

## PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

- Intervention Name:** *HIV Risk Reduction Among Detained Adolescents*
- Developer:** Angela D. Bryan, PhD; Sarah J. Schmiede, PhD; Michelle R. Broaddus, PhD
- Program Description:** This single-session, group-based intervention is designed to reduce sexual risk behaviors among high-risk adolescents in juvenile detention facilities. The program is delivered in small groups of up to 10 youth and seeks to increase condom use and reduce alcohol-related sexual risk behavior.
- Component 1: Sexual Risk Reduction Intervention**
- For this component of the intervention, participants attend a single three-hour, small-group session led by a trained facilitator. The session encourages condom use among participants through group activities, videos, and condom use demonstrations. A videogame is used to help participants consider how unprotected sex may impact their future goals in life. At the end of the session, participants are asked to identify a “Safer Sex” goal to achieve in the next 3 months.
- Component 2: Motivational Enhancement Therapy**
- Immediately following the first component of the intervention, participants engage in a one-hour group discussion of alcohol use and sexual activity. A trained facilitator leads the discussion following the techniques of motivational enhancement therapy, a method for encouraging change in health risk behaviors through open, supportive, and non-confrontational discussion. Topics for discussion include participants’ current drinking behaviors, the health consequences of alcohol use, and strategies for reducing sexual risk behaviors in the context of drinking.
- Target Population:** Available information describes the target population as high-risk adolescents in juvenile detention facilities.
- Curriculum Materials:** Program materials are available by contacting Angela Bryan, Ph.D., University of New Mexico, at [abryan@unm.edu](mailto:abryan@unm.edu).
- Training and TA:** In the original implementation of the intervention, group leaders received training in the curriculum and motivational enhancement therapy techniques.

## **Research Evidence**<sup>1</sup>

<b>Study Citation:</b>	Bryan, A.D., Schmiede, S.J., & M.R. Broaddus. (2009). HIV Risk Reduction Among Detained Adolescents: A Randomized, Controlled Trial. <i>Pediatrics</i> , 124(6), e1180-e1188.
<b>Population Evaluated:</b>	Predominantly male adolescents recruited from three juvenile detention facilities from January 2004 to July 2006 <ul style="list-style-type: none"><li>• Mean age 15.8</li><li>• 36.6% white, 28.5% Hispanic, 12.9% black, 4.8% Native American, 3.5% Asian, 12.6% biracial, and 2.1% other ethnicity</li></ul>
<b>Setting:</b>	Juvenile detention facilities in Denver, CO
<b>Study Findings:</b>	At the six-, nine-, and twelve-month follow-ups: adolescents participating in the intervention reported more consistent condom use.

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<sup>1</sup> This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.