

EVALUATION ABSTRACT: EVALUATION OF THE TEENS EXPLORING AND MANAGING PREVENTION OPTIONS (TEMPO) STUDY IN ALBUQUERQUE, NEW MEXICO

Grantee

Grantee Name: University of New Mexico Health Sciences Center
Project Lead: Jennifer Hetteema, Ph.D.
Email address: jhetteema@salud.unm.edu

Evaluator

Evaluator's Organization: University of New Mexico Health Sciences Center
Evaluator Lead: Stephanie Jackson, M.P.H.
Email address: stjackson@salud.unm.edu

Intervention Name

TEMPO: Teens Exploring and Managing Prevention Options

Intervention Description

The purpose of this project is to evaluate a brief intervention (BI) for unintended teenage pregnancy prevention in primary care clinics. BIs show promise for other risky behaviors such as unhealthy alcohol use. BIs aim to motivate people engaged in unhealthy behaviors (such as unprotected sex) to change their behavior by giving them an opportunity to discuss how their behavior puts them at risk for unwanted consequences and identify strategies to reduce risk. The intervention consists of a semi-structured, 15-minute BI informed by principles of motivational interviewing (MI). MI is a goal-oriented, client-centered counseling style for eliciting talk about behavior change and helping patients to explore and resolve ambivalence. The BI takes place in a private clinic space either before or after a standard clinic appointment and is audio-recorded to monitor intervention fidelity. The study interventionists work with the providers in the clinic to prevent interruptions of medical services. During the BI, interventionists inform participants about personal risk for unintended pregnancy and explore motivations for changing that risk. They also discuss contraception information and remind participants of their opportunity to meet with a provider for standard reproductive health care.

Comparison Condition

Treatment as usual

Comparison Condition Description

Participants randomly assigned into the comparison condition receive regular clinic services as scheduled. These services can include annual physicals, acute care, or reproductive health services. The comparison group receives no portion of the intervention content or materials.

Behavioral Outcomes

Self-reported rates of unprotected vaginal sex (defined as: vaginal sex in the past three months) and rates of uptake of long-acting reversible contraceptives (LARC) in the past three- and nine-months (female youth only)

Non-behavioral Outcomes

Intentions to have sex, intentions to use contraception and condoms, attitudes toward contraception and condom use during the past three months (assessed at three and nine months)

Sample and Setting

This evaluation takes place in ten health care clinics serving teens in Albuquerque, New Mexico. To be eligible for the study, participants must (1) be ages 13 to 19, (2) report unprotected vaginal sex during the past year, and (3) not currently have a LARC. Because of state laws providing confidential reproductive health care, parental consent is not required. The study plans to enroll 1,350 participants.

Research Design and Data Collection

The research design is an individual-level randomized controlled trial. Interventionists randomly assign participants into the BI or the comparison group. Recruitment, consent, baseline survey, random assignment and BI occur in one visit. In the clinics, trained study interventionists approach teen patients in the waiting or exam rooms during a private moment. Interventionists ask the teen if he or she would like to take a short screening survey to determine eligibility. If the teen screens eligible by reporting unprotected vaginal sex in the past year and does not currently use a LARC, then the interventionist invites the teen to participate in the study. After consent and baseline survey are completed, the participant is randomly assigned to BI or the comparison group.

Both the intervention and comparison groups are contacted for telephone follow-up surveys at three months and again at nine months after enrollment. For the implementation of the evaluation, the evaluator collects data on study recruitment and participation. Additionally, data on the quality and fidelity of the intervention is collected and assessed by using the Motivational Interviewing Treatment Integrity scale to determine proficiency and provide feedback to the study interventionists.

Schedule/Timeline

Sample enrollment and baseline data collection began in November 2016 and will end in June 2018. The 3-month follow-up began in February 2017 and will end in June 2018.