**Reading list:**

1. Perceived Stress Mediates the Effects of Coping on the Quality of Life of HIV-Positive Women on Highly Active Antiretroviral Therapy.
2. Changes in Cognitive Coping Skills and Social Support During Cognitive Behavioral Stress Management Intervention and Distress Outcomes in Symptomatic Human Immunodeficiency Virus (HIV)-Seropositive Gay Men.
3. Changes in Mood and Depressive Symptoms and Related Changes in Mood and Depressive Symptoms and Related Management in HIV-Infected Men.

As our 3-month follow-up is coming to an end, it is necessary to get ready for the data analysis. I read some articles from previous CBSM interventions, mainly on the statistical analysis. The first article explained the relationship among perceived stress, coping and quality of life using path analysis. The data for this study is also the baseline of a CBSM intervention. As the sample size is 79, the author used path analysis to justify the relationship among perceived stress, coping and quality of life. Within the article, the author cited a paper, wrote ‘increased use of cognitive coping skills was found to mediate the positive effects of the CBSM intervention on stress’. It seems that the cited article analyse the mediation effects of coping using a longitudinal data, maybe a structural equation model was used, so I found the cited article, which is the second article in the list above.

The second paper illustrated the effect of a 10-week CBSM intervention program. The author used regression analyses to test whether changes in coping and social support might mediate the mood. The author did not use a structural equation model, the reason might be the small sample size of just 40. Sad! To be specific, the author tested the mediate effects of measures that had shown significant intervention-related changes individually in path models, and then tested them simultaneously. So I will keep searching the articles using structural equation model in a longitudinal study.

The third article was also about a CBSM intervention. In addition to evaluate the effects of the intervention, the author used stepwise regression to explore the factors changing in mood and depressive. This reminded me to explore the factors associated with the changes of quality of life in our current study, such as the change of positive coping. And I will do this analysis these days.