## Group-based Abstinence Education Interventions for Adolescents

### Summary Evidence Table

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<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
<th>Design suitability</th>
<th>Quality of execution</th>
<th>Intervention Description</th>
<th>Study population description and Attrition</th>
<th>Study Results for Index follow-up</th>
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</thead>
</table>
| Anderson et al., 1999 (study period not reported) Los Angeles County Greatest: RCT - group Fair | School and Community: inner-city youth in summer programs, in-school and after-school classes in a diverse sociocultural community in Los Angeles County | Greatest: RCT - group | Fair | Setting: School and Community: inner-city youth in summer programs, in-school and after-school classes in a diverse sociocultural community in Los Angeles County  
Intervention Strategy: Abstinence Education  
Intervention Name: Reaching Adolescents and Parents (RAP)  
Dosage: not reported  
Deliverer: teacher  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for race/ethnicity and attempts were made to ensure deliverers are culturally appropriate  
Focus: pregnancy | Target population: inner city youth  
Age: Range: 9–14 years  
Gender:  
Male: 41.1%  
Female: 58.9%  
Race/Ethnicity:  
American Indian/Alaska Native: 1.6%  
Asian: 6.5%  
Black/African American: 18.4%  
White: 15.7%  
Hispanic: 47.6%  
Other: 4.3%  
Virginity at baseline: not reported  
Number of participants analyzed:  
Intervention: 185  
Comparison: 66  
Total: 251  
Attrition:  
2nd follow up:  
Total: 14.6% | Pregnancy: OR= 0.54, 95% CI (0.13, 2.34) |
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Intervention Strategy: Abstinence Education  
Intervention Name: Managing the Pressures Before Marriage Enhanced (MPM Enhanced)  
Dosage: 5 hours of contact  
Deliverer: local youth leader (peer)  
Additional Components: none  
Comparison Group: treated control  
Tailoring: none  
Focus: pregnancy | Target population: middle school students  
Grade: 8th grade  
Gender: Total: Male: 52%  
Female: 48%  
Race/Ethnicity: Total: White: 85%  
Unknown: 15%  
Virginity at baseline: Total: 94.3%  
Number of participants analyzed:  
Intervention: 190  
Comparison: 161  
Total: 351  
Attrition Calculated:  
Posttest: Total: 9.8% | Sexual Activity:  
OR= 0.70, 95% CI (0.23, 2.11)
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</table>
| Borawski et al., 2005 (2001–2002) | Midwest | Greatest non-randomized trial - group | Fair | Setting: School: urban and suburban middle schools  
Intervention Strategy: Abstinence Education  
Intervention Name: For Keeps  
Dosage: 5 hours of contact  
Deliverer: outside facilitators  
Additional Components: none  
Comparison Group: untreated  
Tailoring: none  
Focus: multifocus | Target population: students in urban and suburban middle schools  
Age: Mean (SD): 12.8 (0.75) years  
Gender:  
Male: 48.2%  
Female: 51.8%  
Race/Ethnicity:  
Black/African American: 71.4%  
White: 20.3%  
Hispanic 6.3%  
Other: 1.9%  
Virginity at baseline: 77.1%  
Number of participants analyzed:  
Intervention: 1096  
Comparison: 973  
Total: 2069  
Attrition Calculated:  
Post test:  
Intervention: 33%  
Comparison: 30%  
Total: 31% | Sexual Activity:  
Virgins: OR= 0.83, 95% CI (0.52, 1.33)  
Non-virgins: OR= 0.87, 95% CI (0.58, 1.31)  
Frequency of Sex:  
OR = 0.47, 95% CI (0.26, 0.84)  
Number of Partners:  
OR= 0.50, 95% CI (0.30, 0.83)  
Use of Protection (condoms):  
OR= 1.19, 95% CI (0.71, 1.99) |
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<tbody>
<tr>
<td>Christopher et al., 1990</td>
<td></td>
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<td>Fair</td>
<td>Setting: School and Community: 5 middle schools and 3 community sites in the same area of the city</td>
<td>Target population: low-income, primarily minority early adolescents</td>
<td>Sexual Activity:</td>
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<tr>
<td>(study period not reported)</td>
<td></td>
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<td></td>
<td>Intervention Strategy: Abstinence Education</td>
<td>Age: Total Mean: 12.8 years</td>
<td>Intervention:</td>
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<tr>
<td>location not reported</td>
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<td></td>
<td>Intervention Name: Success Express Program</td>
<td>Gender:</td>
<td>Males: pretest mean = 36.4 posttest mean = 36.4</td>
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<td>Greatest: non-randomized trial - group</td>
<td></td>
<td></td>
<td></td>
<td>Dosage: 6 hours of contact</td>
<td>Female: 61%</td>
<td>Females: pretest mean = 1.7 posttest mean = 3.3</td>
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<tr>
<td>Fair</td>
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<td>Deliverer: not reported</td>
<td>Race/Ethnicity:</td>
<td>Comparison:</td>
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<td>Additional Components: none</td>
<td>American Indian/Alaska Native: 2%</td>
<td>Males: pretest mean = 16.7 posttest mean = 23.3</td>
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<td>Tailoring: none</td>
<td>Black/African American: 21%</td>
<td>Females: pretest mean = 4.2 posttest mean = 2.1</td>
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<td>Focus: multifocus</td>
<td>White: 8%</td>
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<td>Virginity at baseline:</td>
<td>Hispanic 69%</td>
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<td>Females: 98.3%</td>
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<td>Males: 63.6%</td>
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<td>Number of participants at beginning of study:</td>
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<td>Intervention: 191</td>
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<td>Comparison: 129</td>
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<td>Total: 320</td>
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<td>Intervention:</td>
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<td>Post test:</td>
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<td>Intervention: 41%</td>
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<td>Comparison: 30%</td>
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| Clark, Miller et al., 2005 (August–April) | Southeast | Greatest: RCT - group | Fair | **Setting**: School: suburban middle school  
**Intervention Strategy**: Abstinence Education  
**Intervention Name**: Adult Identity Mentoring (AIM)  
**Dosage**: 10 hours of contact  
**Deliverer**: trained college students  
**Additional Components**: none  
**Tailoring**: tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
**Focus**: multifocus | **Target population**: African American 7th graders in a suburban town  
**Age**: Mean (SD): 12.5 (0.64) years  
**Gender**:  
Male: 59%  
Female: 41%  
**Race/Ethnicity**:  
Black/African American: 100%  
**Virginity at baseline**: 64%  
**Number of participants at beginning of study**:  
Intervention: 117  
Comparison: 104  
Total: 221  
**Attrition Calculated**:  
Post test:  
Total: 13%  
2nd follow up:  
Total: 36% | **Sexual Activity**:  
OR = 0.61, 95% CI (0.32, 1.16)  
Female: OR = 2.12, 95% CI (0.68, 6.63)  
Male: OR = 0.29, 95% CI (0.12, 0.66) |
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Intervention Strategy: Abstinence Education  
Intervention Name: Heritage Keepers Life Skills  
Dosage: 1 contact per week  
Deliverer: Heritage Community Services staff  
Additional Components: creation of Family Assets and Character Council, education of media personnel to promote abstinence  
Comparison Group: treated control  
Tailoring: none  
Focus: multifocus | Target population: 6–12 graders already receiving mandatory abstinence education in school  
Grade: middle and high school (6–12 grades)  
Gender:  
Middle School:  
Male: 49%  
Female: 51%  
High School:  
Male: 46%  
Female: 54%  
Race/Ethnicity:  
Middle School:  
Black/African American: 52%  
White: 37%  
Hispanic 5%  
Other: 7%  
High School:  
Black/African American: 63%  
White: 25%  
Hispanic 5%  
Other: 7%  
Virginity at baseline (High School only): 62%  
Number of participants analyzed:  
Intervention: 320  
Comparison 1: 284  
Total: 604  
Attrition Calculated:  
2nd follow up:  
Intervention: 13%  
Comparison: 17%  
Total: 15% | Sexual Activity:  
OR= 1.00, 95% CI (0.67, 1.48)  
Number of Partners:  
OR= 1.13, 95% CI (0.59, 2.19)  
Unprotected Sex:  
OR= 1.35, 95% CI (0.48, 3.76)  
Use of Protection (condoms):  
OR= 0.79, 95% CI (0.47, 1.33)  
Use of Protection (oral contraceptives):  
OR= 0.76, 95% CI (0.47, 1.24)  
Pregnancy:  
OR= 1.31, 95% CI (0.66, 2.63)  
STI:  
OR= 1.00, 95% CI (0.39, 2.59) |
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</table>
Intervention Strategy: Abstinence Education  
Intervention Name: Project Taking Charge  
Dosage: 6 weeks in duration  
Deliverer: teacher  
Additional Components: none  
Tailoring: tailored for cultural/subcultural identity  
Focus: pregnancy | Target population: low income 7th grade students in schools with high pregnancy rates  
Age: Mean: 14.4 years  
Gender:  
Male: 46.2%  
Female: 50%  
Race/Ethnicity:  
Black/African American: 36.5%  
White: 48.1%  
Hispanic 9.6%  
Other: 5.8%  
Virginity at baseline: not reported  
Number of participants at beginning of study:  
Intervention: 52  
Comparison: 39  
Total: 91  
Attrition:  
Post test:  
Intervention: 0%  
Total: 0% | Sexual Activity: OR= 0.30, 95% CI (0.12, 0.74) |
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<tr>
<td>Kirby, Korpi, et al., 1997 (1992–1994)</td>
<td>California</td>
<td>Greatest: RCT - group</td>
<td>Fair</td>
<td>Setting: School: middle schools from 31 California counties with high teen birth rates, that received a grant from the California Office of Family Planning</td>
<td>Target population: middle school students in communities with high teenage birthrates</td>
<td>Sexual Activity: OR= 1.14, 95% CI (0.96, 1.36)</td>
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<td>Intervention Strategy: Abstinence Education</td>
<td>Age: Mean: 12.7 years</td>
<td>Female: OR= 1.12, 95% CI (0.88, 1.41)</td>
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<td>Intervention Name: Postponing Sexual Involvement (PSI) - School &amp; Education Now &amp; Babies Later (ENABL)</td>
<td>Gender:</td>
<td>Male: OR= 1.20, 95% CI (0.91, 1.56)</td>
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<td>Dosage: 5 hours of contact</td>
<td>Race/Ethnicity:</td>
<td>Frequency of Sex: OR = 1.07, 95% CI (0.86, 1.34)</td>
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<td>Deliverer: adult health educators</td>
<td>American Indian/Alaska Native: 5.9%</td>
<td>Number of Partners: OR= 0.91, 95% CI (0.73, 1.14)</td>
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<td>Additional Components: statewide media campaign, school wide activities in support of the ENABL initiative</td>
<td>Asian: 9.3%</td>
<td>Use of Protection (condoms): OR= 0.96, 95% CI (0.74, 1.25)</td>
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<td>Comparison Group: minimal treatment</td>
<td>Black/African American: 10.8%</td>
<td>Use of Protection (oral contraceptives): OR= 1.12, 95% CI (0.83, 1.50)</td>
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<td>Tailoring: none</td>
<td>White: 47.2%</td>
<td>Pregnancy: OR= 1.37, 95% CI (0.92, 2.06)</td>
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<td>Focus: pregnancy</td>
<td>Hispanic 25.2%</td>
<td>Female: OR= 1.28, 95% CI (0.75, 2.20)</td>
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<td>Other: 7.3%</td>
<td>Male: OR= 1.40, 95% CI (0.76, 2.59)</td>
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<td>Virginity at baseline: 87.8%</td>
<td>STI: OR= 0.87, 95% CI (0.52, 1.48)</td>
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<td>Number of participants at beginning of study: Intervention: 1933</td>
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<td>Comparison: 1944</td>
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<td>Total: 3867</td>
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<td>Attrition: not Reported</td>
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</table>
Intervention Strategy: Abstinence Education  
Intervention Name: Postponing Sexual Involvement (PSI) - Community and Education Now and Babies Later (ENABL)  
Dosage: 5 hours of contact  
Deliverer: health educator (adult)  
Additional Components: statewide media campaign  
Comparison Group: minimal treatment  
Tailoring: none  
Focus: pregnancy | Target population: middle school students in communities with high teenage birthrates  
Age: Mean: 13.5 years  
Gender:  
Male: 49%  
Female: 51%  
Race/Ethnicity:  
American Indian/Alaska Native: 2%  
Asian: 47%  
Black/African American: 3%  
White: 10.1%  
Hispanic 21.2%  
Other: 3%  
Virginity at baseline: 92.4%  
Number of participants analyzed: Total: 387  
Attrition: not reported | Sexual Activity:  
OR= 0.91, 95% CI (0.43, 1.94)  
Female: OR= 0.55, 95% CI (0.16, 1.88)  
Male: OR= 1.18, 95% CI (0.43, 3.28)  
Frequency of Sex:  
OR = 0.97, 95% CI (0.36, 2.62)  
Number of Partners:  
OR= 0.77, 95% CI (0.29, 2.05)  
Use of Protection (condoms):  
OR= 0.82, 95% CI (0.26, 2.54)  
Use of Protection (oral contraceptives):  
OR= 0.63, 95% CI (0.18, 2.23)  
Pregnancy: OR= 1.00, 95% CI (0.14, 7.04)  
Female: OR= 1.22, 95%CI (0.08, 19.93)  
Male: OR= 0.84, 95%CI (0.05, 13.53)  
STI: OR= 0.29, 95% CI (0.03, 2.91) |
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<tr>
<td>Kirby, Korpi, et al., 1997 (1992–1994)</td>
<td>California</td>
<td>Greatest: RCT - group Fair</td>
<td>Fair</td>
<td>Setting: School: middle schools from 31 California counties with high teen birth rates, that received a grant from the California Office of Family Planning</td>
<td>Target population: middle school students in communities with high teenage birthrates</td>
<td>Sexual Activity:</td>
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<td>Intervention Strategy: Abstinence Education</td>
<td>Age: Arm 1: Mean: 12.8 years Arm 2: Mean: 12.9 years</td>
<td>Arm 1: OR= 1.07, 95% CI (0.81, 1.42)</td>
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<td>Intervention Name: Postponing Sexual Involvement (PSI) – Classroom and Education Now and Babies Later (ENABL) Arm 1 - youth-led PSI classroom Arm 2 - adult-led PSI classroom</td>
<td>Gender: Arm 1: Male: 44.6% Female: 55.4% Arm 2: Male: 40.6% Female: 59.4%</td>
<td>Female: OR= 1.34, 95% CI (0.87, 2.06) Male: OR= 0.88, 95% CI (0.6, 1.29)</td>
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<td>Dosage: 5 hours of contact Deliverers: Arm 1 - teens (peers) and teachers Arm 2 - health educator and teacher</td>
<td>Race/Ethnicity: Arm 1: American Indian/Alaska Native: 4% Asian: 8.4% Black/African American: 9.8% White: 21.2% Hispanic 46.4% Other: 8.1% Arm 2: American Indian/Alaska Native: 4.7% Asian: 9.5% Black/African American: 6.6% White: 28.5% Hispanic 45.5% Other: 7%</td>
<td>Arm 2: OR= 0.86, 95% CI (0.68, 1.09) Female: OR= 0.96, 95% CI (0.69, 1.34) Male: OR= 0.78, 95% CI (0.56, 1.09)</td>
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<td>Additional Components: statewide media campaign</td>
<td>Virginty at baseline: Arm 1- 90.3% Arm 2- 90.6%</td>
<td>Frequency of Sex:</td>
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<td>Comparison Group: minimal treatment</td>
<td>Number of participants at beginning of study: Arm 1: 703 Arm 2: 1110 Comparison 1: 893 Comparison 2: 1273 Total: 5079</td>
<td>Arm 1: OR = 0.64, 95% CI (0.43, 0.94) Arm 2: OR = 0.76, 95% CI (0.55, 1.06)</td>
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<td>Tailoring: none</td>
<td>Attrition Calculated: 2nd follow up: Total: 9%</td>
<td>Number of Partners:</td>
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<td>Focus: pregnancy</td>
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<td>Use of Protection (condoms):</td>
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<td>Arm 1: OR= 1.13, 95% CI (0.73, 1.74)</td>
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<td>Arm 2: OR= 1.50, 95% CI (1.03, 2.19)</td>
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<td>Use of Protection (oral contraceptives):</td>
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<td></td>
<td>Arm 1: OR= 1.25, 95% CI (0.75, 2.09)</td>
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<td>Arm 2: OR= 1.60, 95% CI (1.06, 2.41)</td>
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<td>Pregnancy:</td>
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<td>Arm 1: OR= 2.52, 95% CI (1.28, 4.97)</td>
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<td></td>
<td>Female: OR= 2.27, 95% CI (0.66, 7.88)</td>
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<td></td>
<td></td>
<td>Male: OR= 2.60, 95% CI (1.14, 5.89)</td>
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<td>Arm 2: OR= 1.32, 95% CI (1.14, 5.89)</td>
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<tr>
<td>Author(s) &amp; Date</td>
<td>Intervention Description</td>
<td>Study population description and Attrition</td>
<td>Study Results for Index follow-up</td>
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</tbody>
</table>
Intervention Strategy: Abstinence Education  
Intervention Name: Stay SMART  
Intervention Arm 1 - Stay SMART only  
Intervention Arm 2 - Stay SMART plus boosters  
Dosage: 13 weeks in duration, 12 total contacts  
Deliverer: outreach worker  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for cultural/subcultural identity and attempts were made to ensure deliverers were culturally appropriate  
Focus: multifocus | Target population: adolescents recruited from Boys and Girls Clubs  
Age:  
Total: Mean: 13.6 years  
Gender:  
Total:  
Male: 75%  
Female: 25%  
Race/Ethnicity:  
Total:  
Black/African American: 42%  
White: 45%  
Hispanic/Latino: 14%  
Virginity at baseline:  
Intervention Arm 1: 43%  
Intervention Arm 2: 64%  
Number of participants at beginning of study:  
Intervention Arm 1: 119  
Intervention Arm 2: 117  
Comparison: 123  
Total: 359  
Attrition Calculated:  
Post test:  
Intervention Arm 1: 30.3%  
Intervention Arm 2: 30.8%  
Comparison: 11.4%  
Total: 24%  
2nd follow up:  
Intervention Arm 1: 49.6%  
Intervention Arm 2: 49.6%  
Comparison: 36.6%  
Total: 45.1%  
3rd follow up:  
Intervention Arm 1: 58.8%  
Intervention Arm 2: 57.3%  
Comparison: 56.9%  
Total: 57.7% | Sexual Activity (sexual behavior scale):  
Arm 1: posttest Mean (SD) = 0.326 (0.71)  
Arm 2: posttest Mean (SD) = 0.124 (0.79)  
Comparison posttest Mean (SD) = –0.566 (1.09) |
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
<th>Design suitability</th>
<th>Quality of execution</th>
<th>Intervention Description</th>
<th>Study population description and Attrition</th>
<th>Study Results for Index follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trenholm et al., 2007 (1999–2006)</td>
<td>Milwaukee, WI</td>
<td>Greatest: RCT - individual</td>
<td>Fair</td>
<td>Setting: Community: selected summer and after school programs at elementary and middle schools in Milwaukee, Wisconsin</td>
<td>Target population: students from a low income African American single family area</td>
<td>Sexual Activity: OR= 1.09, 95% CI (0.71, 1.68)</td>
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<td>Intervention Strategy: Abstinence Education</td>
<td>Age: Range: &gt;13–19+ years</td>
<td>Number of Partners: OR= 1.00, 95% CI (0.50, 1.99)</td>
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<td>Intervention Name: Families United to Prevent Teen Pregnancy (A Life Options Model Curriculum for Youth)</td>
<td>Gender: Male: 38% Female: 62%</td>
<td>Unprotected Sex: OR= 1.09, 95% CI (0.60, 1.98)</td>
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<td>Dosage: 208 weeks in duration</td>
<td>Race/Ethnicity: Black/African American: 80% White: 2% Hispanic 6% Other: 11%</td>
<td>Use of Protection (condoms): OR= 1.13, 95% CI (0.68, 1.87)</td>
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<td>Deliverer: not reported</td>
<td>Virginity at baseline: not reported</td>
<td>Use of Protection (oral contraceptives): OR= 1.12, 95% CI (0.69, 1.80)</td>
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<td>Additional Components: none</td>
<td>Number of participants at beginning of study: Intervention: 287 Comparison: 152 Total: 439</td>
<td>Pregnancy: OR= 1.14, 95% CI (0.79, 1.65)</td>
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<td>Comparison Group: untreated Tailoring: none</td>
<td>Attrition rate: 3rd follow up: Intervention: 16% Comparison: 21% Total: 18%</td>
<td>STI: OR= 1.17, 95% CI (0.81, 1.69)</td>
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<td>Focus: multifocus</td>
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<td>Author(s) &amp; Date (Study period)</td>
<td>Location</td>
<td>Design suitability</td>
<td>Quality of execution</td>
<td>Intervention Description</td>
<td>Study population description and Attrition</td>
<td>Study Results for Index follow-up</td>
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<tr>
<td>Trenholm et al., 2007 (1999–2006)</td>
<td>Rural counties surrounding Clarksdale, Mississippi</td>
<td>Greatest: RCT - individual</td>
<td>Fair</td>
<td>Setting: School: selected elementary schools in the rural counties surrounding Clarksdale, Mississippi Intervention Strategy: Abstinence Education Intervention Name: Teens in Control: PSI &amp; Sex Can Wait Dosage: 91 weeks in duration, 1 contact per week Deliverer: not reported Additional Components: none Comparison Group: minimal treatment Tailoring: none Focus: multifocus</td>
<td>Target population: full range of students from low income, rural, predominantly African American community Age: Range: &gt;13–19+ years Gender: Male: 47% Female: 53% Race/Ethnicity: Black/African American: 87% Hispanic 6% Other: 6% Virginity at baseline: not reported Number of participants at beginning of study: Intervention: 433 Comparison: 376 Total: 809 Attrition Calculated: 3rd follow up: Intervention: 17% Comparison: 15%</td>
<td>Sexual Activity: OR = 1.09, 95% CI (0.80, 1.50) Number of Partners: OR = 1.19, 95% CI (0.74, 1.93) Unprotected Sex: OR = 1.18, 95% CI (0.77, 1.81) Use of Protection (condoms): OR = 1.07, 95% CI (0.74, 1.54) Use of Protection (oral contraceptives): OR = 1.06, 95% CI (0.74, 1.53) Pregnancy: OR = 1.13, 95% CI (0.86, 1.47) STI: OR = 0.90, 95% CI (0.69, 1.18)</td>
</tr>
<tr>
<td>Author(s) &amp; Date (Study period)</td>
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<td>Study Results for Index follow-up</td>
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<tr>
<td>Trenholm et al., 2007 (1999–2006)</td>
<td>Powhatan, Virginia</td>
<td>Sexual Activity: OR= 0.96, 95% CI (0.65, 1.42)</td>
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<tr>
<td>Greatest: RCT - individual Good</td>
<td></td>
<td>Number of Partners: OR= 0.80, 95% CI (0.47, 1.39)</td>
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<tr>
<td><strong>Setting</strong>: School: Powhatan, Virginia County Schools</td>
<td></td>
<td>Unprotected Sex: OR= 1.00, 95% CI (0.66, 1.52)</td>
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<tr>
<td><strong>Intervention Strategy</strong>: Abstinence Education</td>
<td></td>
<td>Use of Protection (condoms): OR= 1.00, 95% CI (0.64, 1.56)</td>
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<tr>
<td><strong>Intervention Name</strong>: My Choice My Future! (Reasonable Reasons to Wait, Art of Living Well, Wait Training)</td>
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<td>Use of Protection (oral contraceptives): OR= 1.00, 95% CI (0.67, 1.48)</td>
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<tr>
<td><strong>Dosage</strong>: 143 weeks in duration, 52 total contacts</td>
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<td>Pregnancy: OR= 1.00, 95% CI (0.71, 1.42)</td>
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<tr>
<td><strong>Deliverer</strong>: not reported</td>
<td></td>
<td>STI: OR= 1.00, 95% CI (0.70, 1.42)</td>
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<tr>
<td><strong>Additional Components</strong>: community outreach</td>
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<tr>
<td><strong>Comparison Group</strong>: untreated</td>
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<tr>
<td><strong>Tailoring</strong>: none</td>
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<tr>
<td><strong>Focus</strong>: multifocus</td>
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<tr>
<td><strong>Target population</strong>: students from middle income to working class White, non-Hispanic community in semirural area</td>
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<td><strong>Age</strong>: Range: 16–19+ years</td>
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<tr>
<td><strong>Gender</strong>:</td>
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<tr>
<td>Male: 46%</td>
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<tr>
<td>Female: 54%</td>
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<td><strong>Race/Ethnicity</strong>:</td>
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<tr>
<td>Black/African American: 10%</td>
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<tr>
<td>White: 80%</td>
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<tr>
<td>Hispanic 3%</td>
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<tr>
<td>Other: 6%</td>
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<tr>
<td><strong>Virginity at baseline</strong>: 85%</td>
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<tr>
<td><strong>Number of participants at beginning of study</strong>: Intervention: 332 Comparison: 185 Total: 517</td>
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<td><strong>Attrition Calculated</strong>:</td>
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<td>3rd follow up:</td>
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<tr>
<td>Intervention: 18%</td>
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<tr>
<td>Comparison: 20%</td>
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<td>Total: 19%</td>
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<tr>
<td>Author(s) &amp; Date (Study period)</td>
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<td>Intervention Description</td>
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<tr>
<td>Trenholm et al., year (1999–2006)</td>
<td>Miami, FL</td>
<td>Greatest RCT - individual</td>
<td>Fair</td>
<td>Setting: School: selected middle schools in Miami, Florida</td>
<td>Target population: high risk girls from a poor, urban community</td>
<td>Sexual Activity: OR= 0.82, 95% CI (0.57, 1.18)</td>
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<td></td>
<td>Intervention Strategy: Abstinence Education</td>
<td>Age: Range: 16–19+ years</td>
<td>Number of Partners: OR= 0.97, 95% CI (0.56, 1.68)</td>
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<td>Intervention Name: Recapturing the Vision (Vessels of Honor)</td>
<td>Gender: Female: 100%</td>
<td>Unprotected Sex: OR= 1.00, 95% CI (0.67, 1.50)</td>
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<td>Dosage: 39 weeks in duration, 5 contacts per week</td>
<td>Race/Ethnicity: Black/African American: 67%</td>
<td>Use of Protection (condoms): OR= 0.81, 95% CI (0.54, 1.23)</td>
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<td>Deliverer: teacher</td>
<td>White: 3%</td>
<td>Use of Protection (oral contraceptives): OR= 0.91, 95% CI (0.62, 1.34)</td>
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<td>Additional Components: community events, community service, home visits and referrals by social worker</td>
<td>Hispanic 18%</td>
<td>Pregnancy: OR= 0.96, 95% CI (0.62, 1.34)</td>
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<td>Comparison Group: comparable treatment</td>
<td>Other: 12%</td>
<td>STI: OR= 1.17, 95% CI (0.85, 1.63)</td>
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<td></td>
<td>Tailoring: tailored for gender</td>
<td>Virginity at baseline: 89%</td>
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<td>Focus: multifocus</td>
<td>Number of participants at beginning of study:</td>
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<td>Intervention: 306</td>
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<td>Comparison: 239</td>
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<td>Total: 545</td>
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<td>3rd follow up:</td>
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<td>Intervention: 19%</td>
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<td>Comparison: 21%</td>
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<td>Total: 20%</td>
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<tr>
<td>Author(s) &amp; Date (Study period)</td>
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<tr>
<td>Weed, Ericksen et al., unpublished (1999–2001)</td>
<td>Northern Virginia county</td>
<td>Greatest: non-randomized trial - group</td>
<td>Fair</td>
<td>Setting: School: middle schools in Northern Virginia</td>
<td>Target population: middle school students</td>
<td>Sexual Activity: OR = 0.52, 95% CI (0.30, 0.88)</td>
</tr>
<tr>
<td>Intervention Strategy: Abstinence Education</td>
<td>Grade: 7th grade</td>
<td></td>
<td></td>
<td>Intervention Name: Reasons of the Heart (ROH)</td>
<td>Gender: Male: 47.3% Female: 52.7%</td>
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<tr>
<td>Dosage: 20 total contacts</td>
<td>Race/Ethnicity:</td>
<td></td>
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<td>Deliverer: public school certified health education teacher</td>
<td>Black/African American: 9%</td>
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<td></td>
<td>Other: 17.1%</td>
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<td>Additional Components: none</td>
<td>White: 73.9%</td>
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<td>Comparison Group: minimal treatment</td>
<td>Other: 17.1%</td>
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<td></td>
<td></td>
<td>Tailoring: none</td>
<td>Virginity at baseline: 100%</td>
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<td>Focus: multifocus</td>
<td>Number of participants at beginning of study:</td>
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<td>Intervention: 421</td>
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<td>Comparison: 241</td>
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<td>Total: 662</td>
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<td>Attrition Calculated:</td>
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<td>2nd follow up:</td>
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<td>Intervention: 15.2%</td>
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<td></td>
<td>Comparison: 19.9%</td>
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<td>Total: 16.9%</td>
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</tbody>
</table>
Intervention Strategy: Abstinence Education  
Intervention Names: Teen Aid, Sex Respect and Values and Choices  
Dosage: not reported  
Deliverer: teacher  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: none  
Focus: multifocus | Target population: middle and high school students  
Age: Mean: 15.51 years  
Gender:  
Male: 50.1%  
Female: 49.9%  
Race/Ethnicity:  
White: 90.6%  
Hispanic 2.7%  
Other: 6.8%  
Virginity at baseline: 82.7%  
Number of participants analyzed:  
Total: 7000  
Attrition calculated:  
2nd follow up:  
Total: 15% | Sexual Activity:  
OR= 0.94, 95% CI (0.71, 1.24) |
Intervention Strategy: Abstinence Education  
Intervention Name: Heritage Community Services (Heritage Keepers Abstinence Education - 2nd year evaluation)  
Dosage: 8 hours of contact  
Deliverer: teacher  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: tailored for gender  
Focus: multifocus | Target population: predominantly African American middle and high school students  
Grade: 6–12th grades  
Gender: Male: 47% Female: 53%  
Race/Ethnicity:  
Black/African American: 88%  
White: 3%  
Hispanic 1%  
Other: 6%  
Virginity at baseline: 72%  
Number of participants analyzed:  
Intervention: 211  
Comparison: 153  
Total: 364  
Attrition: not reported | Sexual Activity:  
OR= 0.67, 95% CI (0.43, 1.05) |
<table>
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<tr>
<th>Author(s) &amp; Date (Study period)</th>
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<th>Design suitability</th>
<th>Quality of execution</th>
<th>Intervention Description</th>
<th>Study population description and Attrition</th>
<th>Study Results for Index follow-up</th>
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| Weed, Ericksen et al., 2005 (study period not reported) | South Carolina | Greatest: non-randomized trial - group | Good | *Setting:* Schools selected for high fidelity to plan  
*Intervention Strategy:* Abstinence Education  
*Intervention Name:* Heritage Keepers  
*Dosage:* 10 hours of contact  
*Deliverer:* teacher  
*Additional Components:* media campaign  
*Comparison Group:* untreated  
*Tailoring:* none  
*Focus:* multifocus | *Target population:* middle school students  
*Grade:* 7–9th grades  
*Gender:*  
Male: 37.8%  
Female: 62.2%  
*Race/Ethnicity:*  
Black/African American: 45.6%  
White: 54.4%  
*Virginity at baseline:* not reported  
*Number of participants at beginning of study:*  
Intervention: 2529  
Comparison: 417  
Total: 2946  
*Attrition Calculated:*  
2nd follow up:  
Intervention: 49.3%  
Comparison: 39.1%  
Total: 48% | *Sexual Activity:*  
OR = 0.47, 95% CI (0.34, 0.65)  
Female: OR = 0.41, 95% CI (0.27, 0.63)  
Male: OR = 0.52, 95% CI (0.32, 0.86) |
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</table>
Intervention Strategy: Abstinence Education  
Intervention Name: Choosing the Best  
Dosage: 2 weeks in duration, 5 contacts per week, 6 total contacts  
Deliverer: CTB certified instructors  
Additional Components: none  
Comparison Group: treated control  
Tailoring: none  
Focus: multifocus | Target population: suburban middle and high school students  
Grade: 7–9th grades  
Gender:  
Male: 49%  
Female: 51%  
Race/Ethnicity:  
Black/African American: 11%  
White: 84%  
Other: 5%  
Virginity at baseline: not reported  
Number of participants at end of study:  
Intervention: 239  
Comparison: 165  
Total: 404  
Attrition Calculated:  
2nd follow up:  
Intervention: 34%  
Comparison: 36%  
Total: 35% | Sexual Activity: OR= 0.47, 95% CI (0.24, 0.94) |
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| Young et al., 1992 (study period not reported) | Arkansas | Greatest: non-randomized trial - group Fair | Fair | Setting: School: junior high school health classes  
Intervention Strategy: Abstinence Education  
Intervention Name: Living Smart Curriculum and health class  
Dosage: 24 total contacts  
Deliverers: health teachers trained in Living Smart and other classroom teachers  
Additional Components: none  
Comparison Group 1: untreated (no health class)  
Comparison group 2: minimal treatment (health class only)  
Tailoring: none  
Focus: multifocus | Target population: 7th and 8th grade students  
Grade: middle school  
Gender: not reported  
Race/Ethnicity: not reported  
Virginity at baseline: not reported  
Number of participants at beginning of study: Intervention: 83  
Comparison 1: 66  
Comparison 2: 60  
Total: 209  
Attrition Calculated: Post test:  
Intervention: 0%  
Comparison 1: 0%  
Comparison 2: 0% | Sexual Activity:  
Comparison Group 1:  
Virgins: OR= 0.11, 95% CI (0.01, 2.16)  
Non-virgins: OR= 0.70, 95% CI (0.17, 2.81)  
Comparison Group 2:  
Virgins: OR= 0.06, 95% CI (0.00, 1.12)  
Non-virgins: OR= 0.10, 95% CI (0.01, 1.85)  
Number of Partners:  
OR= 0.81, 95% CI (0.56, 1.19) |

Studies that provided enough information to calculate an OR and 95% CI were included in the analysis.