| Author, yearQuality | Setting | Risk | N rand | Population (mean age, y) | STI History | Outcome | F/U (mo) | IG Results | CG Results | Between Group Difference: Point Estimate (95% CI) or P-value |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Low-intensity (<30 min)** |
| Boekeloo, 199963,143Fair | Washington DC, primary care | Low/mix | 219 | Adolescents ages 12 to 15 y (NR) | Treated for STI: 5.9% | % used condom at most recent vaginal intercourse among sexually active | BL | 75 | 69 | OR, 1.17 (0.29 to 2.83) |
| 3 | 92 | 57 | OR, 18.0 (1.27 to 256.03) |
| 9 | 71 | 70 | OR, 1.0 (0.31 to 3.24) |
| % unprotected intercourse among sexually active  | 3 | 8 | 43 | Adjusted OR, 1.55 (NR†) |
| **Moderate-intensity (30 to 120 minutes)** |
| Danielson 199066Fair | Portland, OR, and Vancouver, WA, HMO | Low/mix | 1195 | Adolescent boys ages 15 to 18 y (NR) | NR | % used no contraception at most recent intercourse among sexually active  | BL | 39.1 | 39.6 | NR |
| 12 | 30.1 | 34.2 | NR |
| % used condom at most recent intercourse among sexually active  | BL | 39 | 36.7 | NR |
| 12 | 33.6 | 35.8 | p=0.60 (calculated) |
| **High-intensity (>120 minutes)** |
| Jemmott, 200567Good | Philadelphia, PA, primary care | Increased | 682 | Sexually active African American or Latino adolescent girls ages 12 to 19 y (15.5) | BL STI: 21.6% | Number of days of unprotected vaginal intercourse in past 3 mo, mean (SE) | BL | IG1: 3.2 (0.5)IG2: 2.5 (0.5) | 3.0 (0.5) | NSD |
| 3 | IG1: 3.6 (0.8)IG2: 3.7 (0.8) | 3.5 (0.8) | IG1 vs. CG: p=0.89IG2 vs. CG: p=0.95 |
| 6 | IG1: 2.6 (0.7)IG2: 3.0 (0.7) | 3.3 (0.7) | IG1 vs. CG: p=0.43IG2 vs. CG: p=0.66 |
| 12 | IG1: 4.0 (0.8)IG2: 2.3 (0.8) | 5.1 (0.8) | IG1 vs. CG: p=0.32IG2 vs. CG: p=0.002 |
| DiClemente, 200468,148-153Good | Birmingham, AL, primary care | Increased | 522 | Sexually active African American adolescent girls ages 14 to 18 y (16) | BL STI: G: 5.2%C: 17.4%T: 12.6% | % used condom at most recent intercourse | BL | 31.9 | 32.1 | NR |
| 6 | 80.7 | 54.1 | OR, 5.08 (2.83 to 9.14) |
| 12 | 72.3 | 53.9 | OR, 3.32 (1.86 to 5.92)Adjusted OR, 3.94 (2.58 to 6.03)  |
| % consistent condom use in past 6 mo | BL | 43.5 | 48.6 | NR |
| 6 | 61.3 | 42.6 | OR, 2.48 (1.44 to 4.26) |
| 12 | 58.1 | 45.3 | OR, 2.14 (1.2 to 3.84)Adjusted OR, 2.30 (1.51 to 3.50) |
| Number of unprotected vaginal intercourse episodes in past 6 mo, mean (SD) | BL | 4.81 (16.0) | 4.23 (10.3) | NR |
| 6 | 3.77 (11.7) | 9.24 (23.1) | Adjusted mean difference, -6.51 (-10.97 to -2.9) |
| 12 | 5.77 (16.4) | 10.25 (24.7) | Adjusted mean difference, -5.51 (-11.18 to -0.34) |
| Shain, 199957, 154-156Fair | San Antonio, TX, research clinic | Prior STI | 148 (sub-group) | Mexican American and African American adolescent girls ages 14 to 18 y with a nonviral STI (NR) | BL STI: 100% | % unsafe sex | BL | 39.4 | 43.9 | p=0.58 |
| 6 | 16.7 | 29.3 | p=0.09 |
| 12 | 36.4 | 43.9 | p=0.40 |

**\***Data for entire study population, which included adults and adolescents.

†Reported confidence intervals appear to be erroneous.

**Abbreviations:** BL = baseline; C = chlamydia; CG = control group; CI = confidence interval; F/U = followup; G = gonorrhea; HIV = human immunodeficiency virus; IG = intervention group; NR = not reported; NSD = no significant difference; OR = odds ratio; rand = randomized; STI = sexually transmitted infection; T = trichomonas.