EVALUATION ABSTRACT: THE EVALUATION OF YOUR MOVE IN SEVEN GEOGRAPHIC REGIONS IN THE UNITED STATES

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Intervention Name

Your Move

Intervention Description

Your Move is a multisession blended learning program that combines group-based and individual online learning. The program consists of seven 75-minute sessions. Each session includes 60 minutes of facilitator-led discussion, video clips, activities, and games followed by 15 minutes of personal reflection time during which participants use tablets to complete online activities that enable them to practice the decision making skills they learned. The program focuses on sexual decision making skills, communication, readiness, anatomy, birth control, sexually transmitted infections, condom use, and planning for the future.

Your Move is designed for female youth ages 14 to 19. Trained health educators from Planned Parenthood and Widener University implement the Your Move program at collaborating community-based organizations (CBOs). Educators receive ongoing support from the research team throughout implementation.

Comparison Condition

Eat Smart

Comparison Condition Description

Eat Smart is a multisession blended learning program that follows the same structure as Your Move. The program consists of seven 75-minute sessions. Each session includes 60 minutes of facilitator-led discussion, video clips, activities, and games followed by 15 minutes of personal reflection time during which participants use tablets to complete online activities that enable them to practice the decision making skills they learned. The program focuses on healthy eating and recipes, including: portion sizes, my plate guidelines, nutrients, reading food labels, meal planning, and handling challenges to healthy eating.

Eat Smart is designed for female youth ages 14 to 19. Trained health educators from Planned Parenthood and Widener University implement the Eat Smart program at collaborating CBOs. Educators receive ongoing support from the research team throughout implementation.

Behavioral Outcomes

(1) Had vaginal sex in the last 3 months; (2) number of incidents of vaginal sex without using hormonal contraception, copper IUD, or condoms; (3) number of sexual partners without using condoms. All listed outcomes address the 3 months prior to the follow-up survey.

Non-behavioral Outcomes

(1) Perceived self-efficacy to communicate about sexual boundaries and condom use; (2) sexually transmitted infection knowledge; (3) perceived self-efficacy to use condoms.

Sample and Setting

The study is open to female youth ages 14 to 19 who use the services of the participating CBOs that have partnership agreements with local Planned Parenthood affiliates, Widener University, and possibly schools in the greater Pittsburgh and Philadelphia areas. Youth younger than 18 must return a signed parental consent form allowing their participation and assent to study participation; youth ages 18 or 19 must sign a consent form agreeing to participate.

Participating CBOs represent seven geographic regions with higher than average teen birth rates, high percentages of youth who face disparities in teen births, or both, including Metro New Jersey, Western New York, Philadelphia, Western Pennsylvania, Delaware, Ohio, and St. Louis, Missouri. The CBOs currently provide an array of services, including sport opportunities, homework clubs, after-school programs, health services, and job skills training. All youth—intervention and comparison—will continue to receive these types of CBO services throughout the study period. Each CBO will recruit one to four small groups of 5 to 13 youth each year. Over a two-year period, the evaluation plans to enroll about 600 youth across 75 cohorts.

Research Design and Data Collection

The intervention will be tested using a cluster randomized controlled trial design. Evaluators will randomly assign about 75 cohorts on a rolling basis to Your Move (intervention condition) or Eat Smart (attention comparison condition) within the participating CBOs serving this age group. In the study's second year (first year collecting RCT data), randomization occurred at the cohort level in permuted blocks of four, and was stratified by region (level 1). In the third, and final, year of the study (second year collecting RCT data), randomization will occur at the cohort level in permuted blocks of five, with three of those cohorts assigned to the intervention condition and two assigned to the comparison condition. Randomization will be stratified by region (level 1) and, if needed, by the ages served by the program (level 2). The revised proportion of cohort assignment to intervention and control conditions serves the purpose of collecting more implementation data, given the reduced time frame for the study. Trained data collectors will collect data at baseline (before random assignment) and three months after the intervention ends. Participants will complete the survey using an online survey application administered on tablets during a group survey session held at the CBOs. Girls not attending the survey sessions can take the survey online from home or another private location. Implementation data will be collected throughout the study, including observations by trained ETR observers, youth attendance data, facilitator-reported fidelity, and youth and facilitator reaction surveys.

Schedule/Timeline

Enrollment and baseline data collection began in November 2016 and will end in March 2018. The 3-month post-intervention data collection began in April 2017 and will end in June 2018.

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