PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name:
17 Days (formerly *What Could You Do?*)

Developer:
Julie Downs, PhD; Wändi Bruine de Bruin, PhD; Claire Palmgren; Baruch Fischhoff, PhD; Pamela Murray, MD, MPH; Joyce Penrose, DPH, RN-C

Program Description:
17 Days is a theory-based interactive DVD designed to educate young women about contraception and sexually transmitted diseases (STDs). The DVD presents different scenarios involving decisions that young women face in relationships, identifies choice points, suggests risk-reduction strategies, and allows viewers to practice what they would do in a similar situation. The video is interactive, allowing viewers to select or skip sections. Viewers are given the opportunity to mentally practice how they would respond in hypothetical situations, through the frequent use of "cognitive rehearsal."

The video consists of four vignettes, a condom demonstration, and three mini-documentaries. The vignettes focus on reproductive health and STD knowledge and are divided into four related story lines, each with a unique set of issues and possible outcomes. The mini documentaries are each 5-7 minutes and focus on anatomy, sexually transmitted infections and diseases, and contraception. Each mini documentary presents real life stories and footage relevant to the topic; expert commentary from providers, clinicians, scientists, teachers, etc; and graphic animations of anatomy and other medical subjects.

Core Components:

Content Core Components

- Participants must view at least one vignette and the entire condom demonstration segment to be considered as having completed the program.
- Participants must be given access to view the video after they leave the clinic setting.

Pedagogical Core Components

- The target audience for the program is sexually active girls ages 14-18.
- The program must be delivered in a setting that provides the participant with privacy to view the video.
- The program must be delivered using a computer and headphones to ensure privacy.

Implementation Core Components

- Participants must be given the flexibility to select which video segments to view and/or review the different segments in the video program at their own pace.
- The program must be integrated into the clinic setting and offered to girls while they are waiting for their clinic visit.

Target Population:

Population Evaluated

- The target population originally evaluated was predominantly African American females, ages 14–18, with previous sexual experience.

Potential additional target populations noted by developers

- The video can also be implemented with any sexually active female teen.

Program Setting

Program setting evaluated

- Urban clinic-based health-care sites

Potential additional program settings noted by developers

- The video can be implemented outside of a clinic setting, but must be done in a setting where girls can complete the video individually and in private.

Program Duration:

17 Days is interactive, allowing viewers to select or skip sections. Average viewing time for the full video is 45 minutes, however, this can vary based on the viewers' selection choices at key decision points during the video.

The ideal program dosage would include:

- Baseline: view one complete vignette and the condom demonstration (a participant is considered to have completed the program is she views at least this much of the video)
- 3-month booster: view one additional vignette and one mini documentary
- 6-month booster: view one additional vignette and one mini documentary
- 18-month booster: view one additional vignette and one mini documentary

Curriculum Materials:

Program materials are available from Carnegie Mellon University's Center for Risk Perception and Communication at http://sds.hss.cmu.edu/risk/whatcouldyoudo.htm. Materials are also available from Sociometric Corporation Program Archive on Sexuality, Health, and Adolescent (PASHA) at http://www.socio.com/passt19.php.

Adaptations

Basic allowable adaptations

- The video can be implemented outside of a clinic setting, but must be done in a setting where girls can complete the video individually and in private.
- The video can also be implemented with any sexually active female teen.

Target Outcomes:

17 Days focuses on HIV and STI prevention.

Research Evidence

Study Citation: Downs, J. S., Murray, P. J., Bruine de Bruin, W., Penrose, J., Palmgren, C., & Fischhoff, B. (2004). Interactive video behavioral intervention to reduce adolescent females' STD risk: A randomized controlled trial. *Social Science & Medicine, 59*(8), 1561-1572.

Study Setting: Four clinic-based healthcare sites in Pittsburgh, PA

Study Sample: 300 urban adolescent females

- Age range 14 to 18 years
- 75% African American, 15% white, 10% other
- All sexually experienced in six months before study enrollment

Study Design: Randomized controlled trial. Study participants were randomly assigned to one of three groups: (1) a treatment group that watched the interactive *What Could You Do?* video, (2) a control group that received the same information from the video but as a book, and (3) a control group that received commercially-available brochures on STD risk. Surveys were administered immediately before the intervention and at follow-ups conducted 3 and 6 months after the intervention. Biological testing for chlamydia was conducted at the 6-month follow-up.

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

Study Findings: Three months after the intervention:

- Participants who watched the video were significantly more likely to report having been abstinent in the past 3 months.
- The study found no statistically significant impacts on self-reported condom use in the past 3 months.

Six months after the intervention:

- Participants who watched the video were significantly less likely to report having been diagnosed with an STD.
- The study found no statistically significant program impacts on rates of abstinence in the past three months, self-reported condom use in the past 3 months, or the biological tests for chlamydia.

The study also examined program impacts on measures of STD knowledge and self-reported condom failures. Findings for these outcomes were not considered for the review because they fell outside the scope of the review.

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