

# SMART SEX ED

## Evidence-Informed for the Pre-Exposure Prophylaxis Chapter



### POPULATION

➤ English and Spanish speaking adolescent men who have sex with men (AMSM), who are 13-18 years old and do not have HIV

### KEY INTERVENTION EFFECTS

➤ Increased PrEP use

### BRIEF DESCRIPTION

**SMART Sex Ed** is the first component of SMART, a stepped care package of eHealth interventions that addresses the sexual and HIV prevention needs of AMSM. SMART Sex Ed is adapted from the “Queer Sex Ed” intervention, an online comprehensive sex education program. SMART Sex Ed contains four modules that Participants navigate in any order they choose. SMART Sex Ed is delivered in English or Spanish depending on participant preference. The intervention emphasizes sexual health as more than absence of disease and includes content on:

- Healthy romantic relationships
- Having pleasurable sexual experiences
- Acceptance of one’s sexual orientation and gender identity
- HIV/STI transmission and how to acquire and use condoms
- PrEP

**DURATION:** Four modules completed over one month

**SETTING:** Online URL (United States and territories)

**STUDY YEARS:** 2018 – 2020

**STUDY DESIGN:** One-group pre/post

**DELIVERERS:** Internet/website

**DELIVERY METHODS:** Information provided via scroll screen (like social media feeds) and slideshows with narration recorded using near-peer voice actors, videos, games, quizzes, and GIFs, delivered in English or Spanish

### STUDY SAMPLE

The baseline study sample of 983 male participants was characterized by the following:

- 64% White persons
  - 21% Black or African American persons
  - 11% Asian persons
  - 11% Persons who identify as another race/ethnicity
  - 6% American Indian or Alaskan Native persons
  - 3% Native Hawaiian or other Pacific Islander persons
- 35% Persons identifying as Hispanic, Latino, or Latina, regardless of race
- Mean age of 17 years

## STRUCTURAL COMPONENTS

There are no structural components reported for this study.

## KEY INTERVENTION EFFECTS (see **Primary Study** for all outcomes)

- A higher percentage of participants reported PrEP use (5%; 50/983)\* at 3-months post-intervention than pre-intervention (2%; 23/983)\*,  $p < 0.001$ .

\*Verified with the study author via personal conversation.

## CONSIDERATIONS

- A higher percentage of participants reported an HIV test in their lifetime at 3-months post-intervention (40%) than pre-intervention (30%),  $p < 0.001$ .

## ADVERSE EVENTS

- The author did not report adverse events.

## FUNDING

- National Institute on Minority Health and Health Disparities (grant number U01 MD011281)

## PRIMARY STUDY

Mustanski, B., Saber, R., Macapagal, K., Matson, M., Laber, E., Rodriguez-Diaz, C., Moran, K. O., Carrion, A., Moskowitz, D. A., & Newcomb, M. E. (2022). [Effectiveness of the SMART Sex Ed program among 13-18 year old English and Spanish speaking adolescent men who have sex with men](#). *AIDS and Behavior*, 27(2), 733-744. doi: 10.1007/s10461-022-03806-2

**FOR MORE INFORMATION ON TRAINING AND INTERVENTION MATERIALS, PLEASE GO TO**  
<https://esmart.northwestern.edu>

## Contact information

### **Brian Mustanski, PhD**

Institute for Sexual and Gender Minority Health and Wellbeing  
Northwestern University  
625 N. Michigan Avenue  
Floor 14  
Chicago, IL, 60611  
USA

Email: [brian@northwestern.edu](mailto:brian@northwestern.edu)