

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Program Name: *HORIZONS*

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Program Description and Overview:

HORIZONS is a culturally tailored STD/HIV intervention for African American adolescent females seeking sexual health services. The intervention aims to reduce STDs by improving STD/HIV risk-reduction knowledge and condom use skills, facilitating communication with male partners about safer sex practices and STDs, facilitating male sex partners' access to STD screening and treatment, and reducing female adolescents' frequency of douching.

- **Component 1, Group Sessions:** This component includes two group sessions (four hours each) implemented in small groups on two consecutive Saturdays. The interactive sessions are intended to foster a sense of cultural and gender pride and emphasize the diverse individual and social factors contributing to adolescents' STD/HIV risk.
- **Component 2, Vouchers:** This component includes distribution of \$20 vouchers redeemable by participants' male partner(s) toward the cost of STD services.
- **Component 3, Telephone Contacts:** This component includes a total of four (15-minute) follow-up telephone contacts, one every other month, to reinforce prevention information presented in group sessions.

Core Components

Content Components

- Train teens in assertive communication skills to demonstrate care for their partners and to negotiate abstinence or safer sex behaviors.
- Teach teens proper condom use; *HORIZONS* is designed to foster positive attitudes and norms towards consistent condom use and to provide teens the appropriate instruction for placing condoms on their partner.
- Discuss triggers that make negotiating safer sex for teens challenging.
- Emphasize the importance of partner involvement in safer sex; the homework activities are designed to involve the male partner.

Pedagogy Components

- Conduct small-group sessions that meet the session goals.
- Use 2 skilled adult female facilitators, who are knowledgeable about youth subculture to implement *HORIZONS* group sessions. Facilitators should possess group facilitation skills and a comprehensive knowledge of the intervention. Mastering co-facilitation is critical to implementation.
- Deliver 4 brief telephone contacts (15 minutes) to teens to reinforce session materials and develop a tailored risk-reduction plan for each individual teen.

Implementation Components

- Implement *HORIZONS* with females teens who have had sexual intercourse and are between the ages of 15 –21 (inclusive).
- Use materials that are age, gender, and culturally appropriate to motivate gender and ethnic pride and to maintain teens' interest throughout the sessions.
- Deliver intervention to teens in community-based settings, not in a school-based

- setting or during school hours.
- Determine if the implementing agency is required to obtain parental consent for teens' participation by contacting the local health department's HIV prevention office.
- Provide a voucher that partners can redeem for STD testing and treatment services at the local health department.

Target Population:**Population Evaluated:**

- African American females between the ages of 15 and 21 (Average age of 17.8 years) seeking services from a reproductive health clinic, who reported engaging in vaginal intercourse in the past 60 days, were single, and were not pregnant or attempting to get pregnant at the time of recruitment.

Program Setting**Program setting evaluated**

- Urban clinics providing sexual health services.

Potential additional program settings noted by developers

- Other community-based clinical settings.

Program Duration

- Two group sessions over consecutive Saturdays, followed by a total of four (15-minute) follow-up telephone contacts, one every other month.

Curriculum Materials:

Curriculum materials are available from Sociometrics at <http://www.socio.com/passt29.php>.

Adaptations**Basic allowable adaptations**

- None

Program Focus

Horizons focuses on HIV and STD prevention.

Research Evidence**Study Citation:**

DiClemente, R.J., Wingood, G.M., Rose, E.S., Sales, J.M., Lang, D.L., Caliendo, A.M., Hardin, J.W., & Crosby, R.A. (2009). Efficacy of sexually transmitted disease/human immunodeficiency virus sexual risk-reduction intervention for African American adolescent females seeking sexual health services. *Archives of Pediatric & Adolescent Medicine*, 163 (12), 1112–1121.

Study Setting:

Three health clinics in Atlanta, GA

Study Sample: 715 African American females between the ages of 15 and 21

- Average age 17.8 years
- All sexually active
- None married or pregnant

Study Design: Randomized controlled trial. Participants were recruited for the study on a rolling basis over a 30-month period from March 2002 to August 2004. About half the participants were randomly selected to receive the *HORIZONS* intervention over two consecutive Saturdays and half were randomly selected for a control group that received a one-hour group information session on STD/HIV prevention. Surveys were administered before the intervention (baseline) and 6 and 12 months after the intervention. The study also conducted biological screening for chlamydia, gonorrhea, and trichomonas.

Study Rating: The study met the review criteria for a **high** study rating.

Study Findings: Averaged across the 6- and 12-month follow-up surveys:

- Youth participating in the intervention were significantly less likely to test positive for chlamydia and significantly more likely to report both consistent condom use (both 14 days and 60 day prior to assessment) and using a condom at last sex.
- The study found no statistically significant program impacts on biological tests for gonorrhea or trichomonas.

The study also examined program impacts on measures of partner communication, condom use self-efficacy, STD/HIV prevention knowledge, and frequency of douching. Findings for these outcomes were not considered for the review because they fell outside the scope of the review.

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