

Developing and Implementing a Bilingual, Web-Based HIV/STI Prevention Intervention Targeting At-Risk Latina Adolescents: Lessons Learned

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International
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Significance

- **Latinos accounted for 20% of new HIV infections in the United States, although they represent about 16% of the total U.S. population.**
- **Women of color are particularly vulnerable to HIV/AIDS. In 2012, the rate of new HIV infections in Latinas was four times the rate of white women, and the majority of the Latinas who are infected with HIV is a result of sex with men.**

Factors Associated with Risky Sexual Behaviors among Latina female adolescents

➤ Poverty

➤ Cultural value and gender roles:

- Familism**
- The gender role expectations**

➤ Substance use

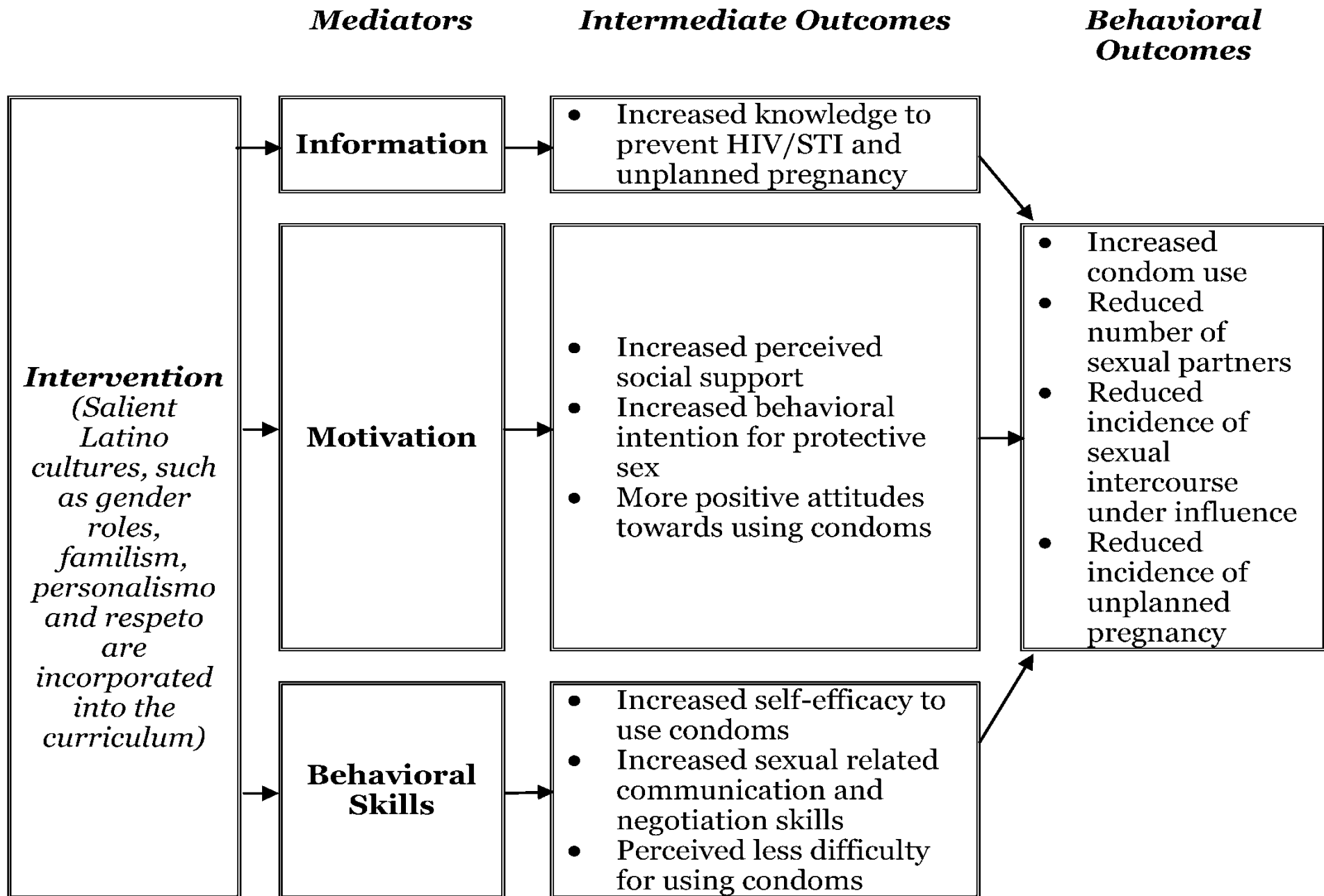
Web-Based HIV/STI Prevention Intervention for Latinos

- **About 95% of Latino youth aged 12-17 go online, higher than blacks (87%) or whites (94%). Further, 83% of Latinos reported obtaining health information from the TV and Internet, suggesting the potential of these alternative outlets to disseminate health information to this population.**
- **Compared with in-person or computer-based interventions, web-based interventions provide more flexibility to accommodate adolescents' busy schedules and needs for privacy, as they can assess them at a place and time they prefer.**

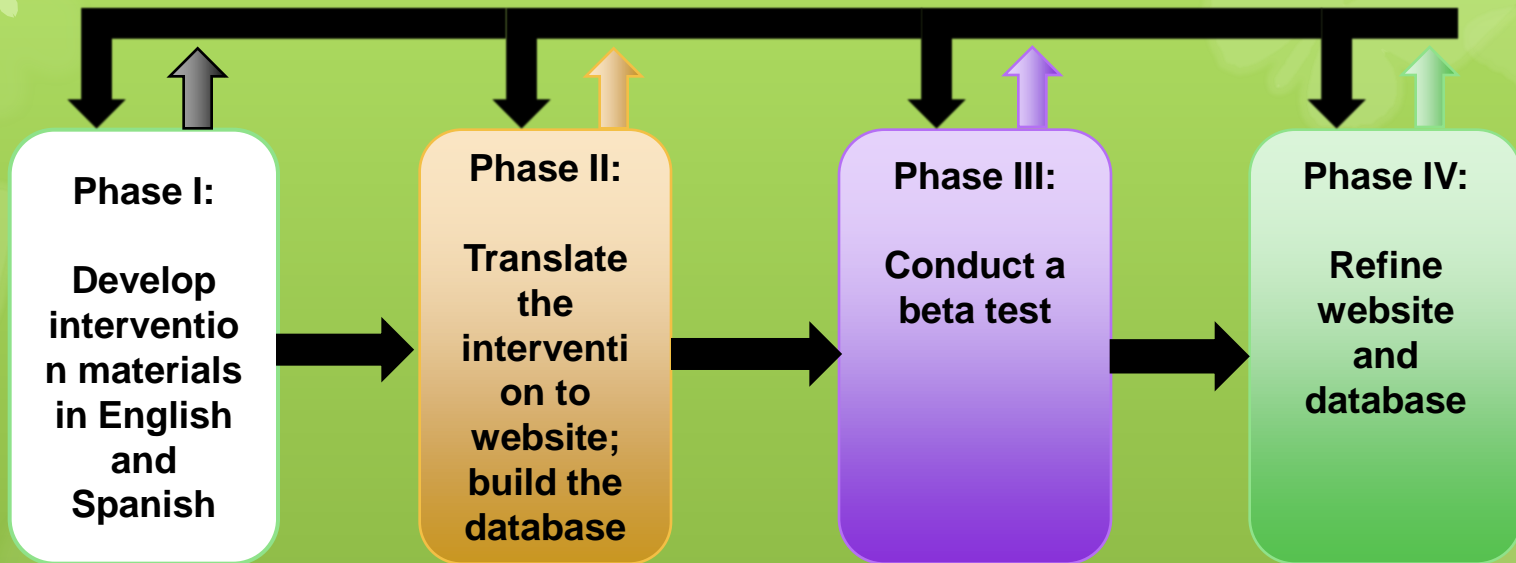
Purpose

To describe the process and lessons learned about developing and implementing a bilingual, web-based HIV/STI prevention intervention targeting Latinas aged 15-19.

Figure 1: Theoretical Framework



Intervention Development



Module	Peer pressure	Sexual activity	Sexually transmitted infections	Pregnancy & Family planning	Relationship between substance use and risky sexual behavior
Section					
Risk (Information)	<p>What is peer pressure?</p> <p>Peer pressure can be positive or negative.</p> <p>How can you avoid negative peer pressure?</p>	<p>Sexuality develop in adolescence.</p> <p>How to manage your sexuality positively, safely and wisely.</p>	<p>What are STIs?</p> <p>What is HIV? AIDS?</p> <p>How to prevent HIV/STIs?</p>	<p>What is teen pregnancy and family planning</p> <p>How can you prevent an accidental (unwanted) pregnancy.</p> <p>How can you know if you are pregnant? Where to seek for help?</p>	<p>Why alcohol and drugs are harmful?</p> <p>Relationship between substance use and risky sexual behavior.</p>
Resilience (motivation & skills)	<p>Smart Choices, Smart Life!</p> <p>CRECER: the key to personal growth and effectiveness</p>	<p>The risk pyramid.</p> <p>Practice the ABCs of prevention.</p> <p>Sexual abstinence and Protected sexual activities.</p>	<p>Establish a life plan and goals. Define your life mission and the steps to achieve it.</p> <p>Know yourself.</p>	<p>What are some important tips for effective communication?</p> <p>(personalismo, respeto)</p>	<p>Empower yourself and others by working together as a team.</p> <p>Renew your body, mind and spirit every day.</p>
Reflection (motivation & skills)	<p>Culturally relevant case study exercise: The power is yours!</p> <p>(gender roles)</p>	<p>Culturally relevant case study exercise: Building strong and effective relationships.</p> <p>(personalismo, respeto)</p>	<p>Culturally relevant case study exercise: Courage to Care.</p> <p>(gender roles, personalismo, respeto, familism)</p>	<p>Culturally relevant case study exercise: Sonia and Mark made an adequate plan to protect themselves from STIs and unwanted pregnancy.</p> <p>(gender roles, personalismo, respeto, familism)</p>	<p>Culturally relevant case study exercises: (1) Saturday night dance; (2) A night which will never be forgotten.</p> <p>(gender roles, personalismo, respeto, familism)</p>
Response (motivation & skills)	<p>Emotional bank account.</p> <p>Game: emotional deposits.</p> <p>Exercise: share your experiences in making emotional deposits with your best friends and a close family member</p>	<p>Exercise: Reflect on the skills you have learned: Clarify and live according to your values; Take personal Responsibility and control of your life.</p> <p>Exercise: What do you think about sexual abstinence?</p>	<p>Practice communicating values and beliefs regarding sexuality with strength and clarity.</p> <p>Listen to your friends and share your own perspectives.</p> <p>Share this information with your friends and talk about the best way to protect yourself and your partner from STIs.</p>	<p>Exercise: how can you improve your relationship with partners and parents/guardians?</p> <p>Exercise: practice communication skills with partners and with parents/guardians</p>	<p>Exercise: share your thoughts about protect yourself from alcohol and drug use with your close friends and your family.</p>

GirlSmart

Firefox browser window title: Joven Salud :: ¡Vive tu juventud, Cuida tu salud! :: - Mozilla Firefox

Browser menu: File Edit View History Bookmarks Tools Help

Address bar: http://www.jovensalud.net/site/view/inicio.jsp

Browser tabs: Most Visited Getting Started Latest Headlines

Browser tabs: Joven Salud :: ¡Vive tu juventud, C... x Joven Salud :: ¡Vive tu juventud, C... x

Joven Salud

Inicio Información Estadísticas Contacto & Ayuda Registro

Recomendar a mis amigos Agregar a mis favoritos Compartir en Facebook Compartir en twitter



Ingreso & Registro

Usuario:

Contraseña:

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- Bulimia
- Desórdenes Alimenticios
- Alcohol
- Auto-examen de mama
- Servicio a los demás
- Éxtasis
- Condón masculino/ Preservativo
- Virus del papiloma humano (VPH)
- Trabajo en equipo

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Cuestionarios para conocer tus estilos de vida, actitudes, conductas de riesgo y protección. ¡Recibirás tus resultados de forma inmediata!

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Cuentan con facilitadores virtuales, herramientas creativas, videos y te permitirán interactuar con otros jóvenes.

Lo último

- Perfil de Salud *Nuevo cuestionario de salud registrado*
- GirlSmart Health Survey *Nuevo cuestionario de salud registrado*
- Terros, Inc / Clinics & Social Services *Nuevo recurso del directorio registrado*
- GirlSmart Encuesta de Salud *Nuevo cuestionario de salud registrado*

Windows taskbar: Done, Windows..., Documen..., Archivos..., iTunes, Correo de..., Para reun..., 0[2] - Mic..., Joven S..., ES, 01:17 p.m.

Condition Assignment

si eres parte de una escuela, colegio o institución de salud ingresa en este campo el **código** que te ha dado tu guía



Entrar con el código

si eres un usuario personal y no tienes código haz clic en **Continuar**

Continuar



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Pizarra Informativa



Curso Nutrición y Ejercicio GirlSmart

En este curso aprenderás información sobre una alimentación saludable, la importancia de hacer ejercicio y la reducción de estrés.



[Ver más información](#)



GirlSmart Curso Salud Sexual Español

Este es un curso dirigido solo a mujeres como tú que han decidido aprender más sobre sexualidad y sobre el cigarrillo, alcohol y drogas.



[Ver más información](#)



GirlSmart Nutrition Exercise Course

This is a course specifically designed for girls like you who have decided to learn more about nutrition and exercise. Get Healthy and Stay Fit!



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GirlSmart Sexual Health Course

This is a course specifically designed for girls like you who have decided to learn more about sexual health and other important health issues including emotional health and substance use.



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Modules

ayuda de parte de nuestros profesionales de salud.

Título:



GirlSmart Sexual Health Course

This is a course specifically designed for girls like you who have decided to learn more about sexual health and other important health issues including emotional health and substance use.

[Inscribirme en este curso](#)

⇒ **Descripción del curso:**
On this course, you're going to find important information about:

- Module 1: Peer Pressure
- Module 2: Sexual Activity
- Module 3: Sexually Transmitted Infections
- Module 4: Pregnancy and Family Planning
- Module 5: Cigarette, Alcohol and Drugs

⇒ **Disponibilidad para este curso:**



Este curso esta disponible solo para mujeres



Este curso es apto para jóvenes de: 10 a 13 años, 14 a 17 años, 18 a 24 años

Case Study Exercise

3. Answer the questions.

Case Study: A Typical Day

Karla heard the harsh ringing of her alarm clock and rolled out of bed. She could hear her mother hollering, "Karla hurry, don't be late for school!" Karla showered, throwing her towel on the bathroom floor, dressed quickly leaving her bed unmade, her clothes strewn about her room and headed for the kitchen for breakfast. Scattering crumbs on the kitchen floor, she left her dirty dishes in the sink and headed out the door, forgetting to say goodbye to her mother.

At noon the cashier lady in the lunchroom gave her extra change by mistake. Karla pocketed the extra money, thinking "it's my lucky day." After recess she went to her homeroom class to do homework. She was bored and restless and talked with a friend, disrupting others from being able to study and keeping the study hall teacher from helping others with their lessons.

1. What do you think Karla's values or principles are?

no

(498/500)

PREGUNTA CONTESTADA

2. What are the values and principles that are most important in your life? Why?

(500/500)

Guardar

3. Do you believe that your values make any difference in how you treat people and how people treat you? Why?

100%

上午 10:33
2012/2/2

Bilingual Virtual Coach

http://www.jovensalud.net/site/view/aula.jsp

Joven Salud :: ¡Vi...

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Quizzes y encuestas

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MI AULA VIRTUAL

1. What do you think Karla's values or principles are?

Respuesta(s): she is not responsible fo her own schedule. disturb other people's work.

XXX

El facilitador respondió:
En: Enero 09, 2012 - 16:10
Welcome to the GirlSmart Sexuality and Health course. I hope you are enjoying reading the modules. I'll be your virtual facilitator and I'm here to guide you during the time of the curse. Please take your time answering the questions in each module. They will help you to reflect upon the different topics. Your Virtual Facilitator.

Tu escribiste:
En: Enero 19, 2012 - 15:27
thank you for the feedback.

Nueva Pregunta: (2000/2000)

Enviar Pregunta

Aceptar

Exercise: Over the next four days, think of an emotional deposit you can make to enrich a relationship that is important to you.
Day One: To whom? What emotional deposit will you make?
[Module 1 - Práctica](#)
Day Two: To whom? What emotional deposit will you make?
[Module 1 - Práctica](#)

100%

下午 02:24
2012/1/19

Resources

http://www.jovensalud.net/site/view/curso.jsp?idseccion... :: Joven Salud :: ¡Vi...

檔案(F) 編輯(E) 檢視(V) 我的最愛(A) 工具(T) 說明(H)

建議的網站 網頁快訊圖庫

Pizarra Informativa

RISKS

Sexually Transmitted Infections

In the last module you learned about sexual abstinence and the risk pyramid. In this module you will learn about sexually transmitted infections (STIs), HIV/AIDS and condom use.

What are sexually transmitted infections (STIs)?

Sexually Transmitted Infections (STIs) are infections transmitted through sexual contact that involves penetration (whether it be oral-genital, vaginal or anal) with someone who is infected.

There are at least 30 different types of STIs. Many of them can cause permanent damage and some can cause death.

Fortunately, most STIs, if detected early and treated promptly, can be cured. For more detailed information visit [sexually transmitted infections](#)

Did you know that...

...most common sexually transmitted disease caused by oral or genital sex.

- » [Human Papilloma Virus \(HPV\)](#) is related to cervical cancer and genital warts. Over half of women and men worldwide carry the virus.
- » [Chlamydia](#) and [Syphilis](#) are particularly dangerous because both men and women may have these infections without showing any signs or symptoms for a long time.

If you decide to start having sex, find a health center in your community where you can talk about these issues or consult your Course Facilitator/Coach. Stay healthy by speaking openly and honestly about your sex life and your concerns. (check out [Resources in Your Community](#))

Health professionals such as doctors, nurses, psychologists and social workers sometimes fail to ask you about your sexual activity, but you should have the courage to tell them your issues and concerns. Remember that tests, examinations and treatment for sexually transmitted infections are always confidential and if detected early, STIs are treatable and in most cases curable.

Anterior Siguiente



Measures



Mi Expediente



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Directorio de salud

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Pizarra Informativa

Module 1	0	0	0	0
Module 2	0	0	0	0
Module 3	0	0	0	0
Module 4	0	0	0	0
Module 5	0	0	0	0

Curso completado

Bienvenid@ al curso Meredith1



Welcome!

This educational public platform has been developed by several organizations to promote health by educating adolescents and young adults and engaging them in reflection, analysis and critical thinking in order to develop personal decision-making. It does not provide medical advice, diagnosis, or treatment. Under no circumstance should self-diagnosis or treatment be attempted based on any information seen or read on this educational platform. Joven Salud is not responsible for the inadequate use of the information provided. Always seek the advice of your physician or health care provider with any questions regarding your medical condition. Any question answered by our staff is not a substitute for medical care.

Antes de empezar

Antes de empezar el curso debes completar los siguientes cuestionarios sobre tu salud:

» [GirlSmart Health Survey](#) **Pendiente**



EMPEZAR EL CURSO

Level of Risk: Traffic Light

Measures	<i>[Pre-test]</i> Marzo 07, 2013	<i>[Post-test]</i> Mayo 15, 2013
<i>Knowledge</i>	High risk	Moderate risk
<i>Norms</i>	Moderate risk	Moderate risk
<i>Attitudes</i>	Low risk	Moderate risk
<i>Skills</i>	Moderate risk	Moderate risk
<i>Condom Use</i>	Moderate risk	Moderate risk
<i>Intentions #1</i>	Moderate risk	Low risk
<i>Intentions #2</i>	Low risk	Low risk
<i>Emotional Health</i>	Moderate risk	Moderate risk
<i>Substance Use</i>	Low risk	Low risk
<i>Behavior</i>	Moderate risk	Moderate risk
<i>Nutrition</i>	High risk	Low risk

Evaluation of Modules

http://www.jovensalud.net/site/view/curso.jsf

檔案(F) 編輯(E) 檢視(V) 我的最愛(A) 工具(T) 說明(H)

建議的網站 網頁快訊圖庫 Korean drama online.url

Home RSS Email Print 網頁(P) 安全性(S) 工具(O) ?

GirlSmart Sexual Health Course

This is a course specifically designed for girls like you who have decided to learn more about sexual health and other important health issues including emotional health and substance use.

Avance en el curso

0.0 de 5 módulos

	Prevención (visitas)	Protección (visitas)	Pensamientos (visitas)	Práctica (visitas)
Bienvenida	2	1	1	1
Module 1	0	0	0	0
Module 2	0	0	0	0
Module 3	0	0	0	0
Module 4	0	0	0	0
Module 5	0	0	0	0
Curso completado				

MI AULA VIRTUAL

Mi Expediente

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[Consultar mis resultados](#)
[Quizzes y encuestas](#)
- ¿Quieres Consejo?
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MODULO 1
Peer Pressure
Smart Choices, Smart Life!

Prevencción Protección Pensamientos Práctica

Cuestionarios de la sección

Lista de cuestionarios que debes llenar para completar esta sección

- GirlSmart: Tell us what you think **Pendiente**

Contenido:

1

RESPONSE

Two values that can strengthen your relationships are: **COURTESY AND CONSIDERATION**. One way to put into practice skill #1: "Clarify and act according to your values," is to put into practice the concept of the Emotional Bank Account

YOUR EMOTIONAL BANK ACCOUNT (1)

In a bank account, money is deposited and withdrawn. In the same way, we make deposits and withdrawals in our relationships with others. Deposits in an "emotional bank account" are



TeenSmart Internacional y Joven Salud

Otorgan el presente certificado a

angela chen

Por haber participado y aprobado el curso virtual:

GirlSmart Sexual Health Course

Beta Test of the Website

Sample: Two Latinas aged 15-19

- **Challenge to self navigate the homepage as majority of the text is in Spanish.**
- **Two photos were missing in the Nutrition/Exercise course.**
- **Measures and Database**

Pilot Testing

- ◆ **Design:** A prospective two-group study with three repeated measures at baseline, immediately post intervention and two-month post intervention. Participants are randomly assigned to one of two conditions: the **HIV/STI prevention** (intervention) vs. **Nutrition/Exercise promotion** (comparison). Participants in both groups receive 5 modules; each lasting 40-60 minutes and be one week apart.
- **Sample/Sampling:** 16 Latina adolescents aged 15-19 are recruited from an alternative high school in Phoenix.

Inclusion/Exclusion Criteria

- Inclusion criteria: (1) self-identified as *Latina of Mexican origin*, (2) 15-19 years old, (3) not pregnant, and not actively trying to become pregnant within the past 6 weeks, as these situations may influence sexual behaviors, and (4) sexually active with a male partner in the past 3 months. English fluency is not required, given the bilingual (English/Spanish) features of the intervention and multicultural and multilingual resources of the research team.
- Adolescents are excluded if
 - Parents are unable/unwilling to provide informed consent
 - Adolescents are unable/unwilling to provide assent
 - Cannot access internet resources provided by the project or their equivalent (e.g., library, home, smartphone)

Phase I: Intervention development

Phase II: Feasibility & Usability Testing
Screening for eligibility & Explaining the study

Refuses to participate

Agrees to participate

Informed consent (18 -19 y/o)
Parental consent + teen assent (15-17 y/o)

Randomization

Nutrition/Exercise
(Control; n=6)

HIV/STI Prevention
(Intervention; n=10)

T1-T3 measures

T1-T3 measures

Phase III: Focus group
(n=6-8)

Phase III: Focus group
(n=6-8)

Preliminary findings

- **16 Latinas (n=10 in the HIV/STI intervention; n=6 in the comparison) recruited from an alternative high school are currently enrolled in the study.**
- **Four Latinas dropped from the project due to school absence.**
- **All 12 participants have completed web registration and T1 survey. Eight participants (67%; n=6 in the HIV/STI intervention; n=2 in the comparison) have completed the intervention and T1-T2.**

Preliminary findings

- **Feasibility:** 8 out of 12 participants (67%) attend all modules and complete T1-T2 assessments. Data collection is in progress.
- **Usability:** 14-item scale (2 binary; 12 Likert –type scale)
 - ✓ **Ease of use**
 - ✓ **Understandability**
 - ✓ **Credibility**
 - ✓ **Acceptability**

Preliminary findings

Focus groups (n=5)

Strengths of GirlSmart-

- Feasible, easy to access from school, home or smartphone.
- Content is informative and relevant to Latina adolescents.
- The language and content are easy to understand.
- The case studies are very helpful; the exercises help me think and plan what I can do if I were in that situation.
- I like the colorful screens and the way it is presented.
- The length of the intervention is good (not too long); did not take me too much time to finish.

Preliminary findings

Focus groups (n=5)

Areas for improvement-

- **Since I don't read Spanish, the registration process (create the account) is confusing because it's almost 99% Spanish! The written user guide helps but I wish the registration page is all in English.**
- **It will be more attractive and fun if music and videos are included. I will be happy to volunteer!**
- **There are many scales to finish!**

Preliminary findings

Focus groups (n=5)

Suggestions for sample recruitment/retention-

- **Nice staff who we can trust and approach easily [for questions].**
- **I like the gift cards for different stores.**
- **I am very happy to earn community service credits [from participating in this project]!**

Unexpected Gains

- **Two participants in the intervention group were referred to our family planning clinic close to the school for STI testing.**
- **Four focus group participants developed case studies scripts for videos.**

Lessons Learned



➤ Organization factors:

- Recruitment and retention
- Personnel change & training
- Coordination among multiple sites
- IRB requirements at different sites

➤ Technological support:

- Curriculum & webpage format (font, color, word limit, pictures etc)
- English/Spanish contents and measures
- Database
- Confidentiality

Acknowledgement

- **Funding: NIH/NIDA
R25DA028567**
- **Study participants**
- **School administrators**



Q & A



Data Analysis

- **Feasibility:** the proportion of participants who attend all modules and the proportion who complete all assessments; the goal is 80% for each metric.
- **Usability** is defined by the proportion of participants who rate the ease of use, understandability, credibility, and acceptability of the program.
- **Mediators & outcome measures:** Results will be presented as the observed proportion, the difference between the observed proportion and 0.80, and the 95% CI around the difference.