Evaluation of Video Intervention on Sex-Related Psychosocial and Behavioral Outcomes in a Randomized Controlled Trial of Female Adolescents

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Background
Seventeen Days is a theory-based, medically-accurate, interactive video intervention to reduce STIs and unplanned pregnancies in female adolescents. While the primary goal was behavior change, the intervention also attempted to effect important precursors to behavior change, such as increased knowledge about sex and improvement in self-efficacy for condom use.

Objective
To assess the effects of the interactive Seventeen Days video relative to an interactive control video, Driving Skills for Life, on knowledge about sex and self-efficacy for condom use 6 months after the intervention was offered.

Sample
• **Eligibility criteria**: 1) female, 2) age 14-19, 3) sexually active in the last 6 months, 4) not currently pregnant
• **Setting**: 20 clinics in PA, WV, and OH
• **N = 674**
• **1,317 participants recruited and randomly assigned**
• **53% response rate for 6-month survey**

Methodological Challenges
• Remote delivery of video intervention was intended to provide fidelity flexibility but instead provided little accountability to complete viewing.
• Only 61% of total sample viewed baseline dosage (35 minutes for both interventions).
• Technology limitations created inequities across populations.
• Timeline follow-back calendar was intended to provide rich behavioral data but high participant burden and programming challenges resulted in noisy data.

Results
• Participants viewing Seventeen Days showed a significant increase in knowledge of sexual health (an average 2% increase in scores) relative to participants viewing Driving Skills for Life (an average 1% decrease in scores) 6 months after the intervention was offered, \( F = (1, 673) = 4.88, p = .028 \).
• Participants viewing Seventeen Days showed a significant increase in self-efficacy to get condoms (an average .25 increase in scores) relative to participants viewing the driving video (an average .08 increase in scores) 6 months after the intervention was offered, \( F (1, 680) = 5.31, p = .021 \).
• Study was underpowered to detect differences in behavior.

Conclusions
Video interventions show promise for pregnancy and STI prevention, but must be combined with features of traditional interventions (e.g., connectedness, sense of responsibility) to reach and engage target audience.

Acknowledgements
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For more information go to seventeendays.org

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### Table: Demographic and clinical characteristics at baseline

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Seventeen Days Intervention (n = 340*)</th>
<th>Driving Skills for Life control (n = 340*)</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>M = 17.18</td>
<td>M = 17.25</td>
<td>.653</td>
</tr>
<tr>
<td>Safety for condom use at baseline</td>
<td>Yes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(n = 261)</td>
<td>(n = 271)</td>
<td></td>
</tr>
<tr>
<td>Self-efficacy for condom use at baseline</td>
<td>36.4%</td>
<td>36.5%</td>
<td>.975</td>
</tr>
<tr>
<td>Condom acquisition</td>
<td>12.23</td>
<td>12.19</td>
<td>.001</td>
</tr>
<tr>
<td>Ordered from 0 to 15</td>
<td>(9E + 0.12)</td>
<td>(9E + 0.10)</td>
<td></td>
</tr>
<tr>
<td>Condom negotiation</td>
<td>11.79</td>
<td>11.45</td>
<td>.084</td>
</tr>
<tr>
<td>Ordered from 0 to 15</td>
<td>(9E + 0.14)</td>
<td>(9E + 0.14)</td>
<td></td>
</tr>
</tbody>
</table>

*Participants were permitted to check more than one racial category. This table specifies mutually exclusive categories.

**Group n is identical across all variables other than safer sex, as noted.