

FOCUS ON YOUTH (FOY) + ImPACT

Best Evidence – Risk Reduction

INTERVENTION DESCRIPTION

Target Population

- High-risk African American youth living in low-income urban community sites

Goals of Intervention

- Reduce adolescent truancy, substance abuse, and sexual risk behaviors

Brief Description

Focus on Youth (FOY) + ImPACT is a skill-building intervention to reduce substance and sex risk behaviors of high-risk youth. The first component, *FOY*, is an 8-session HIV risk reduction intervention delivered to small groups of 5–12 youth. The intervention emphasizes decision-making, goal setting, communication, negotiation, and consensual relationships. Through the use of games, discussions, homework, and videos, youth receive information on abstinence and safe sex, drugs, alcohol, drug selling, AIDS and STDs, contraception, and human development. *ImPACT*, the second component, is a single-session intervention delivered to each youth and his/her parent or guardian. *ImPACT* begins with a 20-minute video emphasizing parental monitoring and communication. After the video, the parent and youth role-play a vignette where the parent is confronted with evidence of a child's involvement in a sexual relationship. Finally, the youth and parent are taught and practice correct condom use.

Theoretical Basis

- Protection Motivation Theory

Intervention Duration

- The 9 intervention sessions (8 for FOY, 1 for ImPACT) last approximately 1.5 hours each, and are generally delivered one session per week. ImPACT is delivered to the parents at the beginning of the FOY delivery.

Intervention Setting

- Thirty-five sites located throughout the community (urban housing developments, community centers, recreation centers) for FOY and ImPACT; in participants' homes for ImPACT.

Deliverer

- An interventionist and assistant group leader deliver FOY; ImPACT is delivered by an interventionist.

Delivery Methods

- Exercises/games
- Group discussion
- Lectures
- Role plays
- Risk reduction supplies (condoms)
- Videos

INTERVENTION PACKAGE INFORMATION

An intervention package is not available at this time. Please contact **Bonita Stanton**, Dean, School of Medicine, Seton Hall University, 400 South Orange Avenue, South Orange, NJ 07079.

Email: tts0@cdc.gov for details on intervention materials.

EVALUATION STUDY AND RESULTS

The original evaluation study was conducted in Baltimore, Maryland between 1999 and 2002.

Key Intervention Effects

- Reduced sexual intercourse
- Reduced unprotected sex

Study Sample

The baseline study sample of 817 African American youth is characterized by the following:

- 100% black or African American
- 58% female, 42% male
- Median age of 14 years (range: 13–16 years)

Recruitment Settings

Housing development, community centers, and recreation centers

Eligibility Criteria

Youths were eligible if they were aged 12 to 16 years and living in or around 35 recruitment sites. Youth with a recognized psychiatric disorder or mental retardation were not eligible.

Assignment Method

Recruitment sites were randomly assigned to one of three groups: FOY + ImPACT and multiple booster sessions (n = 238), FOY + ImPACT (n = 258), and FOY only comparison (n = 321).

Comparison Group

Youth in the comparison group received the 8-session FOY intervention only, and parents and youth received information and participated in a discussion regarding employment readiness and education.

Relevant Outcomes Measured and Follow-up Time

- Sexual risk behaviors during the previous 6 months (including sexual intercourse and unprotected sex at last sexual encounter) were measured at 6-, 12-, and 24-month follow-ups.

Participant Retention

- FOY + ImPACT
 - 74% retained at 6 months
 - 67% retained at 12 months
 - 60% retained at 24 months

- FOY + ImPACT plus Booster
 - 74% retained at 6 months
 - 69% retained at 12 months
 - 59% retained at 24 months

- FOY only comparison
 - 75% retained at 6 months
 - 76% retained at 12 months
 - 62% retained at 24 months

Significant Findings

At the 6-month follow-up, youth receiving the FOY + ImPACT intervention who were sexually active at baseline reported significantly lower rates of sexual intercourse ($p = .05$) and unprotected sex ($p = .005$) than youth in the FOY only comparison.

Considerations

- Compared to the FOY only comparison group, youth who received the FOY + ImPACT intervention were less likely to report other risk behaviors, including: cigarette smoking at 6 and 24 months, alcohol use at 6 and 12 months, marijuana use at the 12-month follow-up, and been pregnant or gotten a girl pregnant at 24 months.
- The FOY + ImPACT plus Booster intervention, which included booster sessions at 7, 10, 13, and 16 months, did not meet the best evidence criteria. A significantly larger percent of youth participating in this intervention reported a pregnancy compared to youth participating in the FOY + ImPACT intervention at 24 months.

REFERENCES AND CONTACT INFORMATION

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