



The Evaluation of Promoting Health Among Teens! Abstinence-Only Intervention in Yonkers

Grantee	Program Reach, Inc. Project Director: Nanci Coppola, ncoppola@programreach.org
Evaluator	Sametric Research Evaluation lead: Elaine Walker, Elaine.walker@shu.edu
Intervention Name	Promoting Health Among Teens! Abstinence-Only Intervention
Intervention Description	<p><i>Promoting Health Among Teens! Abstinence-Only Intervention</i> (PHAT-AO) is an eight-hour abstinence-only intervention originally developed for African American youth in Philadelphia, Pennsylvania, and is currently being replicated in Yonkers, New York, with 6th and 7th graders of predominantly Hispanic background. The PHAT-AO curriculum is delivered in a small-group setting (class size ranges from 6 to 10) by trained facilitators from New York Medical College. Facilitators were randomly assigned to deliver the curriculum.</p> <p>The PHAT-AO curriculum is organized into eight one-hour modules and delivered on two consecutive Saturdays, with four modules delivered on the first Saturday and the remaining four on the following Saturday. The first four modules cover the following topics: (1) getting to know you and steps to making your dreams come true, (2) puberty and adolescent sexuality, (3) making abstinence work for me, and (4) the consequences of sex: HIV/AIDS. Topics covered on the second Saturday are (1) the consequences of sex: sexually transmitted diseases, (2) the consequences of sex: pregnancy, (3) improving sexual choices and negotiation, and (4) refusal and negotiation skills.</p> <p>The primary pedagogical strategies used to deliver the curriculum include talking circles, video presentations, role plays, and group activities. At the conclusion of each day, participating youth are asked to complete a short debriefing questionnaire that asks for their feedback on the day's activities. Incentives offered for program participation include tee shirts, gift cards, and enrollment in a raffle with a variety of prizes.</p>
Counterfactual Name	Promoting Health Among Teens! Health Intervention
Counterfactual Description	<p>The Promoting Health Among Teens! Health Intervention (PHAT-Health) curriculum is an eight-hour health curriculum delivered on the same days and at the same sites as the PHAT-AO curriculum. The curriculum is also taught by trained facilitators from New York Medical College, who were randomly assigned to deliver the curriculum.</p> <p>The PHAT-Health curriculum is organized into eight one-hour modules and delivered on two consecutive Saturdays. The four modules delivered on the first Saturday cover the following health topics: (1) introduction to Promoting Health Among Teens, (2) introduction to healthy exercise, (3) introduction to healthy eating, and (4) practical tips for healthy eating. The remaining modules focus on (1) the body—putting it together; (2) smoking, drinking, and drugs; (3) stress and the body; (4) role-plays; and (5) wrap up.</p> <p>Similar to the PHAT-AO treatment intervention, the health curriculum uses talking circles, video presentations, role plays, and group activities to deliver program content. Youth in the control program are asked to complete the same debriefing questionnaire as youth in the treatment group at the conclusion of each program day, and are offered the same incentives for program participation as youth in the treatment group, including tee shirts, gift cards, and entry into a raffle.</p>
Primary Research Question(s)	Does PHAT-AO result in a lower rate of sexual initiation at 12 months after the program ends, compared with the PHAT-Health control condition?
Additional Outcomes	Sex in the past three months, unprotected sex, intention to have sex, likelihood of having sex in the next three months, knowledge about risks associated with sexual intercourse, refusal or negotiation skills, perceived consequences of having sex, perceived behavioral control to practice abstinence

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Sample	The study sample was drawn from 6th and 7th graders in Yonkers, New York. Participants were recruited from 30 public schools, two private schools, five community sites, and one charter school located in sections of Yonkers with high rates of teenage pregnancy. Youths were considered ineligible if they had a special education classification or if they were classified as having limited English proficiency. All youth obtained parental consent for the treatment or control group before randomization and voluntarily enrolled in the program. The study enrolled 38 program cohorts of youth, or 1,320 students.
Setting	The PHAT-AO and PHAT-Health programs are being delivered in eight public schools, two community sites, and one charter school located in Yonkers. The treatment and control programs for a given cohort are delivered concurrently at the same site.
Research Design	The research design is an individual randomized controlled trial. Parental consent and program assent occurs before baseline data collection and randomization. Randomization occurs immediately after completion of the baseline survey on the first Saturday of the program. A stratified random assignment design is used, in which youth within each program cohort are stratified by gender and age before assignment. Data collection occurs at baseline; post-test; and 3, 6, and 12 months post-intervention. Multiple modes of administration are used for the follow-up survey, including pencil-and-paper administration at the program site on the scheduled follow-up survey date, make-up paper-and-pencil administration in schools and community libraries, and telephone interviews.
Impact Findings	To be determined when data collection and analysis are complete.
Implementation Findings	To be determined when data collection and analysis are complete.
Schedule/Time line	Sample enrollment ended in July 2014. The final 12-month follow-up survey for the last program cohort ends in August 2015. A final report, which focuses on 12-month follow-up data, will be available to the Office of Adolescent Health in 2015-2016.