### Group-Based Comprehensive Risk Reduction Interventions for Adolescents

#### Summary Evidence Table

<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>
</table>
Female: OR = 1.88, 95% CI (1.02, 3.47)  
Male: OR = 1.18, 95% CI (0.61, 2.29)  
Number of Partners:  
OR = 0.80, 95% CI (0.66, 0.96)  
Use of Protection (dual use):  
Female: OR = 7.43, 95%CI (1.90, 29.02)  
Male: OR = 1.03, 95%CI (0.41, 2.60) |
|                               |          |                    |                       | Intervention Strategy: Comprehensive Risk Reduction | Age:  
Females: Mean: 12.7 years  
Males: Mean: 12.94 years |                                |
|                               |          |                    |                       | Intervention Name: "Let's Talk About Sex Baby" & Postponing Sexual Involvement | Gender: not reported |
|                               |          |                    |                       | Dosage: not reported | Race/Ethnicity:  
Females:  
Black/African American: 84.9%  
Hispanic 11.5%  
Other: 2.9%  
Males:  
Black/African American: 87.8%  
Hispanic 10.6%  
Virginity at baseline:  
Female: 83.7%  
Male: 44.9% |                                |
|                               |          |                    |                       | Deliverers: health professional (Project facilitator) and peer leader | Number of participants at beginning of study: Intervention: 262  
Comparison: 260  
Total: 522 |                                |
|                               |          |                    |                       | Additional Components: none | Attrition Calculated:  
Post test:  
Total: 38%  
2nd follow up:  
Total: 17%  
3rd follow up:  
Total: 39% |                                |
<p>|                               |          |                    |                       | Tailoring: tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate |                                |
|                               |          |                    |                       | Focus: pregnancy |                                |</p>
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location Design suitability</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Aten et al., 2002 (study period not reported) Rochester, NY</td>
<td>Greatest non-randomized trial: group Fair</td>
<td></td>
<td>Setting: School: Middle school health education classes in Rochester, NY</td>
<td>Target population: urban, predominantly minority, middle school students</td>
<td>Sexual Activity:</td>
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<tr>
<td></td>
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<td>Intervention Strategy: Comprehensive Risk Reduction</td>
<td>Age: Arm 1: Mean (SD): 13.2 (0.77) years Arm 2: Mean (SD): 13.2 (0.67) years Arm 3: Mean (SD): 13 (0.65) years</td>
<td>Arm 1: OR= 0.90, 95% CI (0.61, 1.33)</td>
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<tr>
<td></td>
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<td>Intervention Name: Rochester AIDS Prevention Project (RAPP)</td>
<td>Gender: Arm 1: Male: 50% Female: 50% Arm 2: Male: 49.1% Female: 51.9% Arm 3: Male: 50.6% Female: 49.4%</td>
<td>Female: OR= 0.94, 95% CI (0.55, 1.59)</td>
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<tr>
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<td>Arm 1: RAPP delivered by an adult Arm 2: RAPP delivered by a peer Arm 3: RAPP delivered by a teacher</td>
<td>Race/Ethnicity: Arm 1: Black/African American: 46.7% White: 18.8% Hispanic 18.6% Other: 15.9%</td>
<td>Male: OR= 0.75, 95% CI (0.41, 1.36)</td>
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<td>Dosage: 12 total contacts Deliverers: Arm 1: trained adult health educators Arm 2: peer educator Arm 3: school district's health education teacher</td>
<td>Arm 2: Black/African American: 48.7% White: 16.2% Hispanic 21.5% Other: 13.6%</td>
<td>Arm 2: OR= 0.95, 95% CI (0.64, 1.41)</td>
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<td>Arm 3: RAPP delivered by a teacher</td>
<td>Arm 3: Male: 50% Female: 50%</td>
<td>Female: OR= 1.35, 95% CI (0.81, 2.24)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Additional Components: none Comparison Group: minimal treatment</td>
<td>Race/Ethnicity: Arm 1: Black/African American: 51.5% White: 15.4% Hispanic 16.4% Other: 16.6%</td>
<td>Male: OR= 0.54, 95% CI (0.27, 1.07)</td>
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<tr>
<td></td>
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<td>Tailoring: tailored for gender and race/ethnicity Focus: HIV/STD</td>
<td>Virginity at baseline: Arm 1: 55.2% Arm 2: 58% Arm 3: 63.9%</td>
<td>Arm 3: OR= 0.62, 95% CI (0.40, 0.97)</td>
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<td>Number of participants at beginning of study: Arm 1: 523 Arm 2: 412 Arm 3: 313 Comparison: 467 Total: 1715</td>
<td>Female: OR= 0.81, 95% CI (0.45, 1.46)</td>
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<td>Attrition Calculated: 2nd follow up: Arm 1: 35% Arm 2: 30% Arm 3: 35% Comparison: 38%</td>
<td>Male: OR= 0.35, 95% CI (0.18, 0.69)</td>
</tr>
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</tbody>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Reducing the Risk (RTR)  
Dosage: 12 hours of contact  
Deliverer: teacher  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: tailored for race/ethnicity and cultural/subcultural identity  
Focus: multifocus | Target population: 10th graders  
Age: Mean: 15.4 years  
Gender:  
Male: 50%  
Female: 50%  
Race/Ethnicity:  
American Indian/Alaska Native: 2%  
Asian: 10%  
Black/African American: 2%  
White: 60%  
Hispanic 20%  
Other: 6%  
Virginity at baseline: not reported  
Number of participants at beginning of study: Intervention: 586  
Comparison: 447  
Total: 1033  
Attrition:  
Post test:  
Total: 19.5%  
2nd follow up:  
Total: 30.1%  
3rd follow up:  
Total: 26.6% | Sexual Activity:  
OR= 0.82, 95% CI (0.60, 1.10)  
Frequency of Sex:  
nonvirgins: pretest Mean= 3.1  
posttest Mean= 3.9  
Comparison: pretest Mean= 2.2  
posttest Mean= 3.5  
Virgins: pretest Mean= 0.0  
posttest Mean= 3.1  
Comparison: pretest Mean= 0.0  
posttest Mean= 3.0  
Unprotected Sex:  
OR= 0.85, 95% CI (0.37, 1.93)  
Use of Protection (oral contraceptives):  
OR= 1.13, 95% CI (0.76, 1.69)  
Pregnancy:  
OR= 1.29, 95% CI (0.69, 2.40) |
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<tbody>
<tr>
<td>Booth et al., 1999 (1992–1993)</td>
<td>Colorado</td>
<td>Greatest: Other</td>
<td>modified crossover design with 3 month washout periods</td>
<td>Setting: Community: runaway centers</td>
<td>Target population: runaway youth</td>
<td>Number of Partners: OR= 1.14, 95% CI (0.64, 2.06)</td>
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<td>Fair</td>
<td>Intervention Strategy: Risk Reduction Alone</td>
<td>Age: Total: Mean (SD): 17.4 (1.5) years</td>
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<td>Intervention Name: no named program - peer helper program</td>
<td>Gender: Total: Male: 51% Female: 49%</td>
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<td>Dosage: 8 hours of contact</td>
<td>Race/Ethnicity: Total: American Indian/Alaska Native: 5% Black/African American: 8% White: 73% Hispanic 12% Other: 3% Virginity at baseline: 0%</td>
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<td>Deliverer: not reported</td>
<td>Number of participants at end of study: Arm 1: 72 Comparison 1: 75 Total: 147</td>
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<td>Additional Components: none</td>
<td>Attrition: not reported</td>
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<td>Comparison Group: untreated</td>
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<td>Tailoring: tailored for cultural/subcultural identity</td>
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<td>Focus: HIV/STD</td>
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</tbody>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: no named program - STD/HIV prevention  
Dosage: 3 hours of contact  
Deliverer: group facilitator  
Additional Components: none  
Comparison Group: treated control  
Tailoring: none  
Focus: HIV/STD | Target population: high school students from urban public high schools  
Age: Mean: 14.7 years  
Gender:  
Male: 63%  
Female: 37%  
Race/Ethnicity:  
Asian: 47%  
Black/African American: 12%  
White: 8%  
Hispanic: 30%  
Other: 3%  
Virginity at baseline: Total: 78%  
Number of participants analyzed:  
Intervention: 210  
Comparison: 303  
Total: 513  
Attrition Calculated:  
Post test:  
Intervention: 32%  
Comparison: 22%  
Total: 26% | Number of Partners:  
OR= 1.12, 95% CI (0.55, 2.29)  
Use of Protection (condoms):  
OR= 1.26, 95% CI (0.63, 2.52) |
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<tr>
<td>Coyle, Kirby et al., 2006 (2000–2003)</td>
<td>Northern California</td>
<td>Greatest: RCT: group</td>
<td>Fair</td>
<td><strong>Setting:</strong> School: community day (alternative) schools from four large urban northern California counties &lt;br&gt;<strong>Intervention Strategy:</strong> Comprehensive Risk Reduction &lt;br&gt;<strong>Intervention Name:</strong> All4You! &lt;br&gt;<strong>Dosage:</strong> 26 hours of contact &lt;br&gt;<strong>Deliverer:</strong> health educator &lt;br&gt;<strong>Additional Components:</strong> community service &amp; learning &lt;br&gt;<strong>Comparison Group:</strong> minimal treatment &lt;br&gt;<strong>Tailoring:</strong> none &lt;br&gt;<strong>Focus:</strong> multifocus</td>
<td><strong>Target population:</strong> adolescents in alternative schools &lt;br&gt;<strong>Age:</strong> Range: 14–18+ years &lt;br&gt;<strong>Gender:</strong> &lt;br&gt;Male: 61.2% &lt;br&gt;Female: 38.8% &lt;br&gt;<strong>Race/Ethnicity:</strong> &lt;br&gt;Asian: 16.9% &lt;br&gt;Black/African American: 29% &lt;br&gt;White: 12.2% &lt;br&gt;Hispanic: 27.6% &lt;br&gt;Other: 14.2% &lt;br&gt;<strong>Virginity at baseline:</strong> 18% &lt;br&gt;<strong>Number of participants at beginning of study:</strong> Intervention: 597 &lt;br&gt;Comparison: 391 &lt;br&gt;Total: 988 &lt;br&gt;<strong>Attrition Calculated:</strong> &lt;br&gt;Post test: &lt;br&gt;Total: 27% &lt;br&gt;2nd follow up: &lt;br&gt;Total: 38% &lt;br&gt;3rd follow up: &lt;br&gt;Total: 44%</td>
<td><strong>Sexual Activity:</strong> &lt;br&gt;OR = 1.23, 95% CI (0.51, 2.97) &lt;br&gt;<strong>Frequency of Sex:</strong> &lt;br&gt;OR = 0.78, 95% CI (0.62, 0.99) &lt;br&gt;<strong>Number of Partners:</strong> &lt;br&gt;OR = 1.00, 95% CI (0.79, 1.26) &lt;br&gt;<strong>Unprotected Sex:</strong> &lt;br&gt;OR = 0.69, 95% CI (0.55, 0.87) &lt;br&gt;<strong>Use of Protection (condoms):</strong> &lt;br&gt;OR = 2.12, 95% CI (1.25, 3.59) &lt;br&gt;<strong>Use of Protection (oral contraceptives):</strong> &lt;br&gt;OR = 1.15, 95% CI (0.78, 1.70) &lt;br&gt;<strong>Pregnancy:</strong> &lt;br&gt;OR = 1.15, p = 0.66</td>
</tr>
<tr>
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| Setting: | School: high schools in urban northern California and urban southeastern Texas |
| Intervention Strategy: | Comprehensive Risk Reduction |
| Intervention Name: | Safer Choices |
| Dosage: | 104 weeks in duration |
| Deliverer: | teacher |
| Additional Components: | school and community health promotion council and school-wide activities to change normative culture of school |
| Comparison Group: | minimal treatment |
| Tailoring: | none |
| Focus: | multifocus |

<table>
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<tr>
<th>Study population description and Attrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target population: 9th grade students</td>
</tr>
<tr>
<td>Grade: 9th grade</td>
</tr>
<tr>
<td>Gender:</td>
</tr>
<tr>
<td>Male: 49.7%</td>
</tr>
<tr>
<td>Female: 50.3%</td>
</tr>
<tr>
<td>Race/Ethnicity:</td>
</tr>
<tr>
<td>Asian: 13.7%</td>
</tr>
<tr>
<td>Black/African American: 19.6%</td>
</tr>
<tr>
<td>White: 28.7%</td>
</tr>
<tr>
<td>Hispanic: 28.7%</td>
</tr>
<tr>
<td>Other: 7.7</td>
</tr>
<tr>
<td>Virginity at baseline: 68.9%</td>
</tr>
<tr>
<td>Number of participants at beginning of study:</td>
</tr>
<tr>
<td>Intervention: 1983</td>
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<tr>
<td>Comparison: 1886</td>
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<tr>
<td>Total: 3869</td>
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<tr>
<td>Attrition Calculated:</td>
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<tr>
<td>Post test:</td>
</tr>
<tr>
<td>Total: 5%</td>
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<tr>
<td>2nd follow up:</td>
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<tr>
<td>Total: 17%</td>
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<tr>
<td>3rd follow up:</td>
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<tr>
<td>Total: 21%</td>
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<table>
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<tr>
<th>Study Results for Index follow-up</th>
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<tbody>
<tr>
<td>Sexual Activity:</td>
</tr>
<tr>
<td>OR = 0.83, 95% CI (0.54, 1.27)</td>
</tr>
<tr>
<td>Frequency of Sex:</td>
</tr>
<tr>
<td>OR = 0.81, 95% CI (0.63, 1.05)</td>
</tr>
<tr>
<td>Unprotected Sex:</td>
</tr>
<tr>
<td>OR = 0.63, 95% CI (0.40, 0.99)</td>
</tr>
<tr>
<td>Use of Protection (condoms):</td>
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<tr>
<td>OR = 1.68, 95% CI (1.02, 2.78)</td>
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<tr>
<td>Use of Protection (oral contraceptives):</td>
</tr>
<tr>
<td>OR = 1.76, 95% CI (1.01, 3.07)</td>
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<tr>
<td>Author(s) &amp; Date (Study period)</td>
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**Intervention Description**
- **Setting:** School: Middle schools from northern California school districts
- **Intervention Strategy:** Comprehensive Risk Reduction
- **Intervention Name:** Draw the Line/Respect the Line
- **Dosage:** 104 weeks in duration, 20 total contacts
- **Deliverer:** health educator
- **Additional Components:** none
- **Comparison Group:** minimal treatment
- **Tailoring:** tailored for race/ethnicity
- **Focus:** multifocus

**Study population description and Attrition**
- **Target population:** diverse middle school students
- **Age:** Total: Mean: 11.5 years
- **Gender:**
  - Total: Male: 49.9%
  - Total: Female: 50.1%
- **Race/Ethnicity:**
  - Total: Asian: 15.9%
  - Total: Black/African American: 5.2%
  - Total: White: 16.5%
  - Total: Hispanic: 59.3%
  - Total: Other: 3.1%
- **Virginity at baseline:** Total: 96%
- **Number of participants at beginning of study:** Total: 2829
- **Attrition Calculated:**
  - Post test: Total: 3%
  - 2nd follow up: Total: 12%
  - 3rd follow up: Total: 36%

**Study Results for Index follow-up**
- **Sexual Activity:**
  - Female: OR = 0.65, 95% CI (0.47, 0.90)
  - Male: OR = 0.67, 95% CI (0.49, 0.93)
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<tr>
<td>DiClemente et al., 2004 (1995–2002)</td>
<td>Birmingham, AL</td>
<td>Greatest: RCT: individual Fair</td>
<td></td>
<td>Setting: Community: (details unknown)</td>
<td>Target population: African American sexually active females</td>
<td>Number of Partners: OR= 0.59, 95% CI (0.19, 1.84)</td>
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<td></td>
<td>Intervention Strategy: Comprehensive Risk Reduction</td>
<td>Age: Mean (SD): 15.99 (1.25) years</td>
<td>Unprotected Sex: OR= 0.71, 95% CI (0.51, 0.99)</td>
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<td>Intervention Name: no named program - HIV prevention</td>
<td>Gender: Female: 100%</td>
<td>Use of Protection (condoms): OR= 2.49, 95% CI (1.67, 3.71)</td>
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<td>Dosage: 16 hours of contact</td>
<td>Race/Ethnicity: Black/African American: 100%</td>
<td>Pregnancy: OR= 0.74, 95% CI (0.30, 1.82)</td>
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<td>Deliverers: African American female health educator and African American female peer educator</td>
<td>Virginity at baseline: 0%</td>
<td>STI: OR= 0.47, 95%CI (0.25, 0.88)</td>
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<td>Additional Components: STD testing</td>
<td>Number of participants at beginning of study: Intervention: 251 Comparison: 271 Total: 522</td>
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<td>Comparison Group: untreated</td>
<td>Attrition: Posttest: Intervention: 10% Comparison: 10.3% Total: 10.2% 2nd follow up: Intervention: 3.1% Comparison: 0.8% Total: 1.9%</td>
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| Dilorio, Resnicow et al., 2006 (1996–2001) | Atlanta, GA | Greatest: RCT: group Good | Good | **Setting:** Community: Boys and Girls Clubs  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** Keepin' it Real!  
Arm 1: Life Skills Program (LSK)  
Arm 2: Social Cognitive Theory (SCT)  
**Dosage:** 14 hours of contact  
**Deliverer:** facilitators  
**Additional Components:**  
Arm 1: Structural component: creation of new social networks Community service & learning  
Arm 2: Structural component: creation of new social networks  
**Comparison Group:** minimal treatment  
**Tailoring:** none  
**Focus:** HIV/STD | **Target population:** adolescents in Boys and Girls clubs  
**Age:**  
Arm 1: Mean: 12.4 years  
Arm 2: Mean: 12.2 years  
**Gender:**  
Arm 1:  
Male: 55.6%  
Female: 44.4%  
Arm 2:  
Male: 61.9%  
Female: 38.1%  
**Race/Ethnicity:**  
Total:  
Black/African American: 97.9%  
**Virginity at baseline:**  
Arm 1: 92%  
Arm 2: 93%  
**Number of participants analyzed:**  
Arm 1: 180  
Arm 2: 170  
Comparison 1: 175  
Total: 525  
**Attrition Calculated:**  
3rd follow up:  
Arm 1: 5%  
Arm 2: 9%  
Comparison 1: 13%  
Sexual Activity:  
Arm 1: OR= 1.04, 95% CI (0.60, 1.80)  
Arm 2: OR= 1.38, 95% CI (0.82, 2.33)  
Use of Protection (condoms):  
Arm 1: OR= 15.9, 95% CI (0.88, 288.64)  
Arm 2: OR= 4.24, 95% CI (0.80, 22.56) |
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</tr>
</thead>
</table>
| Dilorio, McCarty et al., 2007 (study period not reported) | Atlanta, GA | Greatest: RCT: group | Fair | Setting: Community: Boys and Girls Clubs  
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Real Men (Responsible, Empowered, Aware, Living)  
Dosage: 14 hours of contact  
Deliverer: not reported  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for gender  
Focus: HIV/STD | Target population: adolescents with fathers or father figures in Boys and Girls clubs  
Age: Mean (SD): 12.8 (1.2) years  
Gender: Male: 100%  
Race/Ethnicity: Black/African American: 97.7%  
Virginity at baseline: 76%  
Number of participants at beginning of study:  
Intervention: 277  
Comparison: 277  
Total: 554  
Attrition: not reported | Sexual Activity: OR = 1.02, 95% CI (0.59, 1.75)  
Use of Protection (condoms): OR = 3.54, 95% CI (1.17, 10.70) |
<table>
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</table>
| Ferguson et al., 1998 (study period not reported) | Charlottesville, VA | Greatest: RCT: group | Fair | Setting: Community: four subsidized housing neighborhoods in Charlottesville, VA  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** no named program – peer counseling pregnancy prevention  
**Dosage:** 16 hours of contact  
**Deliverer:** peer educators  
**Additional Components:** none  
**Comparison Group:** treated control  
**Tailoring:** tailored for gender, race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
**Focus:** pregnancy | **Target population:** African American adolescent females from subsidized housing neighborhoods  
**Grade:** Mean: 6th grade  
**Gender:** Female: 100%  
**Race/Ethnicity:** Black/African American: 100%  
**Virginity at baseline:** not reported  
**Number of participants at beginning of study:** Intervention: 33  
Comparison: 30  
Total: 63 | Sexual Activity: OR= 3.00, 95% CI (0.25, 35.44)  
**Use of Protection (oral contraceptives):** OR= 2.00, 95% CI (0.27, 14.78)  
**Pregnancy:** OR= 1.00, 95% CI (0.08, 12.48) |
<table>
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</thead>
</table>
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** Arm 1: Information Motivation Behavior Skills  
Arm 2: Information Motivation Behavior Skills and SWAT  
**Dosage:**  
Arm 1: 1 week in duration, 5 contacts per week, 5 total contacts  
Arm 2: 3 weeks in duration, 7 contacts per week, 7 total contacts  
**Deliverer:**  
Arm 1: regular teacher  
Arm 2: regular teacher and peer  
**Additional Components:**  
Arm 1: none  
Arm 2: Structural component: opinion leader model  
**Comparison Group:** minimal treatment  
**Tailoring:** tailored for race/ethnicity and cultural/subcultural identity  
**Focus:** HIV/STD | **Target population:** inner city minority adolescents  
**Age:** Arm 1: Mean: 14.5 years  
Arm 2: Mean: 14.6 years  
**Gender:**  
Arm 1: Male: 42% Female: 58%  
Arm 2: Male: 42% Female: 58%  
**Race/Ethnicity:**  
Arm 1: Black/African American: 47%  
Hispanic 34%  
Other: 19%  
Arm 2: Black/African American: 88%  
Hispanic 7%  
Other: 5%  
**Virginity at baseline:** Total: 71%  
**Number of participants at beginning of study:**  
Arm 1: 310  
Arm 2: 296  
Comparison 1: 589  
Total: 1195  
**Attrition:** not reported | **Sexual Activity:**  
Arm 1: OR= 1.93, 95% CI (0.74, 5.08)  
Arm 2: OR= 1.04, 95% CI (0.45, 2.37)  
**Use of Protection (condoms):**  
Arm 1: OR= 1.93, 95% CI (1.19, 3.11)  
Arm 2: OR= 3.38, 95% CI (1.98, 5.79) |
<table>
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</table>
| Flay et al., 2004 (1994–1998) | Chicago, IL | Greatest: RCT: group | Fair | **Setting:** School: metropolitan, Chicago, IL school  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** Aban Aya Youth Project  
Arm 1: Social Development Curriculum (SDC)  
Arm 2: School/Community Intervention (SCI)  
**Dosage:** not reported  
**Deliverer:** University-based health educators  
**Additional Components:**  
Arm 1: none  
Arm 2: Social component: “rebuilding the village” to create community-wide support  
Structural component: formation of a multi-sectoral task force  
**Comparison Group:** untreated  
**Tailoring:** tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
**Focus:** multifocus | **Target population:** African American middle school students from metropolitan area high risk schools  
**Grade:** Total: Mean (SD): 10.8 (0.6) years  
**Gender:**  
Arm 1:  
Male: 48.9%  
Female: 51.1%  
Arm 2:  
Male: 50.5%  
Female: 49.5%  
**Race/Ethnicity:** not reported  
**Virginity at baseline:** not reported  
**Number of participants at beginning of study:** Total: 644  
**Attrition Calculated:**  
Post test: Total: 6.8%  
2nd follow up: Total: 10.5% | **Sexual Activity:**  
Arm 1:  
Female: OR = 0.81, 95% CI (0.50, 1.31)  
Male: OR = 0.43, 95% CI (0.28, 0.63)  
Arm 2:  
Female: OR = 0.49, 95% CI (0.29, 0.82)  
Male: OR = 0.28, 95% CI (0.19, 0.43)  
**Use of Protection (condoms):**  
Arm 1:  
Female: OR = 1.02, 95% CI (0.57, 1.81)  
Male: OR = 1.99, 95% CI (1.26, 3.14)  
Arm 2:  
Female: OR = 0.15, 95% CI (0.09, 0.25)  
Male: OR = 3.29, 95% CI (2.07, 5.21) |
| **Author(s) & Date**  
| **(Study period)**  
| **Location**  
| **Design suitability**  
| **Quality of execution** | **Intervention Description** | **Study population description and Attrition** | **Study Results for Index follow-up** |
| Gillmore et al., 1997  
| (study period not reported)  
| Northwest US  
| Greatest: RCT: group  
| Fair | Setting: Community: urban community juvenile detention facility  
| **Intervention Strategy:** Risk Reduction Alone  
| **Intervention Name:** no named program – group skills training HIV/STD prevention  
| **Dosage:** 8 hours of contact  
| **Deliverers:** adult facilitator and peer tutor  
| **Additional Components:** none  
| **Comparison Group:** minimal treatment (group 1: comic book, group 2: video)  
| **Tailoring:** tailored for cultural/subcultural identity  
| **Focus:** HIV/STD | **Target population:** high risk adolescents recruited from an urban juvenile detention facility  
| **Age:** Total: Mean: 15.74 years  
| **Gender:**  
| Male: 54%  
| Female: 46%  
| **Race/Ethnicity:**  
| Black/African American: 52%  
| White: 48%  
| **Virginity at baseline:** 0%  
| **Number of participants at beginning of study:** Total: 228  
| **Attrition Calculated:**  
| **Post test:**  
| Total: 19%  
| **2nd follow up:**  
| Total: 29%  
| **3rd follow up:**  
| Total: 24% | **Use of Protection (condoms):**  
| **Comparison group 1:**  
| OR= 1.72, 95% CI (0.99, 2.98)  
| **Comparison group 2:**  
<p>| OR= 0.58, 95% CI (0.34, 1.01) |</p>
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</thead>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Reducing the Risk (RTR)  
Dosage: 16 hours of contact  
Deliverer: teachers  
Additional Components: none  
Tailoring: none  
Focus: multifocus | Target population: rural and urban high school students  
Grade: 9–12 grades  
Gender:  
Male: 42%  
Female: 58%  
Race/Ethnicity:  
Black/African American: 13%  
White: 87%  
Virginity at baseline: 81%  
Number of participants at beginning of study: Intervention: 267  
Comparison: 265  
Total: 532 | Sexual Activity:  
OR= 0.50, 95% CI (0.24, 1.07)  
Use of Protection (condoms):  
OR= 9.50, 95% CI (1.83, 49.26) |
<table>
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</table>
| Setting: Community: outpatient clinic, local YMCA and local school  
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: no named program -AIDS prevention  
Dosage: 5 hours of contact  
Deliverer: facilitators  
Additional Components: none  
Tailoring: tailored for gender, race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
Focus: HIV/STD | Target population: African American, male adolescents from inner city  
Age: Total: Mean (SD): 14.64 (1.66) years  
Gender: Male: 100%  
Race/Ethnicity: Black/African American: 100%  
Virginity at baseline: not reported  
Number of participants at end of study: Intervention: 83  
Comparison: 67  
Total: 150  
Attrition Calculated: Post test: Total: 4% | Sexual Activity: Intervention: posttest Mean = 0.48  
Comparison: posttest Mean= 0.60  
Frequency of Sex: OR = 0.38, 95% CI (0.18, 0.78)  
Number of Partners: OR= 0.35, 95% CI (0.18, 0.69)  
Unprotected Sex: OR= 0.34, 95% CI (0.17, 0.69)  
Use of Protection (condoms): OR= 3.81, 95% CI (1.24, 11.70) |
<table>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Sexual Activity:</strong></td>
</tr>
<tr>
<td>Arm 1: OR= 0.83, 95% CI (0.50, 1.39)</td>
</tr>
<tr>
<td>Nonvirgin: OR= 0.52, 95% CI (0.22, 1.27)</td>
</tr>
<tr>
<td>Virgin: OR= 0.26, 95% CI (0.08, 0.83)</td>
</tr>
<tr>
<td>Arm 2: OR= 0.66, 95% CI (0.38, 1.13)</td>
</tr>
<tr>
<td>Nonvirgin: OR= 0.55, 95% CI (0.23, 1.33)</td>
</tr>
<tr>
<td>Virgin: OR= 0.82, 95% CI (0.35, 1.91)</td>
</tr>
<tr>
<td><strong>Frequency of Sex:</strong></td>
</tr>
<tr>
<td>Arm 1: OR = 0.92, 95% CI (0.65,1.30)</td>
</tr>
<tr>
<td>Nonvirgin: OR= 0.42, 95%CI (0.16 1.07)</td>
</tr>
<tr>
<td>Virgin: OR= 0.90, 95%CI (0.58 1.40)</td>
</tr>
<tr>
<td>Arm 2: OR = 0.82, 95% CI (0.58,1.15)</td>
</tr>
<tr>
<td>Nonvirgin: OR= 0.23, 95%CI (0.09 0.58)</td>
</tr>
<tr>
<td>Virgin: OR= 0.90, 95%CI (0.58 1.41)</td>
</tr>
<tr>
<td><strong>Unprotected Sex:</strong></td>
</tr>
<tr>
<td>Arm 1: OR= 0.41, 95% CI (0.17, 1.03)</td>
</tr>
<tr>
<td>Nonvirgin: OR= 0.63, 95%CI (0.21, 1.83)</td>
</tr>
<tr>
<td>Virgin: OR= 0.03, 95%CI (0.00, 6.78)</td>
</tr>
<tr>
<td>Arm 2: OR= 0.42, 95% CI (0.17, 1.03)</td>
</tr>
<tr>
<td>Nonvirgin: OR= 0.20, 95%CI (0.06, 0.68)</td>
</tr>
<tr>
<td>Virgin: OR= 0.46, 95%CI (0.08, 2.59)</td>
</tr>
<tr>
<td><strong>Use of Protection (condoms):</strong></td>
</tr>
<tr>
<td>Arm 1: OR= 1.09, 95% CI (0.36, 3.32)</td>
</tr>
<tr>
<td>Arm 2: OR= 3.38, 95% CI (0.08, 0.08)</td>
</tr>
</tbody>
</table>

### Study Population Description and Attrition

**Target population:** African American adolescents from inner city

**Age:** Total: Mean: 11.8 years

**Gender:**

- Total: Male: 47%
- Female: 53%

**Race/Ethnicity:**

- Black/African American: 100%

**Virginity at baseline:** Total: 74.8%

**Number of participants at beginning of study:**

- Arm 1: 215
- Arm 2: 218
- Comparison: 214
- Total: 647

**Attrition:**

- Post test:
  - Arm 1: 0.9%
  - Arm 2: 0.9%
  - Comparison: 3.3%
- Total: 3.5%

- 2nd follow up:
  - Arm 1: 5.1%
  - Arm 2: 5.0%
  - Comparison: 1.4%
- Total: 5.6%

- 3rd follow up:
  - Arm 1: 7.0%
  - Arm 2: 5.5%
  - Comparison: 4.7%
- Total: 7.4%

### Intervention Description

**Setting:** Community: 3 middle schools serving low income African American communities

**Intervention Strategy:** Comprehensive Risk Reduction

**Intervention Name:** Spruce Adolescent Health Promotion Project

**Arm 1:** Abstinence HIV prevention

**Arm 2:** Safer Sex HIV prevention

**Dosage:** 8 hours of contact

**Deliverers:** adult facilitator and high school student peer co-facilitator

**Additional Components:** none

**Comparison Group:** untreated

**Tailoring:** tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate

**Focus:** HIV/STD

### Study Results for Index follow-up

**Sexual Activity:**

- Arm 1: OR= 0.83, 95% CI (0.50, 1.39)
- Nonvirgin: OR= 0.52, 95% CI (0.22, 1.27)
- Virgin: OR= 0.26, 95% CI (0.08, 0.83)
- Arm 2: OR= 0.66, 95% CI (0.38, 1.13)
- Nonvirgin: OR= 0.55, 95% CI (0.23, 1.33)
- Virgin: OR= 0.82, 95% CI (0.35, 1.91)

**Frequency of Sex:**

- Arm 1: OR = 0.92, 95% CI (0.65,1.30)
- Nonvirgin: OR= 0.42, 95%CI (0.16 1.07)
- Virgin: OR= 0.90, 95%CI (0.58 1.40)
- Arm 2: OR = 0.82, 95% CI (0.58,1.15)
- Nonvirgin: OR= 0.23, 95%CI (0.09 0.58)
- Virgin: OR= 0.90, 95%CI (0.58 1.41)

**Unprotected Sex:**

- Arm 1: OR= 0.41, 95% CI (0.17, 1.03)
- Nonvirgin: OR= 0.63, 95%CI (0.21, 1.83)
- Virgin: OR= 0.03, 95%CI (0.00, 6.78)
- Arm 2: OR= 0.42, 95% CI (0.17, 1.03)
- Nonvirgin: OR= 0.20, 95%CI (0.06, 0.68)
- Virgin: OR= 0.46, 95%CI (0.08, 2.59)

**Use of Protection (condoms):**

- Arm 1: OR= 1.09, 95% CI (0.36, 3.32)
- Arm 2: OR= 3.38, 95% CI (0.08, 0.08)
<table>
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</thead>
</table>
| Jemmott et al., 1999 (study period not reported) | Trenton, NJ | Greatest: RCT: individual Good | | Setting: Community: public schools
Intervention Strategy: Comprehensive Risk Reduction
Intervention Name: no named program - HIV prevention
Dosage: 5 hours of contact
Deliverer: facilitators
Additional Components: none
Comparison Group: untreated
Tailoring: tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate
Focus: HIV/STD | Target population: African American middle school students
Grade: Mean: 7.51 grade
Gender: Male: 46.2%
Female: 53.8%
Race/Ethnicity: Black/African American: 100%
Virginity at baseline: Total: 44.7%
Number of participants at beginning of study:
Intervention: 269
Comparison: 227
Total: 496
Attrition Calculated:
Post test:
Intervention: 2.2%
Comparison: 4.4%
Total: 3.2%
2nd follow up:
Intervention: 6%
Comparison: 8.8%
Total: 7.3% | Sexual Activity:
Intervention:
pretest Mean= 0.27
posttest Mean= 0.21
Comparison:
pretest Mean= 0.32
posttest Mean= 0.24
Frequency of Sex:
OR = 0.87, 95% CI (0.62, 1.21)
Number of Partners:
OR= 0.77, 95% CI (0.55, 1.08)
Unprotected Sex:
OR= 0.63, 95% CI (0.45, 0.87)
<table>
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</table>
| Jemmott et al., 2005 (study period not reported) | Philadelphia, PA | Greatest: RCT: individual | Good | **Setting:** Community: adolescent medicine clinic  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** no named program – HIV/STD prevention  
Arm 1: information-based  
Arm 2: skills-based  
**Dosage:** 4.5 hours of contact  
**Deliverer:** facilitators  
**Additional Components:** none  
**Comparison Group:** untreated  
**Tailoring:** tailored for gender and race/ethnicity  
**Focus:** HIV/STD | **Target population:** African American and Latino adolescents attending an adolescent medicine clinic  
**Age:**  
Arm 1:  
Mean (SD): 15.49 (0.1) years  
Arm 2:  
Mean (SD): 15.53 (0.1) years  
**Gender:**  
Arm 1 and Arm 2  
Female: 100%  
**Race/Ethnicity:**  
Arm 1:  
Black/African American: 68%  
Arm 2:  
Black/African American: 67.6%  
**Virginity at baseline:** not reported  
**Number of participants at end of study:**  
Arm 1: 196  
Arm 2: 209  
Comparison 1: 199  
Total: 604  
**Attrition Calculated:**  
Post test:  
Arm 1: 7.9%  
Arm 2: 4.3%  
Comparison: 5%  
Total: 5.7%  
2nd follow up:  
Arm 1: 9.6%  
Arm 2: 6%  
Comparison: 5.9%  
Total: 7.2%  
3rd follow up:  
Arm 1: 14%  
Arm 2: 11.1%  
Comparison: 9%  
Total: 11.4%  
**Number of Partners:**  
Arm 1: OR= 1.00, 95% CI (0.70, 1.43)  
Arm 2: OR= 0.69, 95% CI (0.49, 0.98)  
**Unprotected Sex:**  
Arm 1: OR= 1.02, 95% CI (0.72, 1.45)  
Arm 2: OR= 1.01, 95% CI (0.72, 1.42)  
**STI:**  
Arm 1: OR= 0.82, 95% CI (0.48, 1.39)  
Arm 2: OR= 0.53, 95% CI (0.30, 0.93) |
<table>
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**Intervention Description**

- **Setting:** Community: (details unknown)
- **Intervention Strategy:** Comprehensive Risk Reduction
- **Intervention Name:** Prevention Marketing Initiative (PMI) – Sacramento; Be Proud Be Responsible
- **Dosage:** 9 hours of contact
- **Deliverers:** facilitators and "near peer" co-facilitators
- **Additional Components:** none
- **Comparison Group:** untreated
- **Tailoring:** attempts were made to ensure deliverers were culturally appropriate
- **Focus:** HIV/STD

**Study population description and Attrition**

- **Target population:** sexually active adolescents
- **Age:** Total: Mean: 15.28 years
- **Gender:**
  - Male: 45%
  - Female: 55%
- **Race/Ethnicity:**
  - Total:
    - Black/African American: 18%
    - White: 25%
    - Other: 18%
    - Hispanic/Latino: 39%
- **Virginity at baseline:** Total: 54.6%
- **Number of participants at end of study:**
  - Intervention: 192
  - Comparison: 188
  - Total: 380
- **Attrition Calculated:**
  - Post test:
    - Intervention: 52.7%
    - Comparison: 42.9%

**Study Results for Index follow-up**

- **Sexual Activity:**
  - OR = 1.16, 95% CI (0.62, 2.18)
- **Frequency of Sex:**
  - OR = 0.90, 95% CI (0.45, 1.79)
- **Unprotected Sex:**
  - OR = 0.85, 95% CI (0.41, 1.74)
- **Use of Protection (condoms):**
  - OR = 1.70, 95% CI (0.88, 3.32)
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<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>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Prevention Marketing Initiative (PMI) - Nashville  
Dosage: 9 hours of contact  
Deliverer: facilitators  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for race/ethnicity  
Focus: HIV/STD | Target population: African American adolescents in a low income communities  
Age: Total: Mean (SD): 14.4 (1.13) years  
Gender: Total:  
Male: 40.7%  
Female: 59.3%  
Race/Ethnicity: Total:  
Black/ African American: 77.4%  
White: 0.3%  
Other: 5.4%  
Hispanic/Latino: 16.9%  
Virginity at baseline: Total: 49.8%  
Number of participants at end of study: Intervention: 160  
Comparison: 140  
Total: 300  
Attrition Calculated: Posttest:  
Intervention: 53.7%  
Comparison: 25.7% | Sexual Activity:  
OR= 1.10, 95% CI (0.57, 2.12)  
Frequency of Sex:  
OR = 0.73, 95% CI (0.38, 1.39)  
Unprotected Sex:  
OR= 0.55, 95% CI (0.28, 1.07)  
Use of Protection (condoms):  
OR= 1.00, 95% CI (0.46, 2.14) |
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<tbody>
<tr>
<td>Kennedy et al., 2000 (1997)</td>
<td>Phoenix, AZ</td>
<td>Greatest: non-randomized trial: individual</td>
<td>Fair</td>
<td><strong>Setting:</strong> Community: (details unknown) &lt;br&gt;<strong>Intervention Strategy:</strong> Comprehensive Risk Reduction &lt;br&gt;<strong>Intervention Name:</strong> Prevention Marketing Initiative (PMI) - Phoenix &lt;br&gt;<strong>Dosage:</strong> 9 hours of contact &lt;br&gt;<strong>Deliverers:</strong> facilitators and &quot;near peers&quot; &lt;br&gt;<strong>Additional Components:</strong> none &lt;br&gt;<strong>Comparison Group:</strong> untreated &lt;br&gt;<strong>Tailoring:</strong> attempts were made to ensure deliverers were culturally appropriate &lt;br&gt;<strong>Focus:</strong> multifocus</td>
<td><strong>Target population:</strong> sexually active adolescents &lt;br&gt;<strong>Age:</strong> Total: Mean (SD) 16.5 (1.51) years &lt;br&gt;<strong>Gender:</strong> Total: Male: 40.8% Female: 59.2% &lt;br&gt;<strong>Race/Ethnicity:</strong> Total: Black/African American: 12% White: 34.6% Other: 9.2% Hispanic/Latino: 44.2% &lt;br&gt;<strong>Virginity at baseline:</strong> 27.5% &lt;br&gt;<strong>Number of participants at end of study:</strong> Intervention: 159 Comparison: 54 Total: 213 &lt;br&gt;<strong>Attrition Calculated:</strong> Posttest: Intervention: 50.6% Comparison: 62.6%</td>
<td><strong>Sexual Activity:</strong> OR= 1.08, 95% CI (0.53, 2.22) &lt;br&gt;<strong>Frequency of Sex:</strong> OR = 1.10, 95% CI (0.54, 2.27) &lt;br&gt;<strong>Unprotected Sex:</strong> OR= 1.36, 95% CI (0.66, 2.79) &lt;br&gt;<strong>Use of Protection (condoms):</strong> OR= 1.77, 95% CI (0.86, 3.65)</td>
</tr>
<tr>
<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>Kirby, Korpi et al., 1997 (study period not reported)</td>
<td>Hollywood-Wilshire, Central Los Angeles, California</td>
<td>Greatest RCT: group Fair</td>
<td></td>
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</tr>
<tr>
<td><strong>Setting:</strong> School: 6 middle schools</td>
<td><strong>Target population:</strong> 7th grade students from urban area</td>
<td><strong>Sexual Activity:</strong> OR= 1.02, 95% CI (0.76, 1.35) Female: OR= 1.02, 95% CI (0.67, 1.55) Male: OR= 1.01, 95% CI (0.68, 1.50) <strong>Frequency of Sex:</strong> OR = 0.99, 95% CI (0.61, 1.60) <strong>Use of Protection (condoms):</strong> OR= 0.78, 95% CI (0.46, 1.34) <strong>Use of Protection (oral contraceptives):</strong> OR= 0.73, 95% CI (0.42 1.28) <strong>Pregnancy:</strong> OR= 0.80, 95%CI (0.33, 1.94) <strong>STI:</strong> OR= 0.78, 95%CI (0.25, 2.44)</td>
<td></td>
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</tr>
<tr>
<td><strong>Intervention Strategy:</strong> Comprehensive Risk Reduction</td>
<td><strong>Age:</strong> Total: Mean: 12.3 years</td>
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</tr>
<tr>
<td><strong>Intervention Name:</strong> Project SNAPP</td>
<td><strong>Gender:</strong> Total: Male: 46% Female: 54%</td>
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</tr>
<tr>
<td><strong>Dosage:</strong> 2 weeks in duration, 8 total contacts</td>
<td><strong>Race/Ethnicity:</strong> Total: Asian: 13% Black/African American: 9% White: 5% Hispanic 64%</td>
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<tr>
<td><strong>Deliverer:</strong> peer</td>
<td><strong>Virginity at baseline:</strong> Total: 92%</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Additional Components:</strong> none</td>
<td><strong>Number of participants analyzed:</strong> Intervention: 783 Comparison: 746</td>
<td></td>
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</tr>
<tr>
<td><strong>Comparison Group:</strong> minimal treatment</td>
<td><strong>Total:</strong> 1529</td>
<td></td>
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<tr>
<td><strong>Tailoring:</strong> attempts were made to ensure deliverers were culturally appropriate</td>
<td><strong>Attrition:</strong> Post test: Intervention: 22.9% Comparison 1: 23.1%</td>
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<tr>
<td>Author(s) &amp; Date (Study period)</td>
<td>Location</td>
<td>Design suitability</td>
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<td>Intervention Description</td>
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</tr>
</tbody>
</table>
| Koniak-Griffin et al., 2003 (study period not reported) | Los Angeles County | Greatest: RCT: group | Fair | Setting: School: schools with adolescent mothers or pregnant adolescents  
  Intervention Strategy: Risk Reduction Alone  
  Intervention Name: Project CHARM  
  Dosage: 8 hours of contact  
  Deliverer: nurse facilitator  
  Additional Components: none  
  Comparison Group: untreated  
  Tailoring: tailored for gender, race/ethnicity and cultural/subcultural identity  
  Focus: HIV/STD | Target population: adolescents mothers or pregnant adolescents  
  Age: Mean (SD): 16.64 (1.16) years  
  Gender:  
  Female: 100%  
  Race/Ethnicity:  
  Asian: 2.6%  
  Black/African American: 17.5%  
  White: 1.8%  
  Hispanic 77.8%  
  Other: 0.3%  
  Virginity at baseline: 0%  
  Number of participants analyzed:  
  Intervention: 347  
  Comparison: 150  
  Total: 497  
  Attrition:  
  3rd follow up:  
  Total: 8% | Number of Partners: OR= 0.73, 95% CI (0.51, 1.03)  
  Unprotected Sex: OR= 0.86, 95% CI (0.58, 1.27)  
  Use of Protection (condoms): OR= 1.45, 95% CI (0.99, 2.12) |
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
<th>Design suitability</th>
<th>Quality of execution</th>
<th>Study population description and Attrition</th>
<th>Study Results for Index follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setting: School: physical science classes in four high schools</td>
<td>Intervention Strategy: Comprehensive Risk Reduction</td>
<td>Intervention Name: Positive Prevention</td>
<td>Dosage: 6 hours of contact, 6 total contacts</td>
<td>Deliverer: teacher</td>
<td>Additional Components: none</td>
</tr>
<tr>
<td>Comparison Group: minimal treatment</td>
<td>Tailoring: none</td>
<td>Focus: HIV/STD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Target population: 9th grade students</td>
<td>Grade: 9th grade</td>
<td>Gender: Male: 42.5% Female: 57.8%</td>
<td>Race/Ethnicity: American Indian/Alaska Native: 1.1% Asian: 4% Black/African American: 16.7% White: 10.2% Hispanic: 58.6% Other: 9.4%</td>
<td>Virginity at baseline: Total: 88%</td>
<td></td>
</tr>
<tr>
<td>Number of participants at beginning of study: Intervention: 216 Comparison: 137 Total: 353</td>
<td>Attrition: 2nd follow up:</td>
<td>Intervention: 20% Comparison: 18% Total: 19%</td>
<td></td>
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</tr>
<tr>
<td>Sexual Activity: OR = 0.31, 95% CI (0.15, 0.64)</td>
<td>Frequency of Sex: OR = 0.67, 95% CI (0.27, 1.69)</td>
<td>Use of Protection (condoms): OR = 1.80, 95% CI (0.71, 4.53)</td>
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</tr>
<tr>
<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>
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</tr>
</tbody>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Focus on Kids (FOK)  
Dosage: 8 hours of contact  
Deliverer: interventionists recruited from community  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
Focus: HIV/STD | Target population: low income African American youth  
Age: Mean: 11.5 years  
Gender:  
Male: 54%  
Female: 46%  
Race/Ethnicity:  
African American: 100%  
Virginity at baseline: 60%  
Number of participants at end of study:  
Intervention: 85  
Comparison: 93  
Total: 178  
Attrition: not reported | Sexual Activity:  
OR = 0.88, 95% CI (0.53, 1.45)  
Use of Protection (condoms):  
OR = 1.63, 95%CI (0.58, 4.54)  
Female: OR = 0.52, 95%CI (0.02, 16.32)  
Male: OR = 2.47, 95%CI (0.73, 8.28)  
Use of Protection (oral contraceptives):  
OR = 0.77, 95%CI (0.05, 12.81)  
Use of Protection (dual use):  
OR = 1.58, 95%CI (0.53, 4.65) |
<table>
<thead>
<tr>
<th><strong>Author(s) &amp; Date (Study period)</strong></th>
<th><strong>Location</strong></th>
<th><strong>Design suitability</strong></th>
<th><strong>Quality of execution</strong></th>
<th><strong>Intervention Description</strong></th>
<th><strong>Study population description and Attrition</strong></th>
<th><strong>Study Results for Index follow-up</strong></th>
</tr>
</thead>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Project IMPPACT (Inwood House Pregnancy Prevention and Care for Teenagers)  
Dosage: 10 hours of contact  
Deliverer: social workers  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: none  
Focus: multifocus | Target population: middle school students in urban schools  
Grade:  
Female: Mean: 12.8 years  
Male: Mean: 13.1 years  
Gender:  
Male: 17.6%  
Female: 82.4%  
Race/Ethnicity:  
Female: Black/African American: 70.3%  
Hispanic 19.8%  
Other: 9.9%  
Male: Black/African American: 64.7%  
Hispanic 17.6%  
Other: 17.6%  
Virginity at baseline: 85.5%  
Number of participants at beginning of study: Intervention: 223  
Comparison: 304  
Total: 527  
Attrition Calculated:  
Total: 21%  
2nd follow up:  
Total: 41% | Sexual Activity:  
OR= 1.11, 95% CI (0.58, 2.14)  
Female: OR= 1.11, 95% CI (0.48, 2.59)  
Male: OR= 2.23, 95% CI (0.68, 7.31)  
Use of Protection (condoms):  
OR= 0.82, 95% CI (0.26, 2.58)  
Pregnancy:  
OR= 3.06, 95% CI (0.87, 10.81)  
Female: OR= 1.31, 95% CI (0.34, 5.10)  
Male: OR= 1.00, 95% CI (0.04, 25.40) |
<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>
</table>
| Lightfoot et al., 2007 (study period not reported) | Greatest: non-randomized trial: individual Fair location not reported | Greatest: non-randomized trail: individual Fair | Greatest: non-randomized trail: individual Fair | Setting: School: alternative education schools  
Intervention Strategy: Risk Reduction Alone  
Intervention Name: Project LIGHT (Living in Good Health Together)  
Dosage: not reported  
Deliverer: not reported  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: none  
Focus: HIV/STD | Target population: students unsuccessful at mainstream schools and at risk for becoming involved or currently involved with the juvenile justice system  
Age: Mean (SD): 16.2 (1.5) years  
Gender:  
Male: 36%  
Female: 65%  
Race/Ethnicity:  
Black/African American: 52%  
White: 3%  
Hispanic 45%  
Virginity at baseline: not reported  
Number of participants at beginning of study: Intervention: 31  
Comparison: 38  
Total: 69  
Attrition: not reported | Sexual Activity:  
OR= 1.51, 95% CI (0.58, 3.94)  
Number of Partners:  
OR= 0.38, 95% CI (0.16, 0.91)  
Unprotected Sex:  
OR= 1.10, 95% CI (0.38, 3.21) |
<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>
</table>
**Intervention Strategy:** Risk Reduction Alone  
**Intervention Name:** no named program – AIDS education  
**Dosage:** 4 hours of contact  
**Deliverer:** counselor  
**Additional Components:** none  
**Comparison Group:** untreated  
**Tailoring:** tailored for gender  
**Focus:** HIV/STD | **Target population:** detained and sentenced male youths in a main jail facility  
**Age:** Mean (SD): 17.8 years  
**Gender:**  
Male: 100%  
**Race/Ethnicity:**  
Black/African American: 64%  
White: 3%  
Hispanic 33%  
**Virginity at baseline:** not reported  
**Number of participants at beginning of study:**  
Intervention: 110  
Comparison: 301  
Total: 411  
**Attrition calculated:**  
Posttest: Total: 34% | **Sexual Activity:** OR= 0.55, 95% CI (0.31, 1.00)  
**Number of Partners:** OR= 0.82, 95% CI (0.45, 1.47)  
**Use of Protection (condoms):** OR= 2.02, 95%CI (1.12, 3.66) |
<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>
</tr>
</thead>
</table>
*Intervention Strategy:* Comprehensive Risk Reduction  
*Intervention Name:* no named program – HIV prevention  
*Dosage:* 2 weeks in duration, 15 total contacts  
*Deliverer:* teacher  
*Additional Components:* none  
*Comparison Group:* untreated  
*Tailoring:* none  
*Focus:* HIV/STD | *Target population:* adolescent high school students (including students from an alternative school)  
*Age:*  
Mean (SD): 14.99 (1.02) years  
*Gender:*  
Male: 47.8%  
Female: 52.2%  
*Race/Ethnicity:*  
White: 65%  
*Virginity at baseline:* 68.6%  
*Number of participants analyzed:*  
Intervention: 560  
Comparison: 419  
Total: 979  
*Attrition Calculated:*  
Posttest:  
Total: 36.1%  
2nd follow up:  
Total: 48.1%  
| *Sexual Activity:*  
OR= 0.93, 95% CI (0.61, 1.41)  
*Frequency of Sex:*  
Beta coefficient= 0.03, SE (0.30), p=0.91  
*Number of Partners:*  
Beta coefficient= –0.196, SE (0.098), p = 0.046  
*Use of Protection:*  
Beta coefficient= 0.31, SE (0.16), p = 0.048 |
<table>
<thead>
<tr>
<th><strong>Author(s) &amp; Date</strong> (Study period)</th>
<th><strong>Location</strong></th>
<th><strong>Design suitability</strong></th>
<th><strong>Quality of execution</strong></th>
<th><strong>Intervention Description</strong></th>
<th><strong>Study population description and Attrition</strong></th>
<th><strong>Study Results for Index follow-up</strong></th>
</tr>
</thead>
</table>
| McBride et al., 2000 (study period not reported) | Washington State | Greatest: RCT: individual | Fair | **Setting:** Community: (details unknown) - Site G  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** no named program – client-centered pregnancy prevention  
**Dosage:** not reported  
**Deliverers:** health educator, social worker and mentor  
**Additional Components:** expansion of services  
**Comparison Group:** minimal treatment  
**Tailoring:** tailored for gender  
**Focus:** pregnancy | **Target population:** adolescent females identified as high risk or potentially high risk for sexual activity and pregnancy  
**Age:** Range: 14–17 years  
**Gender:** Female: 100%  
**Race/Ethnicity:** not reported  
**Virginity at baseline:** not reported  
**Number of participants at end of study:**  
Intervention: 127  
Comparison: 105  
Total: 232  
**Attrition Calculated:**  
Post test:  
Total: 32% | **Sexual Activity:**  
OR= 0.92, 95% CI (0.41, 2.06)  
**Use of Protection (oral contraceptives):**  
OR= 0.29, 95% CI (0.10, 0.84) |
<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>
</table>
| McBride et al., 2000 (study period not reported) | Washington State | Greatest: RCT: individual | Fair | **Setting:** School: middle and high schools (Site F)  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** no named program – client-centered pregnancy prevention  
**Dosage:** not reported  
**Deliverer:** health educator  
**Additional Components:** referrals to clinics and other resources  
**Comparison Group:** minimal treatment  
**Tailoring:** tailored for gender  
**Focus:** multifocus | **Target population:** adolescent females identified as high risk or potentially high risk for sexual activity and pregnancy  
**Age:** Range: 14–17 years  
**Gender:**  
Female: 100%  
**Race/Ethnicity:** not reported  
**Virginity at baseline:** not reported  
**Number of participants at end of study:**  
Intervention: 94  
Comparison: 72  
Total: 166  
**Attrition Calculated:**  
Post test:  
Total: 20% | **Sexual Activity:**  
OR= 0.20, 95% CI (0.06, 0.74)  
**Use of Protection (oral contraceptives):**  
OR= 7.17, 95% CI (1.00, 51.37) |
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
<th>Study population description and Attrition</th>
<th>Study Results for Index follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>McGraw, 2002 (1989–1992)</td>
<td>Boston, MA and Hartford, CT</td>
<td><strong>Target population:</strong> Latino adolescents&lt;br&gt;<strong>Age:</strong> Mean: 16.8 years&lt;br&gt;<strong>Gender:</strong>&lt;br&gt;Male: 53%&lt;br&gt;Female: 47%&lt;br&gt;<strong>Race/Ethnicity:</strong>&lt;br&gt;Hispanic 100%&lt;br&gt;<strong>Virginity at baseline:</strong> not reported&lt;br&gt;<strong>Number of participants analyzed:</strong>&lt;br&gt;Intervention: 168&lt;br&gt;Comparison: 313&lt;br&gt;Total: 481&lt;br&gt;<strong>Attrition Calculated:</strong>&lt;br&gt;Post test:&lt;br&gt;Intervention: 7.2%&lt;br&gt;Comparison: 9.3%&lt;br&gt;Total: 8.5%</td>
<td><strong>Sexual Activity:</strong>&lt;br&gt;Females: OR= 1.24, p= 0.692&lt;br&gt;Males: OR= 0.08, p= 0.011&lt;br&gt;<strong>Number of Partners:</strong>&lt;br&gt;Females: OR= 0.06, p= 0.005&lt;br&gt;Males: OR=0.90, p= 0.79&lt;br&gt;<strong>Use of Protection (condoms):</strong>&lt;br&gt;Females: OR= 1.36, 95%CI (0.72, 2.58)&lt;br&gt;Males: OR= 1.22, 95%CI (0.69, 2.17)</td>
</tr>
<tr>
<td>Greatest: non-randomized trial: group&lt;br&gt;Fair</td>
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</table>

**Intervention Description**

- **Setting:** Community: (details unknown)<br>- **Intervention Strategy:** Risk Reduction Alone<br>- **Intervention Name:** Poder Latino<br>- **Dosage:** 78 weeks in duration<br>- **Deliverers:** peer, parents and CBO staff<br>- **Additional Components:** condom promotion, media campaign<br>- **Comparison Group:** minimal treatment<br>- **Tailoring:** tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate<br>- **Focus:** HIV/STD
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
<th>Design suitability</th>
<th>Quality of execution</th>
</tr>
</thead>
</table>

**Intervention Description**

- **Setting:** School: small town middle school  
- **Intervention Strategy:** Comprehensive Risk Reduction  
- **Intervention Name:** Healthy for Life (HFL)  
- **Arm 1:** Age Appropriate  
- **Arm 2:** Intensive  
- **Dosage:** 54 hours of contact  
- **Deliverers:** health educator (hired and supervised by research team), classroom teacher and peer  
- **Additional Components:** community mobilization  
- **Comparison Group:** minimal treatment  
- **Tailoring:** none  
- **Focus:** multifocus

**Study population description and Attrition**

- **Target population:** middle school students in small towns  
- **Age:** Range: 14–15 years  
- **Gender:**  
  - Arm 1: Male: 49% Female: 51%  
  - Arm 2: Male: 50% Female: 50%  
- **Race/Ethnicity:**  
  - Arm 1: White: 96% Other: 4%  
  - Arm 2: White: 96% Other: 4%  
- **Virginity at baseline:** not reported  
- **Number of participants at end of study:** Total: 1677  
- **Attrition Calculated:**  
  - Posttest:  
    - Total: 20%  
  - 2nd follow up:  
    - Total: 20%  
  - 3rd follow up:  
    - Total: 32%

**Study Results for Index follow-up**

- **Sexual Activity:**  
  - Arm 1: OR= 1.21, 95% CI (0.87, 1.67)  
  - Arm 2: OR= 1.43, 95% CI (1.03, 1.97)  
- **Use of Protection (condoms):**  
  - Arm 1: OR= 1.30, 95% CI (0.85, 2.00)  
  - Arm 2: OR= 0.89, 95% CI (0.59, 1.34)
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
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<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>
</table>
| Morrison et al., 2007 (study period not reported) | Seattle, Washington | Greatest: RCT: individual | Fair | Setting: Community: community centers and after school programs  
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Teens Taking Charge (replication of Focus on Kids)  
Dosage: 16 hours of contact  
Deliverer: trainer  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for race/ethnicity, cultural/subcultural identity and attempts were made to ensure deliverers were culturally appropriate  
Focus: HIV/STD | Target population: adolescents from multicultural city with diverse race and socioeconomic status  
Age: Total: Mean (SD): 12.7 (1.3) years  
Gender:  
Total:  
Male: 37%  
Female: 63%  
Race/Ethnicity:  
Total:  
Black/African American: 37%  
White: 9%  
Other: 33%  
Hispanic/Latino: 2%  
Virginity at baseline: 90%  
Number of participants at beginning of study:  
Intervention: 217  
Comparison: 237  
Total: 454  
Attrition Calculated:  
3rd follow up:  
Total: 11% | Sexual Activity:  
OR= 1.65, 95% CI (0.98, 2.77)  
Unprotected Sex:  
OR= 0.60, 95% CI (0.19, 1.91) |
<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>Morrison-Beady et al., 2005 (study period not reported)</td>
<td>Rochester/Syracuse, NY</td>
<td>Greatest: RCT: individual</td>
<td>Fair</td>
<td>Setting: Community: Family Planning clinic in Rochester, NY</td>
<td>Target population: sexually active unmarried girls in disadvantaged communities</td>
<td>Frequency of Sex: OR = 0.48, 95% CI (0.19, 1.19)</td>
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<td></td>
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<td>Intervention Strategy: Risk Reduction Alone</td>
<td>Age: Total: Mean (SD): 17.3 (1.4) years</td>
<td>Number of Partners: OR = 1.53, 95% CI (0.62, 3.79)</td>
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<td></td>
<td></td>
<td>Intervention Name: no named program - HIV prevention</td>
<td>Gender: Total: Female: 100%</td>
<td>Unprotected Sex:</td>
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<td></td>
<td>Dosage: 8 hours of contact</td>
<td>Race/Ethnicity: Total: Asian: 2% Black/African American: 29% White: 59% Hispanic 10%</td>
<td>Intervention: pretest Mean= 5.4 posttest Mean= 7.6 Comparison: pretest Mean= 4.3 posttest Mean= 6.0</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>Deliverer: two nurses</td>
<td>Virginity at baseline: 0%</td>
<td>Use of Protection:</td>
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<td></td>
<td></td>
<td>Additional Components: none</td>
<td>Number of participants analyzed: Intervention: 33 Comparison: 29</td>
<td>Intervention: pretest Mean= 5.8 posttest Mean= 6.3 Comparison: pretest Mean= 8.1 posttest Mean= 13.2</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td>Comparison Group: untreated</td>
<td>Total: 62</td>
<td></td>
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<td></td>
<td></td>
<td>Tailoring: tailored for gender, cultural/subcultural identity and attempts were made to ensure deliverers were culturally appropriate</td>
<td>Attrition: Post test: Total: 52%</td>
<td></td>
</tr>
<tr>
<td>Author(s) &amp; Date (Study period)</td>
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<tr>
<td>O'Donnell et al., 1999 (1994–1995)</td>
<td>Brooklyn, NY</td>
<td>Greatest: non-randomized trial: group</td>
<td>Good</td>
<td>Setting: School: Two large public urban middle schools. <strong>Intervention Strategy:</strong> Comprehensive Risk Reduction. <strong>Intervention Name:</strong> Reach for Health (RFH). Arm 1: RFH and Community Youth Service Learning. Arm 2: RFH only. <strong>Dosage:</strong> not reported. <strong>Deliverer:</strong> teacher. <strong>Additional Components:</strong> Arm 1: community service &amp; learning. Arm 2: none. <strong>Comparison Group:</strong> minimal treatment. <strong>Tailoring:</strong> none. <strong>Focus:</strong> HIV/STD</td>
<td><strong>Target population:</strong> middle school students from urban area. <strong>Grade:</strong> Total: middle school. <strong>Gender:</strong> Total: Male: 47.2% Female: 52.8%. <strong>Race/Ethnicity:</strong> Total: Black/ African American: 79.2% Hispanic/Latino: 15.9% Other: 4.9%. <strong>Virginity at baseline:</strong> Arm 1: 72.2% Arm 2: 65.7%. <strong>Number of participants analyzed:</strong> Arm 1: 255 Arm 2: 222 Comparison: 584 Total: 1061 <strong>Attrition Calculated:</strong> Post test: Total: 8.3%</td>
<td><strong>Sexual Activity:</strong> Arm 1: OR = 0.74, 95% CI (0.52, 1.05) Non-virgin: OR = 0.73, 95% CI (0.41, 1.29) Virgin: OR = 0.56, 95% CI (0.34, 0.94) Arm 2: OR = 0.90, 95% CI (0.64, 1.26) Non-virgin: OR = 1.07, 95% CI (0.59, 1.93) Virgin: OR = 0.78, 95% CI (0.46, 1.30) <strong>Unprotected Sex:</strong> Arm 1: OR = 0.43, 95% CI (0.31, 0.59) Arm 2: OR = 0.52, 95% CI (0.38, 0.72)</td>
</tr>
<tr>
<td><strong>Author(s) &amp; Date (Study period)</strong></td>
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<td><strong>Design suitability</strong></td>
<td><strong>Quality of execution</strong></td>
<td><strong>Intervention Description</strong></td>
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</tbody>
</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: no named program – pregnancy prevention program  
Arm 1: Greary county  
Arm 2: Franklin county  
Dosage: 156 weeks in duration  
Deliverer: multiple deliverers (peer, clergy, parents, teachers and other community members)  
Additional Components: expanded access to mentoring, contraception, other supports, mass media campaign  
Comparison Group: untreated  
Tailoring: tailored for race/ethnicity and cultural/subcultural identity  
Focus: pregnancy | Target population: adolescents from low income communities  
Grade: Arm 1 & 2: high school  
Gender: not reported  
Race/Ethnicity:  
Arm 1:  
Asian: 4%  
Black/African American: 23%  
White: 66%  
Hispanic 6%  
Arm 2:  
Black/African American: 1%  
White: 97%  
Hispanic 2%  
Virginity at baseline:  
Arm 1:  
Females 9–10 grade: 49.4%  
Females 11–12 grade: 26.9%  
Males 9–10 grade: 36.8%  
Males 11–12 grade: 33.3%  
Arm 2:  
Females 9–10 grade: 66.7%  
Females 11–12 grade: 45.9%  
Males 9–10 grade: 70.1%  
Males 11–12 grade: 43.1%  
Number of participants at beginning of study:  
Arm 1: Greary County population: 30,353  
Arm 2: Franklin County population: 22,000 | Pregnancy:  
Arm 1:  
pretest Pregnancy rate (range)= 55.2–69.0  
posttest Pregnancy rate (range)= 49.5–62.1  
Comparison:  
pretest Pregnancy rate (range)= 52.4–65.9  
posttest Pregnancy rate (range)= 60.6–74.4  
Arm 2:  
pretest Pregnancy rate (range)= 29.7–57.8  
posttest Pregnancy rate (range)= 33.0–39.6  
Comparison:  
pretest Pregnancy rate (range)= 33.4–42.8  
posttest Pregnancy rate (range)= 32.9–43.6  
Pregnancy rate: number of pregnancies per 1000 14–17 year old females |
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
<th>Location</th>
<th>Design suitability</th>
<th>Quality of execution</th>
<th>Setting: Community: communities with Massachusetts Protect Teen Health Programs</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>Pearlin et al., 2002</td>
<td>Massachusetts</td>
<td>Greatest: non-randomized trial: individual</td>
<td>Fair</td>
<td><strong>Intervention Strategy:</strong> Comprehensive Risk Reduction</td>
<td><strong>Intervention Name:</strong> Protect Teen Health Peer Leaders Arm 1: new peer leaders Arm 2: repeat peer leaders</td>
<td><strong>Target population:</strong> adolescents drawn from Protect Teen Health programs</td>
<td><strong>Sexual Activity (sexual risk taking scale):</strong> Arm 1: No statistically significant differences were found between comparison youth and newly enrolled peer leaders using the 3-item sexual risk-taking scale as the dependent measure or using each scale component as dependent measures. In the analyses for newly enrolled peer leaders and comparison youth, a nonsignificant trend suggested that boys were more likely to engage in sexual risk-taking behaviors than girls ($p = .07$, data not shown). Arm 2: No statistically significant differences were found between comparison youth and repeat peer leaders using the 3-item sexual risk-taking scale as the dependent measure.</td>
</tr>
<tr>
<td>(study period not reported)</td>
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<td></td>
<td></td>
<td><strong>Dosage:</strong> 39 weeks in duration</td>
<td><strong>Deliverers:</strong> adult supervisor and peer</td>
<td><strong>Age:</strong></td>
<td><strong>Comparison Group:</strong> Arm 1: minimal treatment Arm 2: comparable treatment <strong>Tailoring:</strong> none <strong>Focus:</strong> HIV/STD</td>
</tr>
</tbody>
</table>

| Target population: adolescents drawn from Protect Teen Health programs | **Gender:** Arm 1: Male: 34% Female: 66% Arm 2: Male: 30.3% Female: 69.7% | **Race/Ethnicity:** Arm 1: Black/African American: 12.5% White: 25% Hispanic: 40.6% Other: 21.9% Arm 2: Black/African American: 19.4% White: 17.9% Hispanic: 31.3% Other: 31.3% | **Virginity at baseline:** Arm 1: 69.1% Arm 2: 62.7% |

<p>| Number of participants at beginning of study: Arm 1: 97 Arm 2: 67 Comparison: 71 Total: 168 | <strong>Attrition:</strong> not reported | | |</p>
<table>
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</thead>
</table>
| Philliber Allen et al., 1992 (1988–1989) | United States and one site in Canada | Greatest: Prospective Cohort | Fair | Setting: Community: schools across the US and 1 in Canada  
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Teen Outreach  
Dosage: 39 weeks in duration  
Deliverer: facilitator  
Additional Components: community service & learning  
Comparison Group: minimal treatment  
Tailoring: none  
Focus: pregnancy | Target population: adolescents in Teen Outreach sites across the US  
Age: Mean: 14.9 years  
Gender:  
Male: 23.6%  
Female: 76.4%  
Race/Ethnicity:  
American Indian/Alaska Native: 4.7%  
Asian: 0.6%  
Black/African American: 40.1%  
White: 40.6%  
Hispanic 13.4%  
Other: 0.6%  
Virginity at baseline: not reported  
Number of participants at beginning of study: Intervention: 495  
Comparison: 490  
Total: 985  
Attrition:  
Post test:  
Total: 10.1% | Pregnancy:  
Intervention: pretest proportion: 0.05  
posttest proportion: 0.04  
Comparison pretest proportion: 0.08  
posttest proportion: 0.07 |
<table>
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<tr>
<th>Author(s) &amp; Date (Study period)</th>
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<th>Quality of execution</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Philliber, Kaye et al., 2002 (1997–2000)</td>
<td>Harlem, NY</td>
<td>Greatest: RCT: individual</td>
<td>Fair</td>
<td>Setting: Community: after-school</td>
<td>Target population: disadvantaged adolescents</td>
<td>Sexual Activity: OR= 0.63, 95% CI (0.43, 0.92)</td>
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<td>Intervention Strategy: Comprehensive Risk Reduction</td>
<td>Age: Mean: 13.85 years</td>
<td>Female: OR= 0.82, 95% CI (0.50, 1.34)</td>
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<td>Intervention Name: CAS-Carrera Program (Children’s Aid Society)</td>
<td>Gender: Male: 46.3%</td>
<td>Male: OR= 0.57, 95% CI (0.30, 1.07)</td>
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<td></td>
<td>Dosage: 156 weeks in duration, 4 hours of contact per week</td>
<td>Female: 53.7%</td>
<td>Use of Protection (condoms): OR= 1.26, 95% CI (0.77, 2.06)</td>
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<tr>
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<td></td>
<td>Deliverer: CBO staff</td>
<td>Race/Ethnicity: Black/African American: 60%</td>
<td>Female: OR= 1.75, 95% CI (0.95, 3.21)</td>
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<td>Additional Components: on-site reproduction counseling, psychotherapy, annual physical</td>
<td>Hispanic 39%</td>
<td>Male: OR= 0.64, 95% CI (0.26, 1.58)</td>
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<tr>
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<td>Comparison Group: untreated</td>
<td>Other: 1%</td>
<td>Use of Protection (dual use): OR= 1.06, 95% CI (0.68, 1.65)</td>
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<tr>
<td></td>
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<td></td>
<td>Tailoring: none</td>
<td>Virginity at baseline: 74%</td>
<td>Female: OR= 2.25, 95% CI (1.30, 3.90)</td>
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<tr>
<td></td>
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<td></td>
<td>Focus: pregnancy</td>
<td>Number of participants at end of study: Intervention: 242</td>
<td>Male: OR= 0.40, 95% CI (0.18, 0.89)</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Comparison: 242</td>
<td>Pregnancy: OR= 0.54, 95% CI (0.32, 0.93)</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Total: 484</td>
<td>Female: OR= 0.39, 95% CI (0.20, 0.79)</td>
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<td></td>
<td>Attrition Calculated: Posttest: Total: 19.4%</td>
<td>Total: 484</td>
<td>Male: OR= 1.11, 95% CI (0.46, 2.66)</td>
</tr>
<tr>
<td>Author(s) &amp; Date (Study period)</td>
<td>Location</td>
<td>Design suitability</td>
<td>Quality of execution</td>
<td>Intervention Description</td>
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<td>Study Results for Index follow-up</td>
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</tbody>
</table>
Intervention Strategy: Risk Reduction Alone  
Intervention Name: no named program – HIV prevention  
Dosage: 40 hours of contact  
Deliverer: shelter staff  
Additional Components: expanded access to care, individual counseling  
Comparison Group: untreated  
Tailoring: none  
Focus: HIV/STD | Target population: runaway youth in urban areas  
Age: Mean (SD): 15.4 (1.5) years  
Gender:  
Male: 33%  
Female: 67%  
Race/Ethnicity:  
Black/African American: 58%  
White: 7%  
Hispanic: 27%  
Other: 8%  
Virginity at baseline: 31%  
Number of participants analyzed:  
Intervention: 78  
Comparison: 67  
Total: 145  
Attrition Calculated:  
Posttest:  
Intervention: 34%  
Comparison: 15%  
Total: 23% | Sexual Activity:  
Beta coefficient= 0.37, p<0.06  
Use of Protection (condoms):  
Beta coefficient= 0.10, p<0.06 |
<table>
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<tr>
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<th>Study Results for Index follow-up</th>
</tr>
</thead>
</table>
| Rotheram-Borus, Gwadz et al., 1998 | New York City, NY | Greatest: RCT: individual | Fair | **Setting:** Community: The Door, a NYC community-based service agency for youth  
**Intervention Strategy:** Risk Reduction Alone  
**Intervention Name:** no named program – HIV prevention  
Arm 1: 3-session intervention  
Arm 2: 7-session intervention  
**Dosage:** 10.5 hours of contact  
**Deliverers:** CBO services agency worker and research staff  
**Additional Components:** none  
**Comparison Group:** untreated  
**Tailoring:** tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
**Focus:** HIV/STD | **Target population:** urban minority youth from high risk neighborhoods with high seroprevalence  
**Age:**  
Arm 1: Mean (SD): 18.3 (1.8) years  
Arm 2: Mean (SD): 18.1 (1.7) years  
**Gender:**  
Arm 1:  
Male: 44%  
Female: 54%  
Arm 2:  
Male: 47.2%  
Female: 52.8%  
**Race/Ethnicity:**  
Arm 1:  
Black/African American: 59%  
Hispanic: 33%  
Other: 8%  
Arm 2:  
Black/African American: 56%  
Hispanic: 39%  
Other: 6%  
**Virginity at baseline:**  
Arm 1: 30%  
Arm 2: 26.4% | **Sexual Activity:**  
Arm 1: OR = 1.00, 95% CI (0.43, 2.30)  
Arm 2: OR = 1.00, 95% CI (0.43, 2.31)  
**Number of Partners:**  
Arm 1: OR = 2.02, 95% CI (0.81, 5.02)  
Arm 2: OR = 1.30, 95% CI (0.54, 3.15)  
**Unprotected Sex:**  
Arm 1: OR = 0.52, 95% CI (0.24, 1.13)  
Arm 2: OR = 0.32, 95% CI (0.13, 0.78) |
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<tr>
<td>Rotheram-Borus, Song et al., 2003 (study period not reported) New York City, NY Greatest: RCT: group Fair</td>
<td></td>
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<td>Setting: Community: adolescent homeless shelters in NYC Intervention Strategy: Risk Reduction Alone Intervention Name: Street Smart Dosage: not reported Deliverer: shelter staff and researchers Additional Components: training all shelter staff to create reinforcing environment, expanded access to care Comparison Group: untreated Tailoring: none Focus: HIV/STD</td>
<td>Target population: urban runaway youth Age: Mean (SD): 15.6 (1.42) years Gender: Male: 50.5% Female: 49.5% Race/Ethnicity: Black/African American: 55.6% Hispanic 29.3% Other: 15.2 % Virginity at baseline: 11% Number of participants at beginning of study: Intervention: 101 Comparison: 86 Total: 187 Attrition rate: Posttest: Total: 43% 2nd follow up: Total: 42% 3rd follow up: Total: 50%</td>
<td>Number of Partners: Females: OR= 0.85, 95% CI (0.57, 1.28) Males: OR= 1.49, 95% CI (0.84, 2.65) Unprotected Sex: Females: OR= 0.29, 95% CI (0.08, 1.02) Males: OR= 1.43, 95% CI (0.53, 3.89)</td>
</tr>
<tr>
<td>Author(s) &amp; Date (Study period)</td>
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</table>
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Project TALC (Teens & Adults Learning to Communicate)  
Dosage: 32 hours of contact  
Deliverers: social workers and graduate students in clinical psychology  
Additional Components: none  
Tailoring: tailored for race/ethnicity  
Focus: HIV/STD | Target population: adolescents whose parents were HIV positive  
Age: Mean (SD): 14.57 (2.02) years  
Gender:  
Male: 47%  
Female: 53%  
Race/Ethnicity:  
Black/African American: 35%  
White: 4%  
Hispanic 50%  
Other: 11%  
Virginity at baseline: 55%  
Number of participants at beginning of study:  
Intervention: 206  
Comparison: 207  
Total: 413  
Attrition rate:  
Post test:  
Total: 10%  
2nd follow up:  
Total: 10% | Number of Partners: OR= 1.22, 95% CI (0.80 ,1.85) |
| Siegel et al., 2001 (study period not reported) | Rochester, NY | Greatest: non-randomized trial: group Fair | Setting: School: Middle school and high school health classes at selected schools in Rochester, NY  
Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Rochester AIDS Prevention Project (RAPP)  
Arm 1: RAPP with adult health educator | Target population: urban, predominantly minority middle and high school students  
Age:  
Arm 1:  
Middle School: Mean: 13.2 years  
High School: Mean: 17.3 years  
Arm 2:  
Middle School: Mean: 13 years  
High School: Mean: 17.1 years  
Arm 3:  
Middle School: Mean: 13 years  
Gender: | Sexual Activity (sex activity scale):  
Arm 1:  
Middle School: Male: posttest Mean= 7.4  
Comparison group posttest Mean= 7.4  
Female: posttest Mean= 8.3  
Comparison group posttest Mean= 8.4  
High School:  
Male: posttest Mean= 6.5  
Female: posttest Mean= 9.3 |
<table>
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</tr>
</thead>
</table>
| **Intervention Description**  | Arm 2: RAPP with peer educator  
Arm 3: RAPP with teacher  
*Dosage:* 7 weeks in duration, 3 contacts per week, 12 total contacts  
*Deliverer:*  
Arm 1: adult health educator  
Arm 2: peer educators (volunteer high school students)  
Arm 3: regular health teachers  
*Additional Components:* none  
*Comparison Group:* minimal treatment  
*Tailoring:* none  
*Focus:* HIV/STD |
| **Study population description and Attrition** | Arm 1:  
Middle School:  
Male: 50% Female: 50%  
High School:  
Male: 47.6% Female: 52.4%  
Arm 2:  
Middle School:  
Male: 48.1% Female: 51.9%  
High School:  
Male: 46.4% Female: 53.6%  
Arm 3:  
Middle School:  
Male: 50.7% Female: 49.3%  
*Race/Ethnicity:*  
Arm 1:  
Middle School: Black/African American: 46.7%  
White: 18.8%  
Hispanic 18.6%  
Other: 15.9%  
High School:  
Black/African American: 53.3%  
White: 22.7%  
Hispanic 11.4%  
Other: 13.6%  
Arm 2:  
Middle School: Black/African American: 48.7%  
White: 16.2%  
Hispanic 21.5%  
Other: 13.6%  
High School:  
Black/African American: 51.9%  
White: 26.4%  
Hispanic 7.7%  
Other: 14%

| **Study Results for Index follow-up** | Comparison group posttest  
Mean= 6.5  
Female: posttest Mean= 7.3  
Comparison group posttest  
Mean= 7.4  
Arm 2:  
Male: posttest Mean= 7.5  
Comparison group posttest  
Mean= 7.4  
Female: posttest Mean= 8.6  
Comparison group posttest  
Mean= 8.4  
High School:  
Male: posttest Mean= 7.1  
Comparison group posttest  
Mean= 6.5  
Female: posttest Mean= 7.5  
Comparison group posttest  
Mean= 7.4  
Arm 3:  
Middle School:  
Male: posttest Mean= 8.0  
Comparison group posttest  
Mean= 7.4  
Female: posttest Mean= 9.1  
Comparison group posttest  
Mean= 8.4 |
<table>
<thead>
<tr>
<th>Author(s) &amp; Date (Study period)</th>
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<tbody>
<tr>
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<td></td>
<td>Arm 3:</td>
<td>Middle School: Black/African American: 51.5%</td>
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<td>White: 15.4%</td>
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<td>Hispanic: 16.4%</td>
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<td>Other: 16.6%</td>
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<td>Arm 1:</td>
<td>Virginity at baseline:</td>
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<td>Middle School: Male: 39.2% Female: 65.8%</td>
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<td>High School: Male: 19.8% Female: 33.1%</td>
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<td>Arm 2:</td>
<td>Middle School: Male: 33.8% Female: 76.8%</td>
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<td>High School: Male: 30.7% Female: 39.4%</td>
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<td></td>
<td>Arm 3:</td>
<td>Middle School: Male: 46.8% Female: 81.6%</td>
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<td>Number of participants at beginning of study:</td>
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<td>Arm 1: 1404</td>
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<td>Arm 2: 1020</td>
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<td>Arm 3: 313</td>
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<td>Comparison: 1264</td>
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<td>Total: 4001</td>
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<td>Attrition Calculated:</td>
<td>Posttest:</td>
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<td>Total: 35.2%</td>
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**Intervention Description**

- **Setting:** Community: 15 housing developments in 5 U.S. cities
- **Intervention Strategy:** Comprehensive Risk Reduction
- **Intervention Name:** no named program – HIV prevention
- **Arm 1:** Workshop only
- **Arm 2:** Community component + Workshop
- **Dosage:**
  - Arm 1: 6 hours of contact
  - Arm 2: 27 weeks in duration
- **Deliverer:**
  - Arm 1: facilitator
  - Arm 2: peer
- **Additional Components:**
  - Arm 1: none
  - Arm 2: leadership council, activities to create social and environmental supports
- **Comparison Group:** minimal treatment
- **Tailoring:**
  - Arm 1: tailored for gender
  - Arm 2: tailored for gender, attempts made to ensure deliverers were culturally appropriate
- **Focus:** HIV/STD

**Study population description and Attrition**

- **Target population:** adolescents living in high poverty housing developments
- **Age:** Total: Mean (SD): 14.5 (1.7) years
- **Gender:**
  - Total: Male: 50% Female: 50%
- **Race/Ethnicity:**
  - Total: American Indian/Alaska Native: 1%
  - Asian: 20%
  - Black/African American: 51%
  - White: 5%
  - Hispanic: 3%
  - Other: 20%
- **Virginity at baseline:**
  - Total: 73%
- **Number of participants at beginning of study:**
  - Arm 1: 428
  - Arm 2: 392
  - Comparison: 352
  - Total: 1172
- **Attrition rate:**
  - Post test:
    - Arm 1: 30%
    - Arm 2: 26%
    - Comparison: 21%
  - Total: 28%
  - 2nd follow up:
    - Arm 1: 36%
    - Arm 2: 40%
    - Comparison: 30%
  - Total: 36%

**Study Results for Index follow-up**

- **Sexual Activity:**
  - Arm 1: OR= 0.56, 95% CI (0.33, 0.95)
  - Arm 2: OR= 0.89, 95% CI (0.56, 1.44)
- **Use of Protection (condoms):**
  - Arm 1: OR= 1.80, 95% CI (0.94, 3.46)
  - Arm 2: OR= 3.61, 95% CI (1.68, 7.77)
<table>
<thead>
<tr>
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<th>Intervention Description</th>
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<th>Study Results for Index follow-up</th>
</tr>
</thead>
</table>
| Slonim-Nevo et al., 1996      | St. Louis, MO | Greatest: RCT: group Fair | | Setting: Community: Fifteen residential centers  
Intervention Strategy: Risk Reduction Alone  
Intervention Name: no named program – AIDS prevention  
Arm 1: Skills training  
Arm 2: Discussion groups  
Dosage: 18 hours of contact  
Deliverer: social work students  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for gender  
Focus: HIV/STD | Target population: high risk youth from urban areas living in residential centers  
Age: Total: Mean (SD): 14.7 1.6 years  
Gender: Total:  
Male: 56%  
Female: 44%  
Race/Ethnicity: Total:  
Black/African American: 46%  
White: 54%  
Virginity at baseline: not reported  
Number of participants at beginning of study: Total: 358  
Attrition rate: Posttest: Total: 39% | **Unprotected Sex:**  
Arm 1: OR= 1.81, 95% CI (1.00, 3.28)  
Arm 2: OR= 1.81, 95% CI (1.00, 3.26) |
<table>
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<th>Quality of execution</th>
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</tr>
</thead>
</table>
| Smith, 1994 (1989)            | Queens, NY | Greatest: RCT: individual | Fair          | **Setting:** School: inner-city high school in Queens, NY  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** Teen Incentive Program  
**Dosage:** 26 weeks in duration  
**Deliverer:** not reported  
**Additional Components:** access to family planning service, mentoring with health professionals, individual/group counseling  
**Comparison Group:** minimal treatment  
**Tailoring:** none  
**Focus:** pregnancy  | **Target population:** inner city high school students  
**Age:** Mean (SD): 15.3 (1.02) years  
**Gender:**  
Male: 23.3%  
Female: 76.7%  
**Race/Ethnicity:**  
Black/African American: 48.3%  
Other Race: 5%  
Hispanic 13.3%  
Other Ethnicity: 33.3%  
**Virginity at baseline:** not reported  
**Number of participants at beginning of study:** Intervention: 60  
Comparison: 60  
Total: 120  
**Attrition Calculated:**  
Posttest:  
Intervention: 30%  
Comparison: 12%  
Total: 21%  | **Frequency of Sex:**  
OR = 0.51, 95% CI (0.25, 1.08)  
**Use of Protection (oral contraceptives):**  
Beta coefficient = 0.5 |
<table>
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<th>Quality of execution</th>
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</thead>
<tbody>
<tr>
<td><strong>Setting</strong>: Community: one of 2 selected teen health clinics  <strong>Intervention Strategy</strong>: Risk Reduction Alone  <strong>Intervention Name</strong>: no named program – condom motivation education  <strong>Dosage</strong>: 1 hours of contact  <strong>Deliverer</strong>: STD educator  <strong>Additional Components</strong>: none  <strong>Comparison Group</strong>: untreated  <strong>Tailoring</strong>: tailored for gender  <strong>Focus</strong>: HIV/STD</td>
<td><strong>Target population</strong>: STD positive adolescent females  <strong>Age</strong>: Total: Mean age: 17.32 years  <strong>Gender</strong>: Total: Female: 100%  <strong>Race/Ethnicity</strong>: Total: Black/African American: 72.7% White: 9.7% Hispanic/Latino: 17.6%  <strong>Virginity at baseline</strong>: 0%  <strong>Number of participants at beginning of study</strong>: Intervention: 86 Comparison: 119 Total: 205  <strong>Attrition</strong>: Post test: Intervention: 26.7% Comparison: 32.8% Total: 30.2%</td>
<td><strong>STI</strong>: OR = 1.56, 95%CI (0.56, 4.34)</td>
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<tr>
<td><strong>Author(s) &amp; Date</strong> (Study period)</td>
<td><strong>Location</strong></td>
<td><strong>Design suitability</strong></td>
<td><strong>Quality of execution</strong></td>
<td><strong>Intervention Description</strong></td>
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</table>
| Smith, Dane et al., 2000 (study period not reported) | Two counties in rural Georgia | Greatest: non-randomized trial: group | Fair | **Setting:** School: 10th grades  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** Stand Together Against Negative Decisions (STAND)  
Arm 1: school program  
Arm 2: diffusion program  
Comparison 1: school comparison  
Comparison 2: diffusion comparison  
**Dosage:** 36 hours of contact  
**Deliverers:** middle school counselor, AIDS Education Specialist and college interns  
**Additional Components:** media campaign  
**Comparison Group:** untreated  
**Tailoring:** none  
**Focus:** multifocus | **Target population:** 10th grade students from rural area identified as opinion leaders  
**Age:**  
Arm 1: Mean: 15.8 years  
Arm 2: Mean: 15.4 years  
**Gender:**  
Arm 1: Male: 48% Female: 52%  
Arm 2: Male: 43% Female: 57%  
**Race/Ethnicity:**  
Arm 1: Black/African American: 71% White: 29%  
Arm 2: Black/African American: 74% White: 26%  
**Virginity at baseline:**  
Arm 1: 33%  
Arm 2: 50%  
**Number of participants at beginning of study:** Arm 1: 21  
Arm 2: 167  
Comparison 1: 53  
Comparison 2: 74  
**Attrition:** not reported | **Sexual Activity:**  
Arm 1: OR= 0.88, 95% CI (0.27, 2.83)  
Arm 2: OR= 0.86, 95% CI (0.49, 1.50)  
**Frequency of Sex:**  
Arm 1: pretest Mean= 5.3 posttest Mean= 15.1  
Comparison: pretest Mean= 5.1 posttest Mean= 7.9  
**Number of Partners:**  
Arm 1: OR= 1.88, 95% CI (0.34, 10.55)  
Arm 2: OR= 0.68, 95% CI (0.18, 2.51)  
**Unprotected Sex:**  
Arm 1: OR= 0.64, 95% CI (0.25, 1.60)  
Arm 2: pretest Mean= 1.8 posttest Mean= 2.6  
Comparison: pretest Mean= 1.6 posttest Mean= 2.0  
**Use of Protection (condoms):**  
Arm 1: OR= 1.39, 95% CI (0.39, 5.00)  
Arm 2: OR= 0.39, 95% CI (0.11, 1.32)  
**Pregnancy:**  
Arm 1: OR= 5.22, 95% CI (0.75, 36.41)  
Arm 2: OR= 1.90, 95% CI (0.4, 9.02)  
**STI:**  
Arm 1: OR= 0.25, 95%CI (0.01, 5.52)  
Arm 2: OR= 1.17, 95%CI (0.05, 25.75) |
<table>
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<tr>
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<th>Design suitability</th>
<th>Quality of execution</th>
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<tbody>
<tr>
<td>St. Lawrence, Jefferson et al., 1995 (study period not reported)</td>
<td>Jackson, Mississippi</td>
<td>Greatest: RCT: individual</td>
<td>Fair</td>
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<thead>
<tr>
<th>Intervention Description</th>
<th>Study population description and Attrition</th>
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<tbody>
<tr>
<td>Setting: Community: a residential treatment facility</td>
<td>Target population: high risk adolescents (high risk area, substance users, sexually active, low education)</td>
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<tr>
<td>Intervention Strategy: Comprehensive Risk Reduction</td>
<td>Age: Total: Mean 15.6 years</td>
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<tr>
<td>Intervention Name: no named program – behavioral skills training</td>
<td>Gender: Total: Male: 73% Female: 26%</td>
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<tr>
<td>Dosage: 9 hours of contact</td>
<td>Race/Ethnicity: Black/ African American: 16% White: 84%</td>
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<tr>
<td>Deliverer: group leaders</td>
<td>Virginity at baseline: Total: 20%</td>
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<tr>
<td>Additional Components: none</td>
<td>Number of participants at beginning of study: Intervention: 17 Comparison: 17 Total: 34</td>
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<tr>
<td>Comparison Group: treated control</td>
<td>Attraction: Posttest: Total: 0%</td>
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<tr>
<td>Tailoring: tailored for gender and attempts were made to ensure deliverers were culturally appropriate</td>
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<tr>
<td>Focus: HIV/STD</td>
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<tr>
<th>Study Results for Index follow-up</th>
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<tr>
<td>Sexual Activity: OR= 0.43, 95% CI (0.07, 2.76)</td>
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<tr>
<td>STI: OR= 0.12, 95% CI (0.01, 1.11)</td>
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<tr>
<td>Author(s) &amp; Date (Study period)</td>
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</table>
| St. Lawrence, Brasfield et al., 1995 (study period not reported) | Mississippi | Greatest: RCT: individual | Fair | **Setting:** Community: a low-income population  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** no named program – behavioral skills training  
**Dosage:** 16 hours of contact  
**Deliverer:** project staff  
**Additional Components:** none  
**Comparison Group:** treated control  
**Tailoring:** tailored for gender and race/ethnicity  
**Focus:** HIV/STD | **Target population:** African American adolescents in a low income, urban community  
**Age:** Total: Mean: 15.3 years  
**Gender:**  
  Total:  
  Male: 28%  
  Female: 72%  
**Race/Ethnicity:**  
  Total:  
  Black/African American: 100%  
**Virginity at baseline:** not reported | **Number of Partners:**  
  OR= 0.40, 95% CI 0.22, 0.75  
  Females: OR= 0.37, 95%CI (0.18, 0.78)  
  Males: OR= 0.47, 95%CI (0.15, 1.52)  
**Unprotected Sex:**  
  OR= 0.56, 95% CI (0.31, 1.04)  
  Females: OR= 0.70, 95%CI (0.22, 2.21)  
  Males: OR= 0.45, 95%CI (0.22, 0.93)  
**Use of Protection (condoms):**  
  OR= 3.57, 95%CI (1.95, 6.57)  
  Female: OR= 1.72, 95%CI (0.85, 3.45)  
  Male: OR= 8.22, 95%CI (2.44, 27.72)  
**Number of participants at end of study:** Total: 225  
**Attrition:**  
  3rd follow up:  
  Total: 8.5% |
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<tr>
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<tr>
<td>St. Lawrence, Crosby, Belcher et al., 1999 (study period not reported) Mississippi Greatest: RCT: individual Fair</td>
<td>St. Lawrence, Crosby, Belcher et al., 1999 (study period not reported) Mississippi Greatest: RCT: individual Fair</td>
<td>Good</td>
<td>Good</td>
<td>Setting: Community: state reformatory in a southern state with high teen pregnancy, syphilis, and gonorrhea rates Intervention Strategy: Comprehensive Risk Reduction Intervention Name: Becoming a Responsible Teen (BART) Dosage: 6 hours of contact Deliverer: trained facilitator Additional Components: none Comparison Group: untreated Tailoring: tailored for gender Focus: HIV/STD</td>
<td>Target population: incarcerated male adolescents Age: Total: Mean (SD): 15.8 (0.7) years Gender: Male: 100% Race/Ethnicity: American Indian or Alaska Native: 0.2% Black/African American: 69.9% White: 28% Hispanic/Latino: 1.9% Virginity at baseline: Total: 2.8% Number of participants analyzed: Intervention: 160 Comparison: 161 Total: 321 Attrition Calculated: Post test: Total: 11%</td>
<td>Frequency of Sex: OR = 0.83, 95% CI (0.56, 1.24) Number of Partners: OR = 0.75, 95% CI (0.51, 1.12) Unprotected Sex: OR = 0.83, 95% CI (0.56, 1.23) Use of Protection (condoms): OR = 1.01, 95% CI (0.68, 1.49)</td>
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| St. Lawrence, Crosby, Brasfield et al., 2002 (1995–1998) | Mississippi | Greatest: RCT: group | Good | **Setting:** Community: residential drug treatment facilities in the state of Mississippi  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** no named program – behavioral skills training  
Arm 1: information + skills-based safer sex training  
Arm 2: information + skills-based safer sex training + risk-sensitization manipulation  
**Dosage:** 18 hours of contact  
**Deliverer:** trained individuals with degrees in psychology  
**Additional Components:** none  
**Comparison Group:** treated control  
**Tailoring:** tailored for gender and cultural/subcultural identity  
**Focus:** HIV/STD | **Target population:** adolescents enrolled in a residential drug treatment program  
**Age:** Total: Mean (SD): 16.0 (1.3) years  
**Gender:** Male: 68%  
Female: 32%  
**Race/Ethnicity:** American Indian/Alaskan Native: 2%  
Black/African American: 22%  
White: 75%  
Hispanic 1%  
**Virginity at baseline:** Total: 3%  
**Number of participants at beginning of study:**  
Arm 1: 53  
Arm 2: 53  
Comparison: 53  
Total: 159  
**Attrition rate:**  
Posttest: Total: 0%  
2nd follow up: Total: 3%  
3rd follow up: Total: 11% | **Sexual Activity:**  
Arm 1: OR= 0.15, 95% CI (0.05, 0.41)  
Arm 2: OR= 0.08, 95% CI (0.03, 0.21)  
**Number of Partners:**  
Arm 1: OR= 0.78, 95% CI (0.37 ,1.62)  
Arm 2: OR= 0.78, 95% CI (0.37 ,1.62)  
**Unprotected Sex:**  
Arm 1: OR= 0.49, 95% CI (0.24, 1.00)  
Arm 2: OR= 0.49, 95% CI (0.24, 1.00)  
**Use of Protection (condoms):**  
Arm 1: OR= 2.05, 95% CI (1.01, 4.16)  
Arm 2: OR= 2.03, 95% CI (1.00, 4.11) |
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<tbody>
<tr>
<td>Stanton, Cole et al., 2004 (1999: not reported)</td>
<td>Baltimore, MD</td>
<td>Greatest RCT: group</td>
<td>Fair</td>
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</table>

**Intervention Description**

- **Setting:** Community: low-income housing areas in Baltimore
- **Intervention Strategy:** Comprehensive Risk Reduction
- **Intervention Name:** Focus on Kids (FOK) + ImPACT (Informed Parents and Children Together)
- Arm 1: FOK + ImPACT with and without boosters
- Arm 2: FOK + ImPACT with boosters only
- **Dosage:** 12 hours of contact
- **Deliverer:** interventionists
- **Additional Components:** none
- **Comparison Group:** treated control
- **Tailoring:** none
- **Focus:** multifocus

**Study population description and Attrition**

- **Target population:** low income, inner city adolescents
- **Age:** Arm 1 and 2: Range: 13–16 years
- **Gender:**
  - Arm 1 & Arm 2: Male: 40%
  - Female: 60%
- **Race/Ethnicity:**
  - Arm 1 and 2: Black/African American: 100%
- **Virginity at baseline:**
  - Arm 1: 65%
  - Arm 2: 62%
- **Number of participants at beginning of study:**
  - Arm 1: 258
  - Arm 2: 238
  - Comparison: 321
  - Total: 817
- **Attrition Calculated:**
  - Posttest:
    - Comparison: 25%
    - Total: 26%
  - 2nd follow up:
    - Comparison: 24%
    - Total: 29%
  - 3rd follow up:
    - Arm 1: 40%
    - Arm 2: 41%
    - Comparison: 38%
    - Total: 40%

**Study Results for Index follow-up**

- **Sexual Activity:**
  - Arm 1: OR= 0.96, 95% CI (0.63, 1.48)
  - Arm 2: OR= 1.38, 95% CI (0.89, 2.13)
- **Unprotected Sex:**
  - Arm 1: pretest Mean= 0.22 posttest Mean= 0.30
  - Arm 2: pretest Mean= 0.22 posttest Mean= 0.26
  - Comparison: pretest Mean= 0.27 posttest Mean= 0.26
- **Use of Protection (condoms):**
  - Arm 1: OR= 1.22, 95% CI (0.76, 1.98)
  - Arm 2: OR= 1.29, 95% CI (0.79, 2.13)
- **Use of Protection (oral contraceptives):**
  - Arm 1: OR= 1.34, 95% CI (0.81, 2.21)
  - Arm 2: OR= 1.91, 95% CI (1.17, 3.13)
- **Pregnancy:**
  - Arm: OR= 0.24, 95% CI (0.10, 0.56)
  - Arm 2: OR= 0.88, 95% CI (0.49, 1.59)
<table>
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<th>Quality of execution</th>
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<tbody>
<tr>
<td>Stanton, Guo et al., 2005 (study period not reported)</td>
<td>Rural West Virginia</td>
<td>Greatest: RCT; group Good</td>
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<th>Study Results for Index follow-up</th>
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</thead>
</table>
| **Setting:** School: rural middle and high schools  
**Intervention Strategy:** Comprehensive Risk Reduction  
**Intervention Name:** Focus on Kids (FOK)  
Arm 1: Original FOK  
Arm 2: West Virginia FOK  
**Dosage:** 12 hours of contact  
**Deliverer:** interventionist  
**Additional Components:** none  
**Comparison Group:** untreated  
**Tailoring:** tailored for cultural/subcultural identity  
**Focus:** HIV/STD | **Target population:** adolescents from a rural area  
**Age:** Arm 1: Range: 12–16 years  
Arm 2: Range: 12–16 years  
**Gender:**  
Arm 1: Male: 76.2% Female: 23.8%  
Arm 2: Male: 29.3% Female: 70.7%  
**Race/Ethnicity:** not reported  
**Virginity at baseline:** not reported  
**Number of participants at end of study:** Total: 810  
**Attrition Calculated:**  
Posttest: Total: 17%  
2nd follow up: Total: 15%  
3rd follow up: Total: 19% | **Sexual Activity:**  
Arm 1: OR= 1.40, 95% CI (1.00, 1.95)  
Arm 2: OR= 1.34, 95% CI (1.00, 1.78)  
**Use of Protection (condoms):**  
Arm 1: OR= 0.72, 95% CI (0.51, 1.00)  
Arm 2: OR= 0.75, 95% CI (0.56, 1.00)  
**Use of Protection (dual use):**  
OR= 0.68, 95% CI (0.51, 0.91) |
<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>
</table>
Intervention strategy: Comprehensive Risk Reduction  
Intervention Name: ¡Cuídate!  
Dosage: 8 hours of contact  
Deliverer: facilitators  
Additional Components: none  
Comparison Group: untreated  
Tailoring: tailored for race/ethnicity and attempts were made to ensure deliverers were culturally appropriate  
Focus: HIV/STD | Target population: Latino adolescents  
Grade: Total: Mean (SD): 14.9 (1.49) years  
Gender:  
Total:  
Male: 45%  
Female: 55%  
Race/Ethnicity:  
Total:  
Hispanic/ Latino: 100%  
Virginity at baseline: 59.1%  
Number of participants at beginning of study:  
Intervention: 312  
Comparison: 341  
Total: 653  
Attrition rate:  
3rd follow up:  
Total: 18% | Sexual Activity:  
OR= 0.66, 95% CI (0.46, 0.95)  
Number of Partners:  
OR= 0.53, 95% CI (0.31, 0.90)  
Unprotected Sex:  
RR = 0.47, 95% CI (0.26, 0.84), p<0.05  
Use of Protection (condoms):  
OR= 1.30, 95% CI (0.75, 2.26) |
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<tbody>
<tr>
<td>Walter et al., 1993 (1990–1991)</td>
<td>New York City borough</td>
<td>Greatest: non-randomized trial: group</td>
<td>Fair</td>
<td>Setting: School: four public high schools in a New York City borough&lt;br&gt;Intervention Strategy: Comprehensive Risk Reduction&lt;br&gt;Intervention Name: no named program – HIV prevention&lt;br&gt;Dosage: 6 hours of contact&lt;br&gt;Deliverer: regular health teacher&lt;br&gt;Additional Components: none&lt;br&gt;Comparison Group: untreated&lt;br&gt;Tailoring: none&lt;br&gt;Focus: HIV/STD</td>
<td>Target population: inner city public high school students&lt;br&gt;Age: Mean: 15.7 years&lt;br&gt;Gender: Male: 45% Female: 55%&lt;br&gt;Race/Ethnicity: Other: 76.6%&lt;br&gt;Virginity at baseline: Not reported&lt;br&gt;Number of participants at beginning of study: Arm 1: 667&lt;br&gt;Comparison 1: 534&lt;br&gt;Total: 1201&lt;br&gt;Attrition Calculated: Post test: Intervention: 28.5%&lt;br&gt;Comparison: 27%&lt;br&gt;Total: 27.8%</td>
<td>Sexual Activity: &lt;br&gt;Intervention: posttest&lt;br&gt;Proportion= 0.09&lt;br&gt;Comparison posttest&lt;br&gt;Proportion= 0.11&lt;br&gt;p&lt;0.60&lt;br&gt;Number of Partners: &lt;br&gt;OR= 0.70, 95% CI (0.51 ,0.96)&lt;br&gt;Use of Protection (condoms): &lt;br&gt;Intervention: posttest&lt;br&gt;Proportion= 0.05&lt;br&gt;Comparison posttest&lt;br&gt;Proportion= 0.01&lt;br&gt;p&lt;0.05&lt;br&gt;STI: &lt;br&gt;Intervention: posttest&lt;br&gt;Proportion= 0.02&lt;br&gt;Comparison posttest&lt;br&gt;Proportion= 0.04&lt;br&gt;p&lt;0.10</td>
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<td>Weeks et al., 1997 (study period not reported)</td>
<td>Midwest</td>
<td>Greatest: RCT: group</td>
<td>Fair</td>
<td>Setting: School: middle and junior high schools from 15 high-risk school districts</td>
<td>Target population: middle school students from high risk school districts</td>
<td>Sexual Activity: Arm 1: OR= 1.00, 95% CI (0.57, 1.75) Arm 2: OR= 0.95, 95% CI (0.59, 1.54)</td>
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<td>Intervention Strategy: Comprehensive Risk Reduction</td>
<td>Age: Arm 1: Mean: 12.4 years Arm 2: Mean: 12.6 years</td>
<td>Number of Partners: Arm 1 &amp; Arm 2: OR= 0.94, 95% CI (0.62, 1.42)</td>
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<td>Intervention Name: Youth AIDS Prevention Project (YAPP)</td>
<td>Gender: Arm 1: Male: 49.9% Female: 50.1% Arm 2: Male: 50.1% Female: 49.9%</td>
<td>Use of Protection (condoms): Arm 1: OR= 0.99, 95% CI (0.55, 1.80) Arm 2: OR= 0.78, 95% CI (0.42, 1.45)</td>
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<td>Arm 1: YAPP with parental involvement Arm 2: YAPP without parental involvement</td>
<td>Race/Ethnicity: Arm 1: Black/African American: 52.2% White: 26.9% Hispanic 14.1% Other: 5.9%</td>
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<td>Dosage: 10 hours of contact</td>
<td>Arm 2: Black/African American: 65.1% White: 14% Hispanic 17.1% Other: 3.9%</td>
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<td>Deliverer: Master’s graduate level health educators</td>
<td>Virginity at baseline: not reported</td>
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<td>Additional Components: none</td>
<td>Number of participants at beginning of study: Arm 1: 770 Arm 2: 689</td>
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<td>Comparison Group: minimal treatment</td>
<td>Comparison: 933 Total: 2392</td>
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<td>Tailoring: none</td>
<td>Attrition: Posttest: Arm 1: 22.1% Arm 2: 28.7% Comparison: 19.5%</td>
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<td>Focus: HIV/STD</td>
<td>2nd follow up: Arm 1: 54.9% Arm 2: 60.2% Comparison: 50.9%</td>
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Intervention Strategy: Comprehensive Risk Reduction  
Intervention Name: Arm 1: Modified Reducing the Risk (MRTR)  
Arm 2: Reducing the Risk (RTR)  
Dosage: 12 total contacts  
Deliverers: Arm 1: teacher and peer  
Arm 2: teacher  
Additional Components: none  
Comparison Group: minimal treatment  
Tailoring: tailored for cultural/subcultural identity  
Focus: multifocus | Target population: high school students from a rural community  
Age: Total: Mean: 14.53 years  
Gender: Total: Male: 48.1% Female: 51.9%  
Race/Ethnicity: Total: White: 96.5%  
Other: 3.5%  
Virginity at baseline: Total: 69%  
Number of participants at beginning of study: Total: 5798  
Attrition Calculated: Total: 18%  
2nd follow up: Total: 29.6% | Sexual Activity:  
Arm 1: OR= 0.72, p<0.05  
Arm 2: OR= 0.76, p<0.05  
Use of Protection (condoms):  
Arm 1: OR= 1.60, p<0.05  
Arm 2: OR= 1.78, p<0.05 |

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