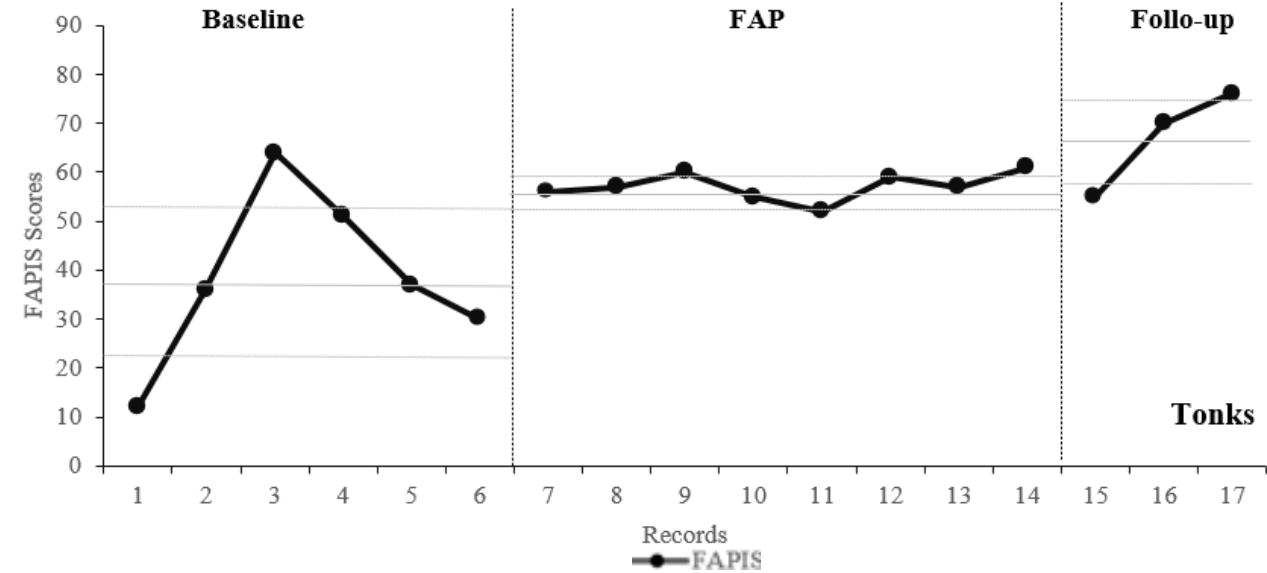
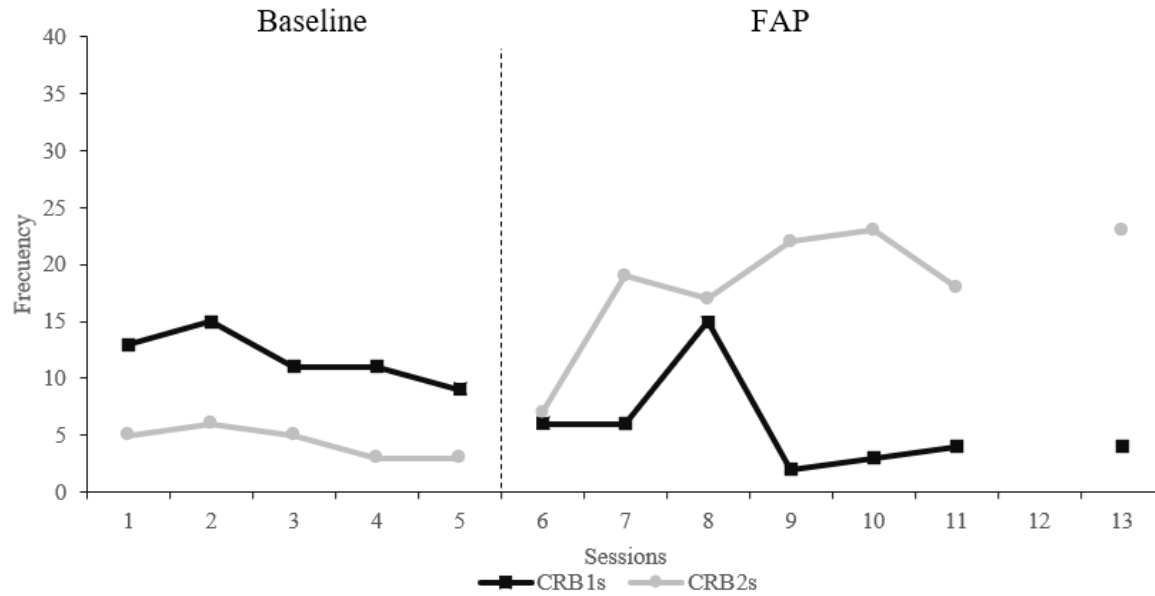
Results



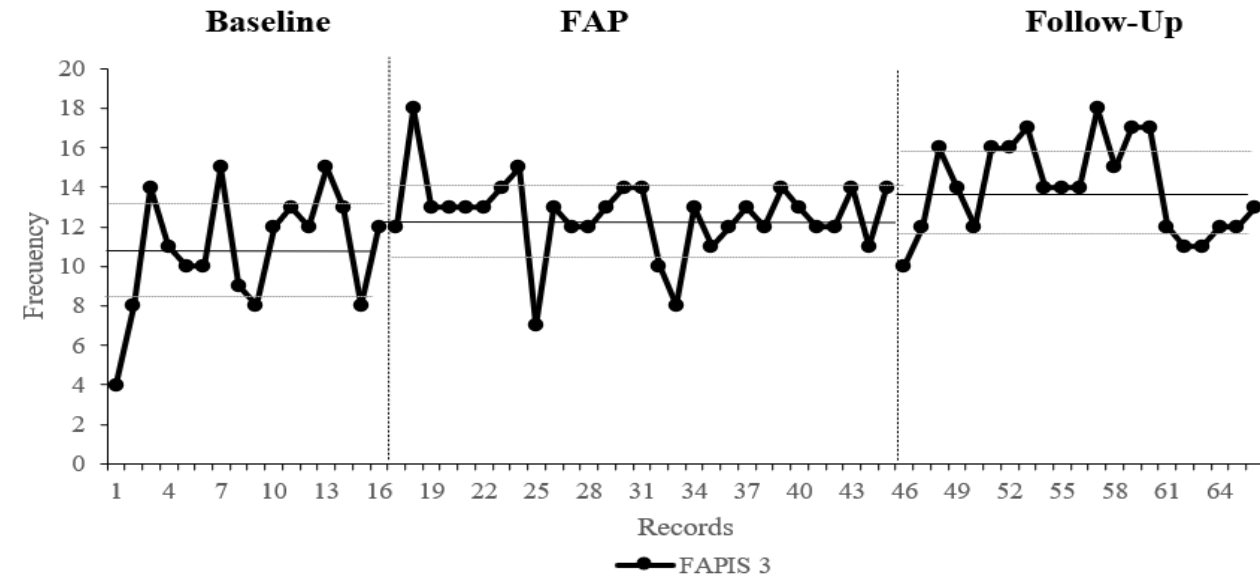
**Robbie's in- and out-
of session intimacy
repertoires**



Results



**Tonk's in- and out-
of session intimacy
repertoires**



Results

Figure 1

CRB1s and CRB2s Frequency

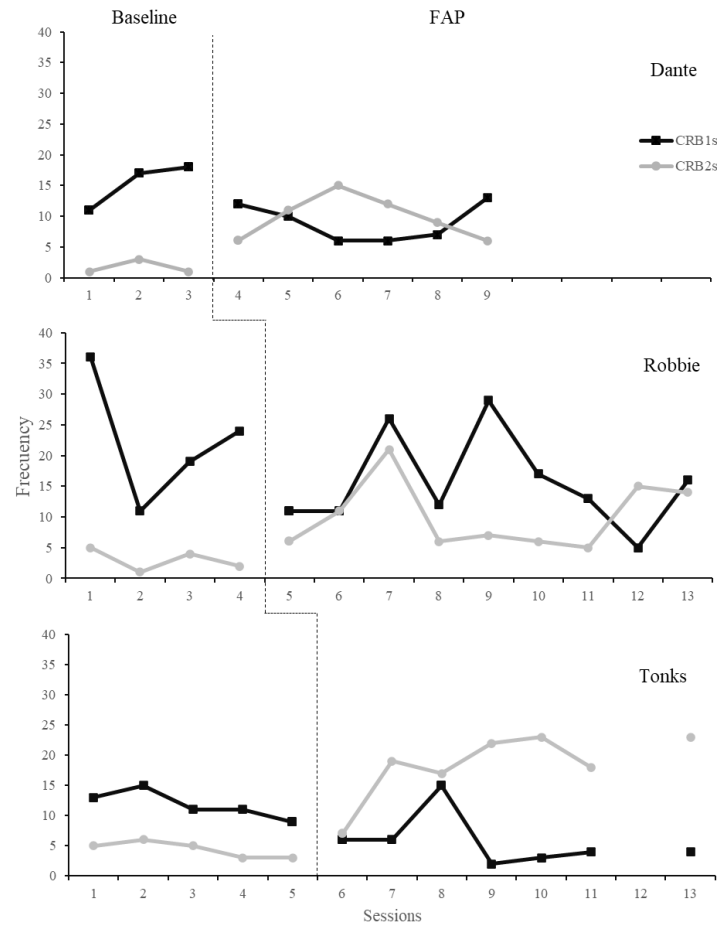
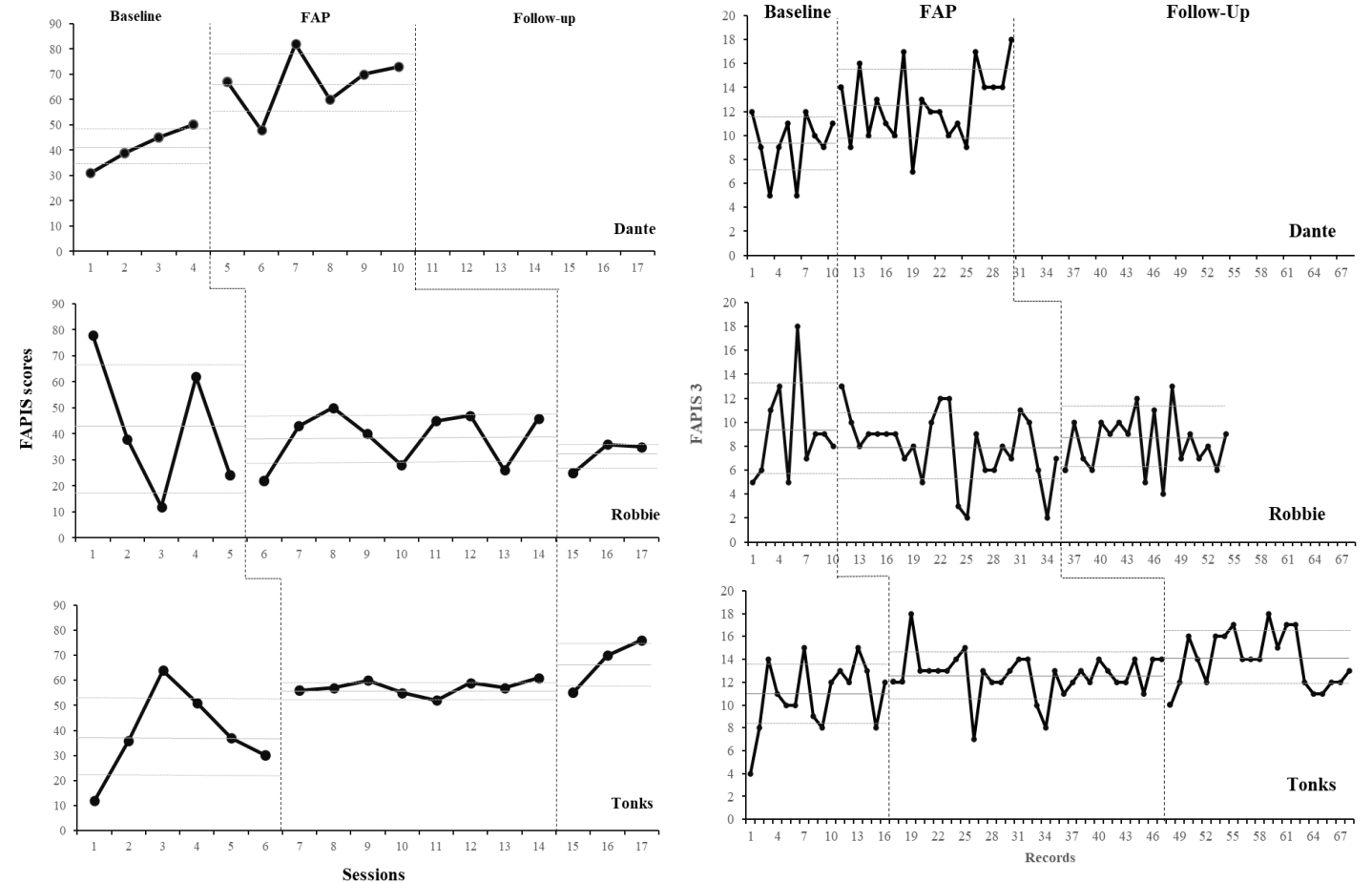


Figure 2

FAPIS (right panel) and FAPIS 3 (left panel).

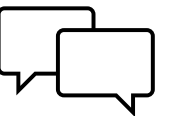


Results

Outcome variable by phase	Dante	Robbie	Tonks
LGBT-MSM			
FAP (Pre/Post)	RI	NC	RI
FU (Pre/2-month FU)	--	NC	RI
Identity Concealment			
FAP (Pre/Post)	NC	NC	NC
FU (Pre/2-month FU)	--	NC	NC
Microaggressions			
FAP (Pre/Post)	NC	NC	NC
FU (Pre/2-month FU)	--	NC	RI
Rejection sensitivity			
FAP (Pre/Post)	NC	NC	NC
FU (Pre/2-month FU)	--	NC	NC
Discrimination events			
FAP (Pre/Post)	RI	NC	NC
FU (Pre/2-month FU)	--	NC	NC
Internalized Stigma			
FAP (Pre/Post)	NC	RI	NC
FU (Pre/2-month FU)	--	NC	NC
Victimization events			
FAP (Pre/Post)	NC	NC	NC
FU (Pre/2-month FU)	--	NC	NC
Community connectedness			
FAP (Pre/Post)	NC	RI	RI
FU (Pre/2-month FU)	--	RD	RI
FIAT-Q-SF			
FAP (Pre/Post)	RI	NC	RI
FU (Pre/2-month FU)	--	NC	RI
Avoidance of Interpersonal Intimacy (FIAT-Q-SF)			
FAP (Pre/Post)	RI	NC	RI
FU (Pre/2-month FU)	--	NC	RI
FAPIS			
FAP (Pre/Post)	RI	NC	RI
FU (Pre/2-month FU)	--	NC	RI

Social Validity

- Highly recommend the therapy to individuals facing similar psychological issues
- Favorable views of the therapeutic relationship's role in their learning and a newfound ease in identifying safe spaces for emotional expression.
- Improving relationships with loved ones (one participant) and discussing uncomfortable topics.
- Session length, pointing to concerns with the time available.
- One participant noted the deep-seated impact of minority stress.



Discussion

- FAP effectively enhances intimacy-seeking behaviors (CRB2s), supporting evidence in Colombian gay participants (Rincón et al., 2023).

- Two participants showed notable enhancements in intimacy levels outside sessions, and decreased interpersonal challenges (López-Bermúdez et al., 2021; Muñoz-Martínez et al., 2022)

- Historical factors and ineffective rule application may have hindered the generalization of therapeutic benefits for one participant (Maitland & Lewis, 2022; Muñoz-Martínez et al., 2022).



Discussion

- Two participants significantly changed overall minority stress scores
Nebot-García, 2022
- All participants showed higher levels of community connectedness levels—the adoption of an affirmative stance in using FAP principles
Skinta, 2020
- The decline in Robbie's follow-up scores highlights the importance of adopting an intersectional approach
Skinta, 2020
- The importance of incorporating minority stress measures to delve into the moderating effect it has on the generalization of therapeutic benefits among gay men
Skinta, 2020

Limitations & Recommendations

Limitations

- Coding process and the role of the therapist/research (Kanter et al., 2017; Maitland & Lewis, 2022).

Future studies

- Expand the FAP implementation evaluation to other SGD individuals (Skinta, 2020).
- Investigating the combined effect with interventions such as Acceptance and Commitment Therapy (ACT) (Fowler et al., 2022; Brem et al., 2020).
- Evaluate variables such as therapeutic alliance (Muñoz-Martínez et al., 2022; Kanter et al., 2017).



Thank you!

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