

EVALUATION ABSTRACT: THE EVALUATION OF *HEALTHY U* IN THE OREGON YOUTH AUTHORITY

Grantee

Grantee Name: WestEd
Project Lead: Anthony Petrosino, Ph.D.;
Email address: apetros@wested.org

Evaluator

Evaluator's Organization: WestEd
Evaluator Lead: Staci Wendt, Ph.D.
Email address: swendt@wested.org

Intervention Name

Healthy U

Intervention Description

Healthy U is an app developed for Android tablets that engages youth in learning about sexual health through interactive game, video, quiz, and story formats. *Healthy U* is self-guided intervention (about three to six hours over up to three months) aimed at preventing unplanned fatherhood and geared toward Oregon Youth Authority (OYA) male youth in juvenile justice facilities, ages 14 to 19. *Healthy U* has seven modules: puberty, birth control, teen pregnancy, sexually transmitted infections, HIV, healthy relationships, and condom negotiation. Each module has six activities, which include videos, games, and imagination challenges. OYA staff facilitate the self-guided intervention by passing out tablets, ensuring tablets are charged, and answering any questions youth might have based on their *Healthy U* experience. Youth will have access to the tablets during their free time or times designated by the facilitator, depending on their site. Tablets will be available in each facility for a four month period. At a minimum, youth will have 30 days to complete *Healthy U*; at a maximum, they will have three months. Preliminary estimates of the time it takes to complete *Healthy U* show that youth complete it in roughly three hours.

Comparison Condition

Business as usual

Comparison Condition Description

Youth in the comparison condition who do not receive *Healthy U* will continue their regular routines in the OYA juvenile justice facilities. This routine can include attending educational classes and recreational or work experience programs, meeting with mental health professionals, or periods of free time. OYA youth do not currently receive any other sexual health curriculum.

Behavioral Outcomes

Sexual intercourse in the past three months, sexual intercourse without a condom in the past three months, subsequent pregnancies of a female partner in the past three months, and subsequent other sexual activity in the past three months

Non-behavioral Outcomes

Extent to which youth understand the *Healthy U* material (obtained from implementation data), likelihood of having sexual intercourse in the next year, likelihood of using a condom, likelihood of abstaining from sexual intercourse, and knowledge of risks related to HIV/sexually transmitted infections

Sample and Setting

The study sample will include male youth who, at the time of recruitment, are incarcerated in one of the six OYA male juvenile justice facilities. To be eligible, participants must be between the ages of 14 to 19 and within 30 to 90 days of release from OYA.

The evaluation and intervention activities will take place on-site at five OYA facilities. The five facilities in the sample are geographically spread across the state and include about 17 living units (buildings) across all five facilities. Living units typically house 25 youth. Youth spend most of their time with others in their living unit (for example, eating, sleeping, school time). The facilities serve youth from a diverse array of geographic areas, including many of Oregon's rural communities. Through June 2018, we expect to enroll a total of 40 living units and 208 youth

Research Design and Data Collection

To test the impact of *Healthy U*, evaluators will conduct a cluster randomized controlled trial, with living units randomly assigned to the intervention or comparison conditions multiple times during the evaluation. The design includes living units within five facilities; each living unit will be randomly assigned to conditions multiple times throughout the evaluation. At each instance of random assignment, the living unit (and all eligible youth within it) will serve as either an intervention site or a comparison site for about four months. The study will rerandomize units to condition about twice a year, because of the expectation that every six months there will be a new set of eligible sample members (youth 30 to 90 days from release) in each living unit. Evaluators will randomly assign equal proportions of living units to the intervention or comparison conditions. Random assignment will be stratified by facility to ensure that each facility includes at least one unit in each group. For youth younger than 18, OYA will provide consent, as they are the guardian for youth in detention and youth will assent to participate. Youth older than 18 will consent to participate in the study.

Youth in both intervention and comparison conditions will be asked to participate in baseline, 6-months post-baseline, and 12-months post-baseline surveys. Each of the surveys will last no longer than 30 minutes and evaluators will conduct them in a paper and pencil mode.

In addition to collecting survey data, other data collection activities include user data from the app administrator tracking system as well as participants' perceptions about the impact of *Healthy U* from a perceived impact survey completed at the end of the intervention. Evaluation staff will conduct biweekly calls with OYA facilitators to check in on the study. OYA facilitators will report about how engaged youth appear with the app, how youth understand the material, and if there are any technology issues.

Schedule/Timeline

Sample enrollment and baseline data collection began in February 2017. The 6-month follow-up survey data collection began in July 2017, and the 12-month follow-up survey data collection will begin in February 2018. Due to the change in funding, all data collection will end in June 2018.