

## Love Notes

### Office of Adolescent Health CHAMPS Evaluation Abstract

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<b>Intervention Name</b>	CHAMPS! ( <u>C</u> reating <u>H</u> ealthy <u>A</u> dolescents through <u>M</u> eaningful <u>P</u> revention <u>S</u> ervices) offered both <i>Reducing the Risk</i> and <i>Love Notes</i> . This abstract only focuses on <i>Love Notes</i> results.
<b>Intervention Description</b>	<p>CHAMPS! Camps provided ten hours of programming (including time for meals, breaks and evaluation) each day over two consecutive Saturdays in 23 community based organizations. One third of participants were randomly assigned to the <a href="#">Love Notes</a> (LN) intervention during the CHAMPS! Camps.</p> <p>LN is a 13-module curriculum designed to educate youth about healthy relationships and aims to reduce teen dating violence and unprotected sex (and thus pregnancy, spread of STIs and injury). The curriculum meets the needs of youth who are alienated and in need of loving personal relationships. LN was developed to educate participants about healthy relationships, including issues of decision-making, communication and conflict resolution, as well as sexual and overall safety (Pearson, 2009). The 13 modules include: sliding vs. deciding, smart love, personality and family of origin issues in relationships, safety issues, communication warning signs, healthy communication strategies, problem-solving, commitment and relationship decision-making and sexuality in close relationships. LN presents info on domestic violence using the Johnson multidimensional model (Johnson, 1995, 2008) addressing issues of risk level related to dangerous intimate partner behaviors.</p> <p>There were four adaptations of LN. First, instead of training youth in 13 one-hour sessions or four three-hour sessions, as done previously, youth were trained on two consecutive Saturdays. Second, the curriculum developer enhanced the module on sexuality before the study began. Third, four educational videos on reproduction, abstinence and birth control were added in October 2011. Fourth, given the change in duration to 15 hours, it was important that facilitators focus on key information and activities from the full training manual; therefore, PowerPoint slides and an outline of what information to emphasize were created to focus facilitators</p>
<b>Counterfactual</b>	The Power of We (POW) was developed for this study.
<b>Counter-factual Description</b>	Similar to LN, POW was developed to be delivered in 15 hours of contact over two consecutive weekends. POW helps youth learn more about their neighborhoods and their assets and ways to bring about positive community level change.
<b>Primary Research Questions</b>	<p><u>Research Question 1</u>: Do participants in the <i>Love Notes</i> intervention use condoms and other forms of birth control more often than participants in the <i>Power of We</i> control condition at a point 3, 6 and 12 months after the conclusion of the program?</p> <p><u>Research Question 2</u>: Do participants in the <i>Love Notes</i> intervention have fewer sexual partners from the commencement of the program to 3, 6 and 12 months after the program, compared to <i>Power of We</i> control participants?</p>
<b>Sample</b>	Youth-serving organizations in the poorest and most vulnerable neighborhoods Louisville, Kentucky, recruited and enrolled unmarried youth ages 14 to 19, who met the following criteria. They had never been pregnant or impregnated anyone, could participate verbally in English, and had no cognitive impairment that precluded

giving assent or informed consent for any reason. Thirty-nine CHAMPS! Camps were offered between September 2011 and March 2014. The camps offered 109 sessions (39 RTR, 39 LN, and 31 POW). 1,448 youth were randomized (515 RTR, 511 LN, and 422 POW). All youth ages 14-17 received parental consent to participate and assented to participate, all youth ages 18 and 19 consented to participate and as youth reached age 18 all youth consented.

### Setting

The programs were delivered in Louisville, Kentucky at 23 community based organizations such as faith based agencies, community centers, social service agencies, and resource centers located in low performing schools with the highest poverty rates and where most urban, foster and refugee youth live. The CHAMPS! Camps were offered in the physical location of the host community based organization

### Research Design

The study is a three-arm, cluster randomized controlled trial that collected data at six points (pre-training baseline, immediate post-training, 3, 6, 12 and 24 months post training). Randomization occurred at the beginning of each CHAMPS! Camp to ensure it included only youth who were present at the time of randomization. A stratified randomization procedure was used to assign youth to clusters based on gender. Youth who were part of a larger household unit were placed in the same cluster, with one youth randomly sampled as the study participant. Intact clusters were then randomized to condition.

Classes ran simultaneously at each site and were given the same name to minimize the potential for students to determine their condition. Baseline data were collected at the start of the first session, immediately after randomization of cluster to condition. Follow-up data were collected in a similar manner for all three conditions. All youth were invited to participate in a "Data Daze" event at which they completed the follow-up survey and received food and an incentive. "Data Daze" events were planned for specific CHAMPS! Camps and surveys; however, youth could attend a later Data Daze if they were unable to attend their scheduled event. A rigorous implementation study was also conducted assessing fidelity.

### Evaluation Outcomes

At the 3-month follow-up, there were no significant differences between LN and POW on the primary dependent variables of number of sexual partners, use of birth control or use of condoms. There was a trend for participants in LN to have been less likely than POW to have gotten pregnant or gotten someone pregnant.

**At the 6-month follow-up, participants in LN were significantly less likely than those in POW to have sex without a condom in the previous 3 months, and have sex without birth control. They had marginally fewer sexual partners as well. In addition, participants in LN were significantly less likely to have ever been pregnant or caused a pregnancy, significantly less likely to have ever had sex and significantly less likely to have had sex in the last 3 months than participants in POW.**

Preliminary results at the 12 month mark show no significant differences between LN and POW but further analyses are being conducted to ascertain why the impact only lasted 6 months.

### Implementation Findings

All five types of fidelity for LN were at high levels giving validity to the impact results.

### Schedule and Timeline

The full sample was enrolled as of March 2014. Key outcome data from the 3, 6 and 12-month periods are included in the report to OAH. Further analyses are underway. All 24-month follow-up data will be in hand as of April 2016. A final report will be submitted by September 2016.