

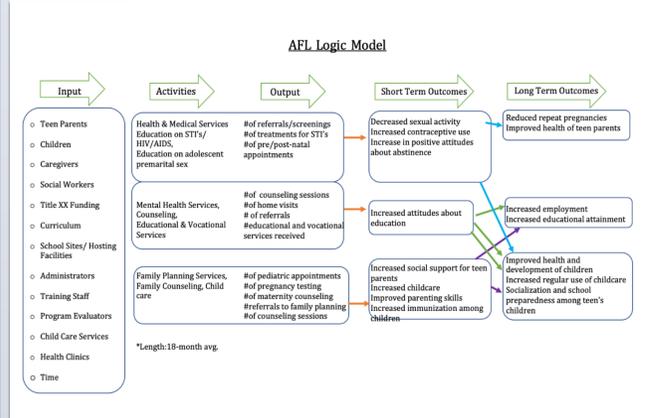
Abstract

The United States has a rate of teen pregnancies at 57 pregnancies of every 1,000 girls aged 15-19. This social problem continues to be addressed as negative outcomes arise for adolescent parents and their offspring (Smith et al., 2018). Adolescent mothers face lower educational attainment, economic and financial disparities, as well as relational hardships (Smith et al., 2018). The Title XX Adolescent Family Life (AFL) program, sought to address these problems among teenagers. This project uses secondary data from the dataset *Cross-Site Evaluation of the Title XX Adolescent Family Life Program in 14 States, 2008-2011*, ICPSR 34398. Study measures include abstinence, proper condom usage, and birth control pills as effective methods and withdrawal, natural family planning, and suppositories as ineffective methods in addition to effective contraceptive methods. Data collection methods include pencil and paper-based and computer-based self-administered questionnaires to a sample size of 469 participants. The study ultimately found that there was an increase in effective contraceptive use with both comparison and intervention groups.

Introduction

The (AFL) program sought to serve parenting and pregnant adolescents in hopes of reducing repeat pregnancies, increase educational attainment, and support the health of parenting/pregnant teens and their families. This was a multi-site project that focused on prevention and care aspects such as psychoeducation and intervention activities, respectively. Activities were predominantly provided in homes, schools and health clinics. The goal of this study was to determine whether the AFL program increased effective contraceptive methods among teen parents.

Logic Model



Literature Review

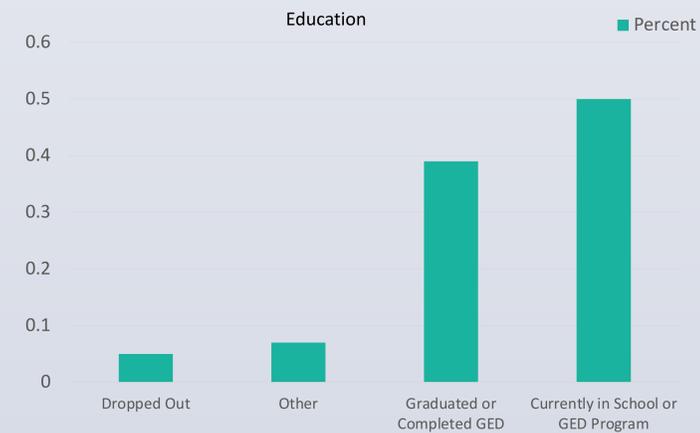
- Social cognitive theory is founded on a triadic model of reciprocity in which internal personal factors from cognitive, affective and biological events, behavioral patterns and environmental events all influence one another (Bandura, 1999).
- Multiple research studies conclude that pregnancy and STI prevention programs are quite effective when it comes to contraceptive use and/or increase of contraceptive use by 80% (Goseling et al., 2014).
- Comprehensive curriculum-based sex and STD/HIV programs have shown significantly positive impact on behavior, in areas such as delaying the initiation of sex, reducing the frequency of sex or the number of sexual partners, and increasing the use of condoms or other contraceptive methods (Kirby & Laris, 2009).
- Comparatively, Kirby and Laris (2009) deduced that abstinence-only programs were not effective in changing behavior by delaying sexual activities or contraceptive use.

Methods

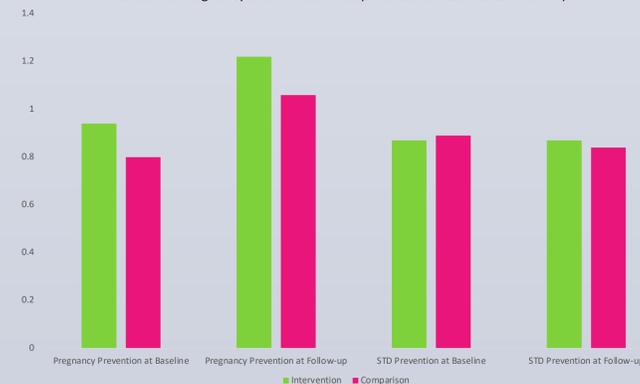
- This project uses secondary data from the dataset *Cross-Site Evaluation of the Title XX Adolescent Family Life Program in 14 States, 2008-2011*, ICPSR 34398. The data came from randomized control trials and quasi-experimental research designs with matching comparison groups using a pretest/posttest with follow up experimental design.
- A total of 469 of parenting teen participants were selected and split into an experimental or control group through random assignment. Participants had to be females who were able to read English or Spanish, and be 19 years of age or younger at the time of baseline data collection (Kan et al., 2012).
- Projects included in the cross-site evaluation had to include a rigorous evaluation design such as containing an experimental or quasi-experimental design with a matched comparison group and began in a timely manner that aligned with the cross-site evaluation timeline (Kane et al., 2012).
- Data collection was collected from August, 2008 to April, 2010.
- At baseline and follow-up, students were given a self-administered paper/pencil questionnaire or self-administered computer-based questionnaire (Kan et al., 2012). Data collection began on August 25, 2008 at baseline and continued through one year after baseline if the participant was parenting.
- The dependent variable is defined as the types of effective and ineffective contraceptive methods.
- The number of effective contraceptives were added together and divided by the total number of possible contraceptives in order to see how many effective contraceptives participants utilized. Higher scores indicate that more effective methods of contraceptives were used.
- All statistical analyses were conducted utilizing the Statistical Package for the Social Sciences, version 27.0. Descriptive statistical analyses were utilized to describe the study sample and program outcomes. Inferential analyses through the Wilcoxon Signed Ranks test were conducted to assess the effects of the program on effective contraceptive use versus ineffective contraceptive methods.

Results

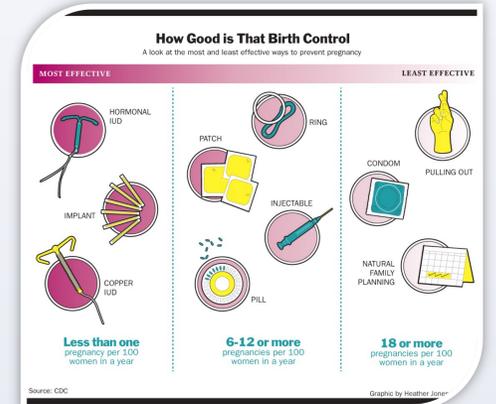
- The majority of those participants were non-Hispanic Black or African American rather than Hispanic and 16 years of age or younger. The remaining participants were aged 17, 18, and 19 years or older.
- Most participants were single or never married.
- Additionally, most of the intervention participants were in school or GED program, graduated from high school or completed their GED, followed by having dropped out of school or other.
- A majority of the participants' financial supports came from their parents followed by a job, public aid, husband or partner, other sources, or other relatives.



Effective Pregnancy and STD Contraceptive use at Baseline & Follow-up



- The intervention group utilized a higher number of effective contraceptives at baseline and ended up with a higher number of effective contraceptive use at follow-up than the comparison group. Interestingly, there was also an increase of effective contraceptive methods utilized from baseline to follow-up within the comparison group.



Discussion

- Results show that there was a positive increase of effective contraceptive use among both the intervention and comparison group at baseline to follow up in terms of pregnancy prevention. Although effective contraceptive use to prevent STD's remained the same in the intervention group. Interestingly, results also show a slight dip with the comparison group in effective contraceptive use to prevent STD's at follow-up.
- Internal validity of data may be compromised due to self-reporting methods utilized by participants, as such overall results cannot be generalized.
- Many participants of the study were rejected from the sample pool due to the lack precise measuring tools.
- Evaluation and replication of the program would have stronger results if the program followed a clear set of guidelines that would be utilized without interpretation or change of treatment.
- Study finding highlight the importance of psychoeducation programs and activities for sexually active youth. It is important to supply youth with ample knowledge so that they are provided with tools to make the best educated decision.
- Rather than solely enforcing abstinence, providing psychoeducation will better protect against unwanted pregnancy and STD's.
- School social workers, in particular, should advocate for policy change to enforce mandatory psychoeducation classes rather than abstinence courses. There should be a comprehensive class in which students are able to safely learn about safe practices and the effects of poor choices without consequence.

References

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