

FOCUS ON THE FUTURE (FoF) FOR BLACK MALE YOUTHS

Best Evidence – Risk Reduction

INTERVENTION DESCRIPTION

Target Population

- Sexually active black males aged 15-23 years

Goals of Intervention

- Increased consistent and correct condom use
- Decrease STD incidence

Brief Description

Focus on the Future (FoF) for Black Male Youths is a single session individual-level intervention adapted for Black male youths to overcome condom use barriers (e.g., performance ability, problems with condom fit and feel). The intervention session lasts for less than 1 hour and is delivered in STD clinics. During the one-on-one session, participants receive information about disparities in HIV and STDs among black males. Participants discuss condom issues with health educators and receive instruction on how to use condoms correctly. Additionally, participants increase condom negotiation skills through role-playing. Each participant is given access to condoms and lubricants, and is allowed to take as many as can fit in bags provided by his health educator.

Theoretical Basis

- Information-Motivation-Behavioral (IMB) Skills Model
- Social Cognitive Theory

Intervention Duration

- One 1-hour session

Intervention Setting

- STD clinic

Deliverer

- Health educator

Delivery Methods

- Discussion
- Posters
- Risk reduction supplies (condoms and lubricant)
- Skills building

INTERVENTION PACKAGE INFORMATION

An intervention package is not available at this time. Please contact **Richard Crosby**, College of Public Health, 111 Washington Avenue, Lexington, Kentucky, 40506.

Email: crosbyr3@gmail.com for details on intervention materials.

EVALUATION STUDY AND RESULTS

The original evaluation of Focus on the Future for Black Male Youths was conducted in New Orleans and Baton Rouge, Louisiana and Charlotte, North Carolina between 2010 and 2012.

Key Intervention Effects

- Increased consistent and correct condom use

Study Sample

The baseline study sample of 702 black male youths is characterized by the following:

- *100% black or African American*
- *100% male*
- *84% heterosexual, 12% gay or bisexual*
- *Mean age of 20 years*

Recruitment Settings

STD clinics

Eligibility Criteria

Youths were eligible if they were male, between 15 and 23 years of age, HIV-negative, self-identified as black or African American, and had engaged in penetrative sexual intercourse at least once in the past 2 months.

Assignment Method

Black or African American male youths (N = 702) were randomized to 1 of 2 study arms: Focus on the Future (FoF) (n = 349) or an attention control (n = 353).

Comparison Group

The attention control group learned about male and female reproductive anatomy, and received basic information about STDs and prevention. Health educators delivered the one-on-one intervention session using 40 PowerPoint slides. Health educators did not elaborate on slides unless participants asked direct questions, to which health educators responded in 1 or 2 sentences. The average time for delivery of the intervention was 48.5 minutes.

Relevant Outcomes Measured and Follow-up Time

- Sex behaviors including correct and consistent condom use, defined as 100% use with no condom errors (e.g., slippage, breakage) during the last 2 months were measured using audio computer-assisted self-interview at 2 and 6 months post-intervention.
- Laboratory-confirmed incidence of chlamydia and gonorrhea were measured at 6 months post-intervention.

Participant Retention

- Focus on the Future Intervention
 - 70.8% retained at 2 months post-intervention
 - 78.5% retained at 6 months post-intervention
- Attention control
 - 73.9% retained at 2 months post-intervention
 - 73.9% retained at 6 months post-intervention

Significant Findings

- Across the two assessments (2 and 6 months), intervention participants were significantly more likely to report consistent and correct condom use than control participants (Estimated Odds Ratio [EOR] = 1.49, 95% CI = 1.06 – 2.08, $p = 0.02$). Significant intervention effects were also observed on consistent and correct condom use at 6 months post-intervention (EOR = 1.63, 95% CI = 1.07 – 2.49, $p = 0.02$).
- Intervention participants had a significantly greater change in consistent and correct condom use rates than control participants from baseline to 6 months post-intervention ($p = 0.001$).
 - Significant intervention effects were also observed on the change in consistent and correct condom use rates from baseline to 2 months post-intervention ($p = 0.01$). However, this finding only meets *good-evidence criteria* because the assessment time point is < 3 months post-intervention.

Considerations

- The study is an adaptation of [Focus on the Future](#), a single-session intervention to reduce risky sex behaviors, increase correct condom use, and reduce STD re-infections among young black heterosexual males between the ages of 18 and 29 years, and were newly diagnosed with an STD.
- There were no significant intervention effects at 2 or 6 months on chlamydia and gonorrhea incidence.

REFERENCES AND CONTACT INFORMATION

Crosby, R. A., Charnigo, R. J., Salazar, L. F., Pasternak, R., Terrell, I. W., Ricks, J., . . . Taylor, S. N. (2014). [Enhancing condom use among Black male youths: A randomized controlled trial](#). *American Journal of Public Health, 104*, 2219-2225.

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