

What's in the secret sauce? Core components of evidence- based teen pregnancy prevention programs

Emily Forrester, PhD

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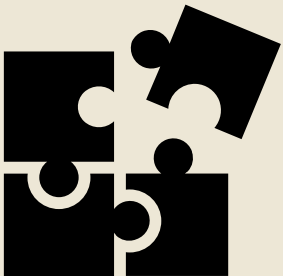


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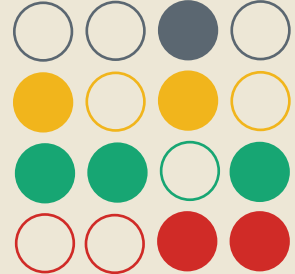
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Agenda overview



Overview of program components



Core components across 51 teen pregnancy prevention (TPP) programs



Core components within 1 TPP program



Components that predict TPP program youth engagement



Zooming out



After viewing this presentation, participants will be able to:



Understand different types of TPP program components



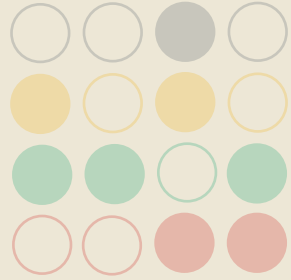
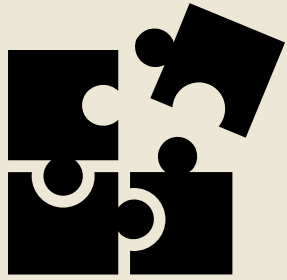
Understand which components are common across TPP programs, and which are considered to core by program developers.



Consider how they might measure components in their programs and identify which ones are core.



Understand the value of identifying program components for different research and practice goals.



Overview of program components





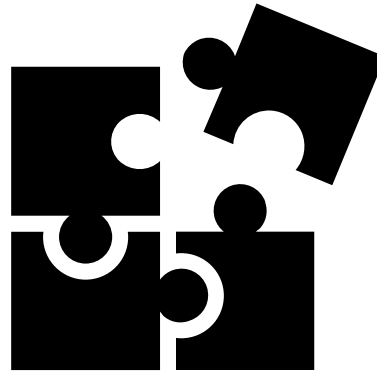
Program components in TPP programs

- / There are many different evidence-based Teen Pregnancy Prevention (TPP) programs**
- / Most of the current evidence is based on evaluations of entire programs**
- / Much less is known about which aspects of the programs drive improvement in outcomes**



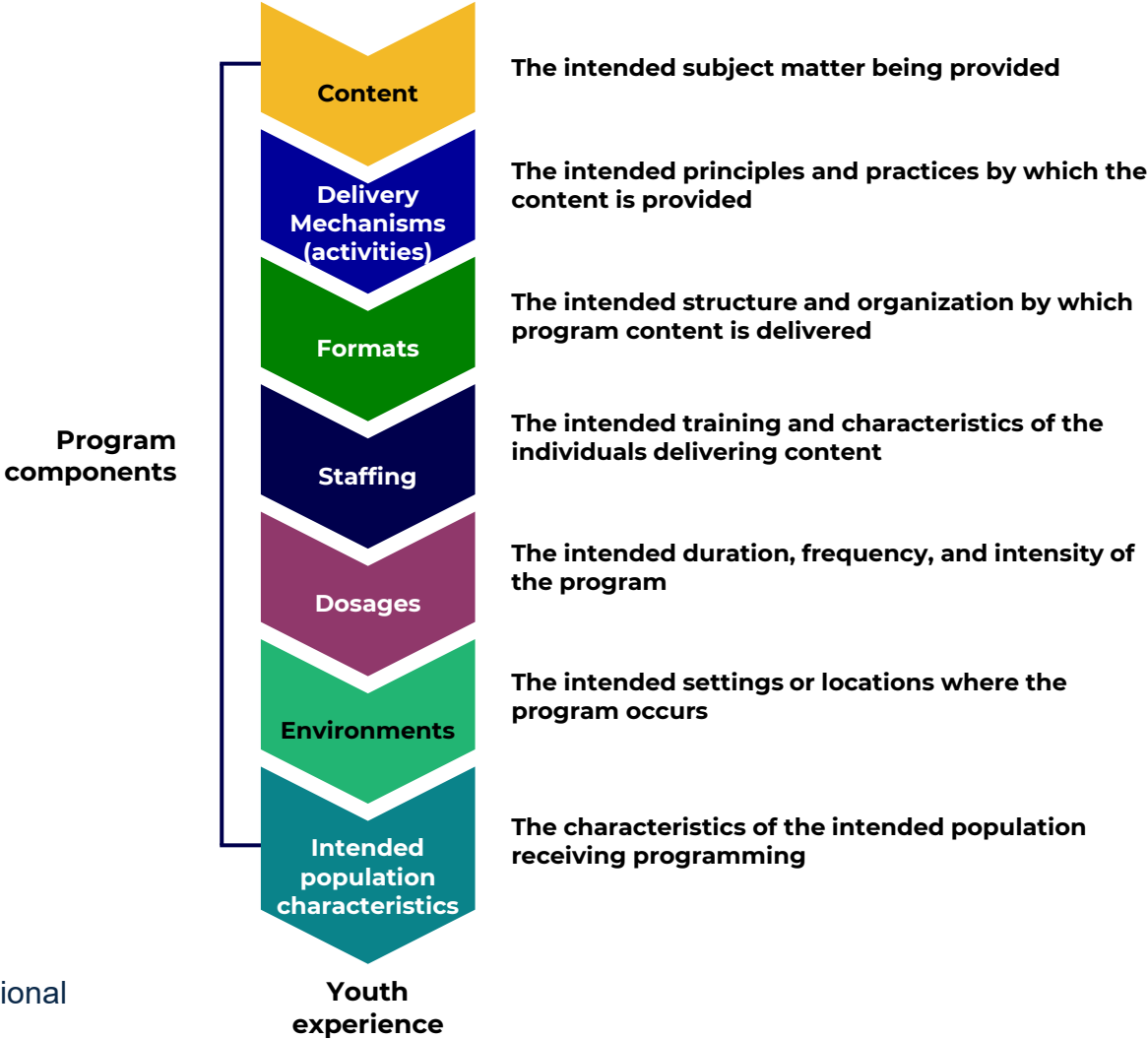
What are program components?

/ Program components are the elements and activities that constitute a program.





Types of program components in TPP programs

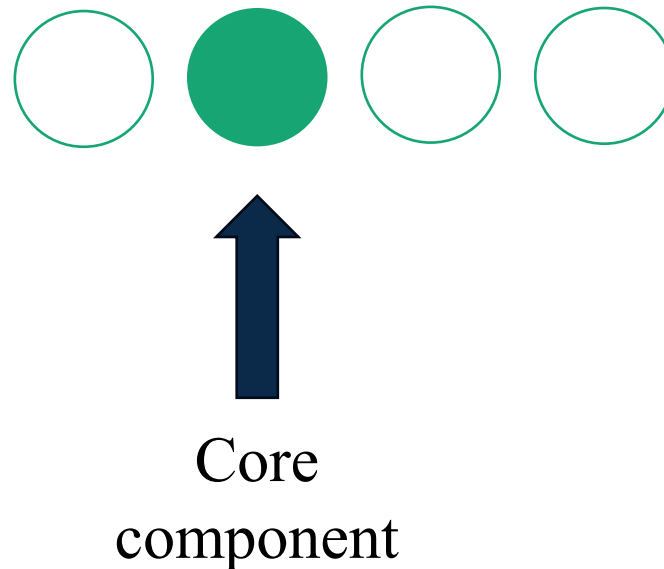


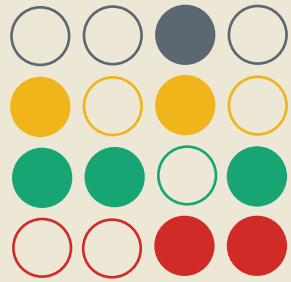
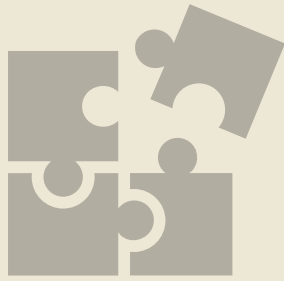
Forrester and Cole, 2023a; National Academies of Sciences, 2020



What are core components?

/ The subset of program components that are necessary to improve participant outcomes, or those that represent foundational aspects of a program.





Common components and core components of TPP programs





Motivation

- / Programs with evidence of effectiveness are likely to share common components**
- / Information about components of evidence-based TPP programs is useful for researchers and practitioners**
 - Researchers can use this information to identify components to further investigate as potentially effective
 - Program implementers can choose to adopt programs with specific components that meet the needs of their population or setting
 - Once there is more evidence about effective components, program developers can use this information to build or strengthen programs with common or core components



Research questions

- / What are the common program components across evidence-based TPP programs?**
- / Of these common program components, which ones do developers or distributors of programs consider to be core?**



Approach

- / Sample: Evidence based programs identified through the Teen Pregnancy Prevention Evidence Review (TPPER)**
 - The TPPER is a systematic review of research on TPP programs, identifies programs with evidence of effectiveness in favorably impacting outcomes related to (1) teen pregnancy, (2) sexually transmitted infections, and (3) sexual behaviors
 - 57 programs that were active during the 2022 and 2023 review cycles
- / Data collection: Checklist instrument designed for TPP program component data**

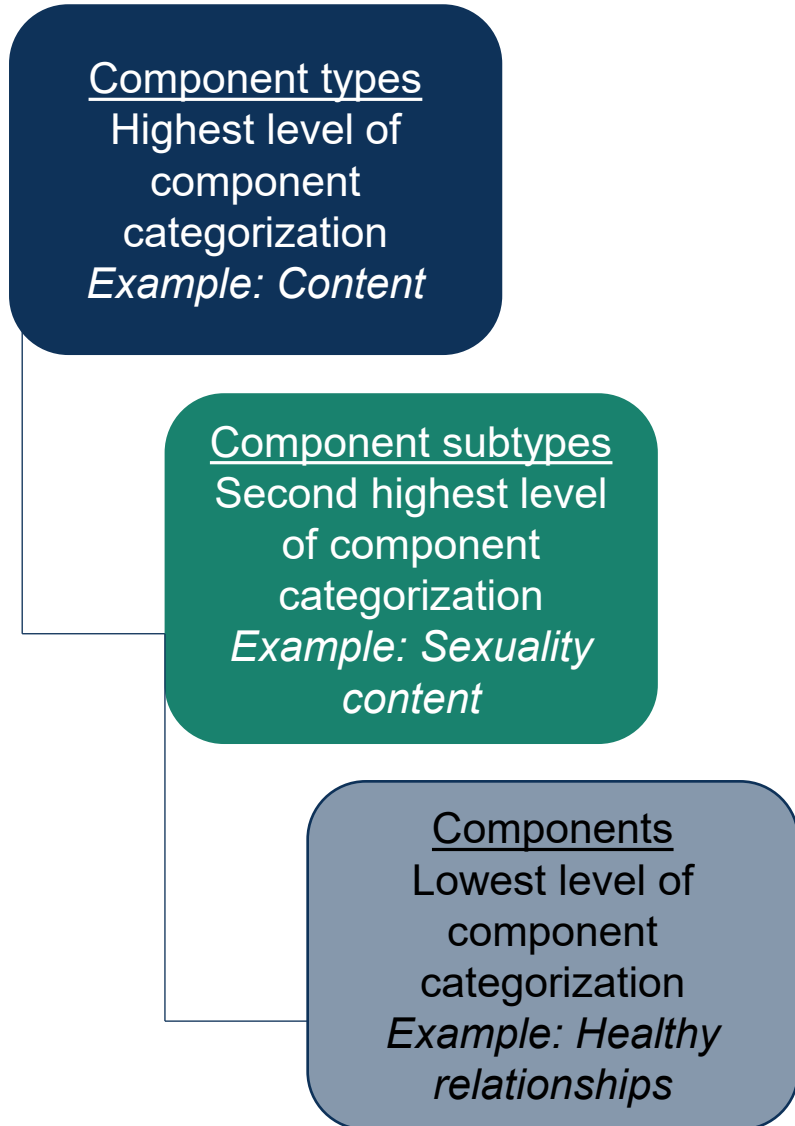


Component checklist

Component	Component present?	Component core?	Justification	Location	Notes	Allowable adaptations
Content						
Delivery mechanism						
Dosage						
Staffing						
Format						
Context						
Intended population						



Types, subtypes, and individual components



- / **Component types were organized further into subtypes and individual components**
- / **There are 169 total individual components in the checklist**



Analysis

/ We conducted a descriptive analysis of the components present and core across the TPP programs in the sample



Results

/ 51 developers and distributors responded to our request to complete a checklist reporting on their program's components

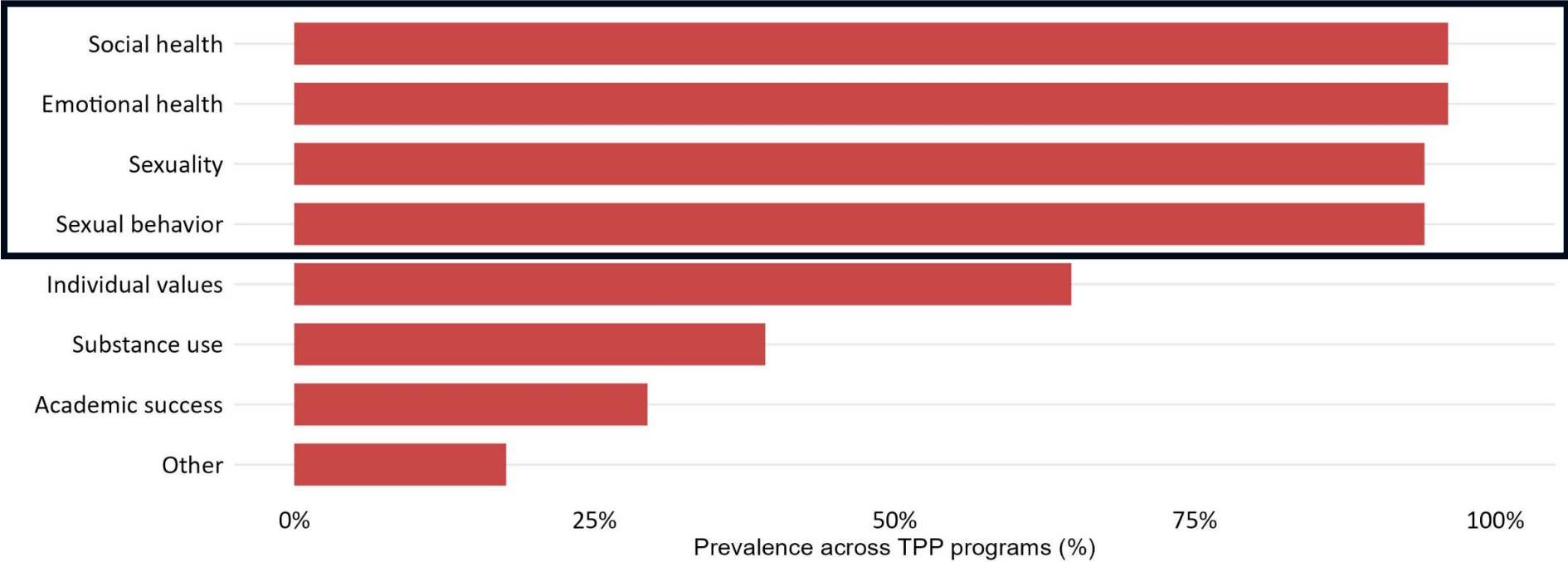
- 6 non-responders
 - o 5 sexual health education programs
 - o 1 healthy relationship program

Program type	N (%)
Sexual health education programs	32 (63%)
Positive youth development	9 (18%)
Sexual risk avoidance programs	4 (8%)
Clinic-based programs	4 (8%)
Healthy relationship programs	2 (4%)



Results

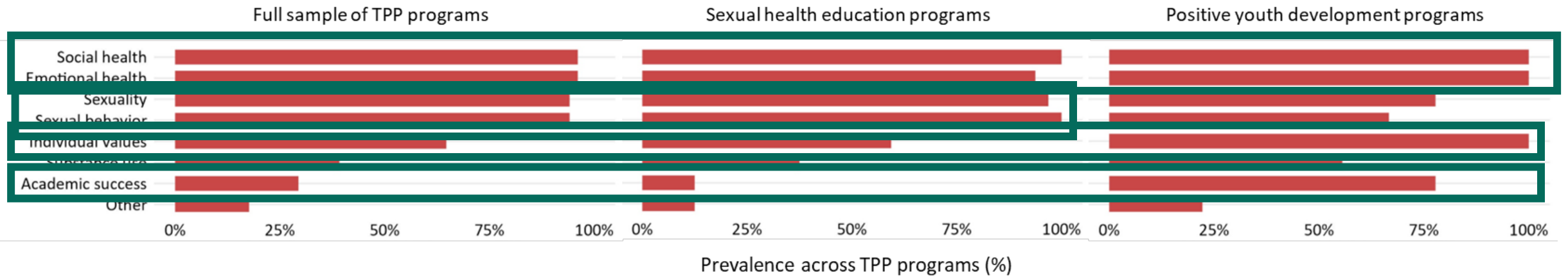
/ Common content components of TPP programs are social health, emotional health, sexuality, and sexual behavior.





Results

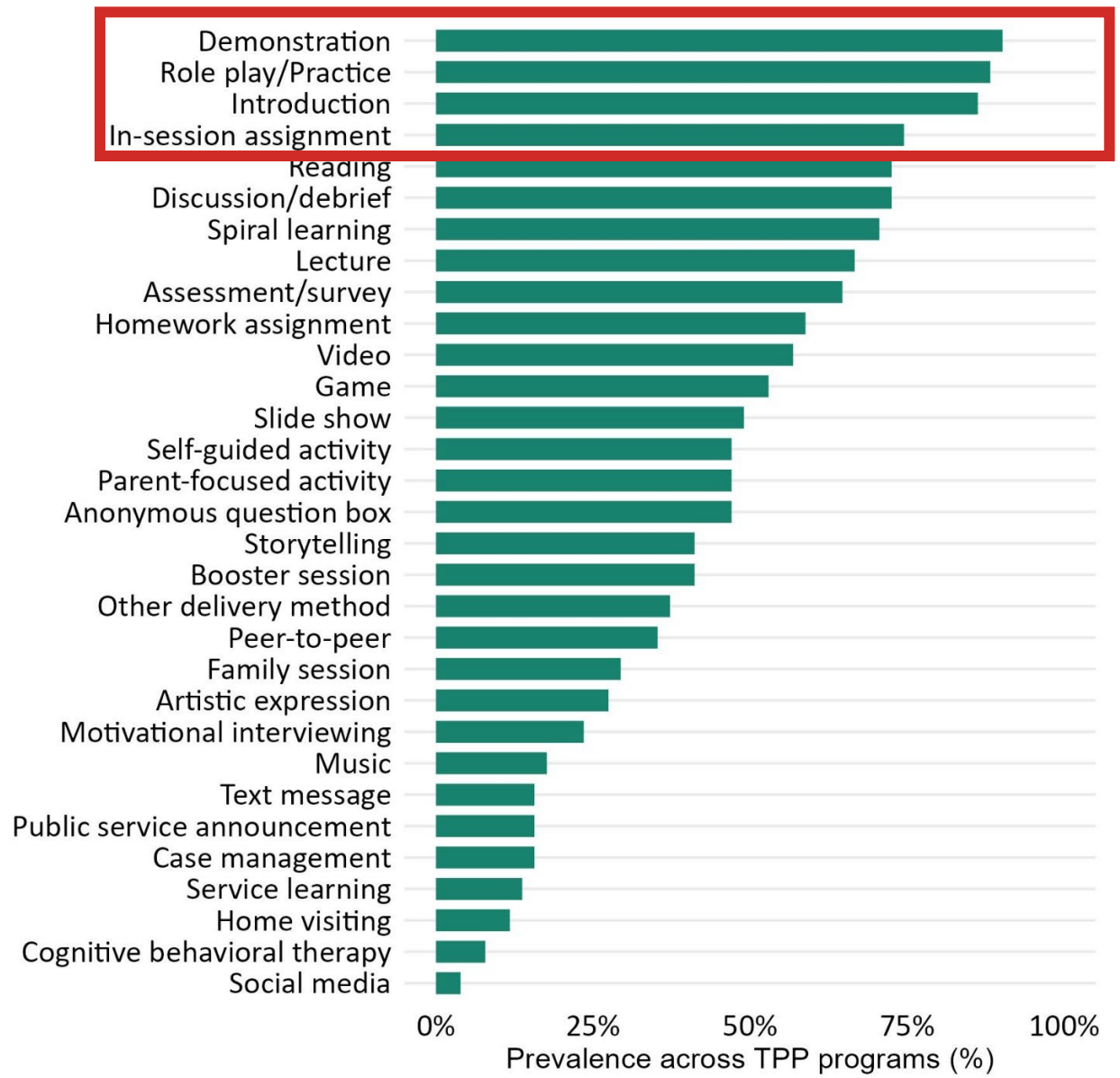
/ Sexual health education programs and positive youth development programs have differences in foci





Results

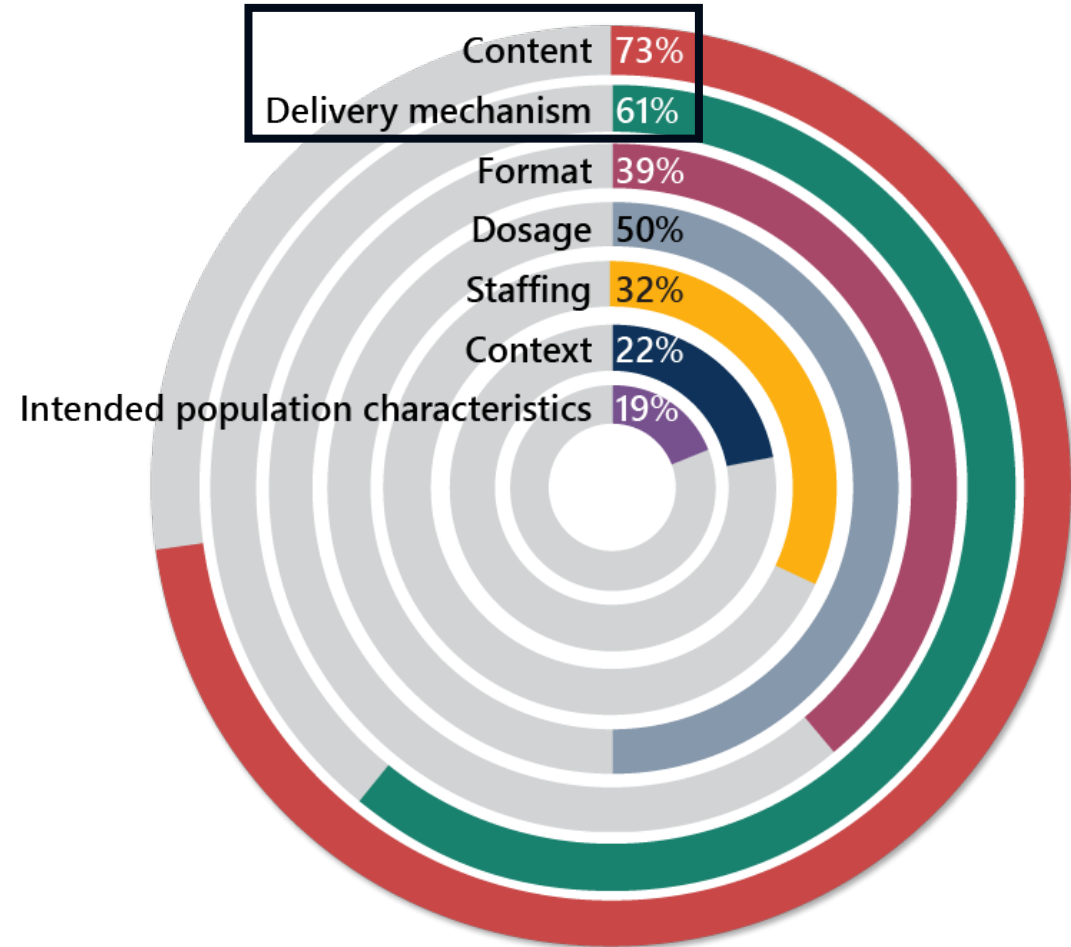
- / Programs use an average of 14 different delivery mechanism (activity) components.
- / Common delivery mechanism components of TPP programs are demonstration, role play, introduction, and in-session assignment.





Results: Core components

/ **Most of the time, program developers and distributors considered the content and delivery mechanisms to be core to their program, meaning that they believe the component(s) might be critical to a program's ability to produce outcomes.**





Results: Flexible components

- / **Programs have an intended dosage, format, staff, setting, and population, but most do not consider these components to be core to the program, meaning there is generally flexibility in how these components are implemented**
- / **Dosage**
 - All TPP programs have an intended dosage, but there is often flexibility in how condensed a program is, how often delivery occurs, and how much total time is spent delivering the program.
- / **Format**
 - Program formats are often in person (94%); most (65%) use a mix of group sizes, relying on full group or small group activities.
- / **Staff**
 - Program staff often include one or two facilitators in the health education or community health fields, who receive developer-led training.
- / **Setting and population**
 - Most programs are designed to be delivered in a specific setting and to a specific intended population.



Summary

- / There are shared elements across all TPP programs, as well as within programs with a common goal (such as the components of sexual health programs versus components of positive youth development programs).**
- / There are also less common, but still intentional and important, components across EBPs.**
 - Programs might include certain components specifically to meet the needs of intended populations or in certain implementation settings.
- / Developers and distributors agreed that components within the content and delivery mechanism types are often core, but there was variation within the component types for what was considered a core individual component (refer to the forthcoming brief for individual component findings).**



Limitations

- / 89% response rate to checklist request**
- / Did not confirm reliability across checklist completers**
- / Did not conduct independent curriculum reviews for programs included in the study**



Future directions

- / Implementers can use program-specific component information to review and select programs from the TPPER website.**
- / Additional descriptive and evaluative work for program components will help deepen understanding of the drivers of TPP program effects and which components need more research.**
 - Identifying groups of components that co-occur across TPP programs
 - Linking program components to outcomes
 - Developing components and studying their impacts
 - Systematically reviewing the evidence for individual components studied rigorously
- / In the future, after building an evidence base for components, developers of new programs and program adaptations will be able to use this information to select the most effective components for specific program aims or populations.**



References

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The component
checklist



- *Common content components of TPP programs are social health, emotional health, sexuality, and sexual behavior.*
- *Common delivery mechanism components of TPP programs are demonstration, role play, introduction, and in-session assignment.*
- *Most TPP programs consider the content and delivery mechanism to be core components, meaning that they might be critical to a program's ability to produce outcomes.*

Thank you!

Emily Forrester

eforrester@mathematica-mpr.com

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