

# Mediation of an efficacious HIV risk reduction intervention for Spanish adolescents: The importance of knowledge on HIV and STIs



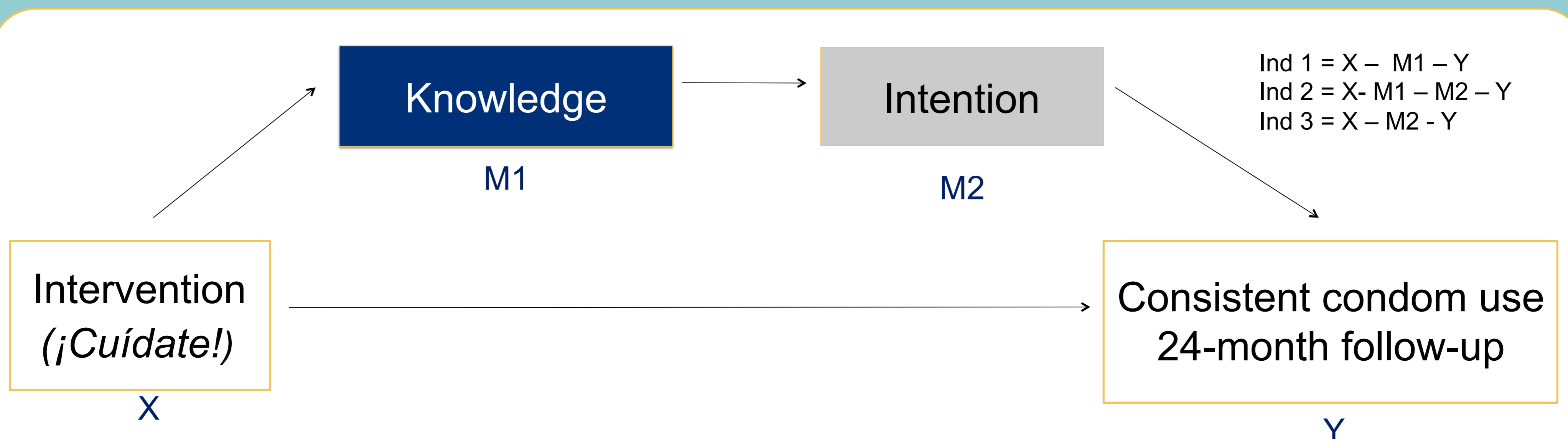
## Introduction

- Promoting sexual health in adolescents in an important public-health goal. There are few published mediation analyses studies on sexual health promotion interventions.
- The program *¡Cuídate!* for adolescents in Spain has proven to be effective to promote a health sexuality; however, the mechanisms underlying its effects to promote long-term consistent condom use are still unknown.
- The study aimed to identify mediators of the intervention's effects compared to a control group.

## Methods

- This study comprised 940 adolescents aged 14-16 ( $M = 14.81$ ;  $SD = 0.77$ ) and 50% were males.
- They were students enrolled in 9<sup>th</sup> and 10<sup>th</sup> grades at 12 high schools located in the north, east, and south of Spain. Each school was randomly assigned to the intervention or the control group.
- Participants completed baseline, immediate-posttest, 12-month and 24-month follow-up assessments.
- According to TPB, primary outcome was self-reported consistent condom use by 24 months post-intervention.

## Results



- The intervention positively affected consistent condom use indirectly through the Knowledge (M1) in serial with the intention to use condoms (M2) (Ind 2 = -0.07; ACI = -0.44,- 0.004).

## Conclusions

Serial multiple mediation analyses indicated that knowledge on HIV and STIs mediates the intervention effect in increasing consistent condom use at 24-month follow-up. This study identifies the theoretical construct that is responsible of the success of *¡Cuídate!* program to protect adolescents during long-term sexual intercourse.

## Acknowledgments

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