

# Use of Youth-Centered Mobile Health Application, *Health-E You/Salud iTu*, to Reduce Disparities in Contraceptive Knowledge, Access and Unintended Pregnancy Among Sexually Active Latina Adolescents

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## BACKGROUND

- Despite declines in adolescent pregnancy rates, Latinas have disproportionality high rates & face an unjust burden of adverse health, economic and social consequences.
- There are disparities in access to and receipt of comprehensive contraceptive information and services.
- *Health-E You/ Salud iTu* is an interactive, individually tailored mobile health application (app) to support the delivery of patient-centered contraceptive services and to reduce unintended pregnancies among Latina adolescents.

## OBJECTIVE

- To assess the effectiveness of Health-E You on increasing contraceptive knowledge, interest in effective contraception, and use of effective contraception over time.

## METHODS

- A longitudinal, cluster randomized control trial of 18 school based health centers (SBHCs) in Los Angeles County California.
- App obtains consent & eligibility (sexually active, Latina, 14-18yo, non-use of long acting reversible contraception (LARCs).
- App has an interactive assessment to gather users' medical history, possible medical contraindications & life-style considerations that are important for selecting contraception.
- App recommends "top choice" based on user's input (Fig. 1).
- Regardless of app recommendation, users can learn about any contraceptive option (Fig. 2).
- When finished, user selects method(s) most interested in using.
- App recommendation(s) and user selections are printed for the clinician before the face-to face visit.

## Measures

- Contraceptive knowledge was assessed on the app using a Myth Buster game. Participants are given a series of 7 statements and select if each is Myth or Fact.
- Participants receive baseline & 3 follow-up surveys: within 48 hours after the visit, and at 3 and 6 months post- visit.

Fig 1: Recommendation Screen Shot

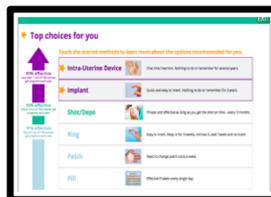
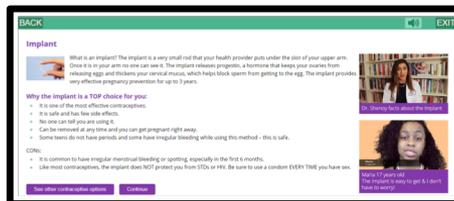


Fig 2: Contraceptive Information



## RESULTS

- 1,374 sexually active Latinas (697 intervention; 677 control); Mean age = 16.4yrs.
- Contraceptive knowledge increased from pre to post-app (Mean=3.37 vs.4.98 respectively; t=17.88,df=436,p<0.001).
- Significant increase in self-efficacy in talking with doctor about birth control (7.96 vs 8.37; p<.001); having the information to choose birth control (7.90 vs 8.41; p<.001) and using birth control correctly (8.03 vs 8.45; p<.001).
- No one used a LARC at baseline, 28% of app users were interested in using a LARC post app; however only 6% used a LARC and there was no difference between intervention & controls.
- At baseline 70% were either not using contraception or using an ineffective method which decreased to 10.5% at 3-month follow-up.
- Contraceptive use was significantly greater for intervention vs. controls; p<.001).

## CONCLUSION

- *Health-E You* was successfully integrated into SBHCs as a "clinician extender" by providing personalized education and contraception decision making support.
- There were significant improvements in knowledge, interest and use of effective contraception after app use.
- Additional research needed to understand discrepancy between post-app interest in LARCs (28%) and actual use of LARCs (6%).
- The app prepares adolescents and providers to discuss contraception and improves the efficiency and effectiveness of patient-centered contraceptive care.