A pilot assessment of the outcomes of an HIV and substance use prevention program tailored for African-American young adults ages 18 to 24: ‘Color it Real’

Jon Agley(a) (PhD, MPH), Wasantha Jayawardene(a) (MD, PhD), Rosie King(b) (MPH), Albert Gay(b) (MS), Kelly Horne(b) (JD), Roland Walker(b) (MD)

(a) Indiana Prevention Resource Center and Institute for Research on Addictive Behavior, School of Public Health Bloomington, Indiana University
(b) Northwest Indiana Health Department Cooperative, Gary, Indiana

BACKGROUND
In the U.S., African-Americans compose one eighth of the population, but comprise nearly half of people living with HIV. Infection among young African-Americans is 11 times that of their White counterparts.

OBJECTIVES
To determine whether a tailored HIV and substance use prevention program for African-American young adults produced short-term changes in participants’ knowledge, attitudes, and beliefs.

INTERVENTION
In 2011, the Wholistic Stress Control Institute, Inc. of Atlanta, GA, developed and tested the ‘Color it Real’ program for African-Americans, which aims to provide HIV education, and address behaviors related to risk awareness, decisional balance, partner negotiation, and health beliefs.

CURRICULUM COMPONENTS
Though ultimately reactive to participant needs, ‘Color it Real’ has sequential guidelines:
1) Pretest survey; use music to explore it’s influence on normative behaviors and decision making.
2) Use video clips from popular African-American TV shows and movies to display healthy and unhealthy personal behaviors.
3) Provide contextual framework through the defining of vocabulary words related to HIV/AIDS/STIs and substance abuse.
4) Address HIV/AIDS/STI risk knowledge through educationally appropriate, culturally sensitive teaching methods.
5) Demonstrate proper male and female condom use.
6) Review previous lessons; address problem solving through identifying and discussing coping strategies; stress management exercises; posttest survey.

RESULTS
Changes in knowledge, attitudes, and beliefs across the duration of the program were assessed using Wilcoxon Signed Ranks tests or paired Student’s t-tests, depending on the data type. Due to limited statistical power, post test evaluation surveys, attended at least 5 weeks. Of those, 14 completed pre- and post-test evaluation surveys, attended at least 5 sessions, and met data validation standards.

METHOD
Study Population: 32 African-American young adults (ages 18 to 24) from communities in northwestern Indiana.

Study Design: Secondary analysis of evaluation data from a prospective cohort (IRB# 1709270934).

Follow-Up: 32 participants attended at least one session of the ‘Color it Real’ program over 3 weeks. Of those, 14 completed pre- and post-test evaluation surveys, attended at least 5 sessions, and met data validation standards.

Instrument: The survey data were collected using the National Minority Substance Abuse and HIV Prevention Initiative Adult Questionnaire.

Data Analysis: Changes in knowledge, attitudes, and beliefs across the duration of the program were assessed using Wilcoxon Signed Ranks tests or paired Student’s t-tests, depending on the data type. Due to limited statistical power, post hoc significance correction was not applied, and interpretation should be limited accordingly.

REFERENCES

CONTACT
Correspondence: Jon Agley, PhD.
Mailing Address: Institute for Research on Addictive Behavior, 501 N Morton St. #110, Bloomington, IN 47404
E-mail: jagley@indiana.edu

FUNDING
Funding for the Knowledge for Life campaign, which supported these sessions of ‘Color it Real’, was provided by the Substance Abuse and Mental Health Services Administration (SAMHSA) via award SP021706 to Jon Agley.