| Author, year  Quality | Setting | Risk | N rand | Population | STI  History | Outcome | F/U (mo) | IG  Results | CG Results | Between Group Difference: Point Estimate (95% CI) or P-value |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Low-intensity (<30 min) | | | | | | | | | | |
| Proude, 200476  Fair | Australia, primary care | General | 312 | Adults ages 18 to 25 y | NR | % new sex partners in past 3 mo | 3 | 7 | 8 | NSD |
| Carey (low IG), 201084,157,158  Fair | Syracuse, NY, STI clinic | Increased | 496 | Adults age ≥18 y with high-risk behavior in past 3 mo | BL STI:  18.1% | Number of sex partners in past 3 mo, mean (SD) | BL | IG1: 2.9 (2.3) | 3.0 (2.8) | NSD |
| 3 | IG1: 2.2 (1.8) | 2.2 (2.1) | NSD |
| 6 | IG1: 2.1 (2.0) | 2.1 (1.8) | NSD |
| 12 | IG1: 1.9 (1.5) | 1.9 (1.5) | NSD |
| Cortes-Bordoy, 201086  Fair | Spain, gynecology clinic | Prior STI | 211 | Women age ≥18 y with vulvoperineal warts | Lifetime STI: 22.7% | Number of sex partners in past 3 mo, mean | BL | 1.68 | 2.08 | p=0.111 |
| 3 | 0.90 | 1.03 | p<0.05 |
| 6 | 0.95 | 1.08 | p<0.05 |
| 9 | 0.85 | 1.05 | p<0.05 |
| 12 | 0.87 | 1.13 | p<0.001 |
| Moderate-intensity (30 to 120 min) | | | | | | | | | | |
| Wenger, 199277  Fair | Los Angeles, CA, primary care | General | 435 | University students age ≥18 y | Lifetime STI: 23% | Number of sex partners in past mo, mean (SD) | BL | IG1: 0.76 (0.61)  IG2: 0.82 (0.76) | 0.82 (0.66) | NSD |
| 6 | IG1: 0.70 (0.57)  IG2: 0.82 (0.76) | 0.72 (0.58) | NSD |
| % ≥2 sex partners in past mo | 6 | (data NR by group) | | NSD |
| Metsch, 201390  Good | 7 states and Washington, DC, STI clinics | Increased | 5012 | Adults age ≥18 y seeking services at an STI clinic (NR) | BL STI: 43.3% | Number of partners, predicted mean (95% CI) | BL | 4.7 (4.4 to 4.9) | 4.6 (4.4 to 4.9) | NSD |
| 6 | 2.7 (2.5 to 2.8) | 3.0 (2.8 to 3.2) | Adjusted risk ratio, 0.88 (0.82 to 0.94) |
| Number of unprotected partners, predicted mean (95% CI) | BL | 2.1 (2.0 to 2.3) | 2.1 (2.0 to 2.2) | NSD |
| 6 | 1.1 (1.0 to 1.2) | 1.1 (1.1 to 1.2) | Adjusted risk ratio, 0.97 (0.90 to 1.05) |
| Berenson (mod IG), 201271  Fair | Southeast TX, reproductive health clinic | Increased | 771 | Sexually active women ages 16 to 24 y | Lifetime STI: 26.1% | % dual use oral birth control and condom at last sexual intercourse | 3 | IG1: 9.4 | 11.6 | NR |
| 6 | IG1: 5.7 | 7.2 | OR, 1.01 (0.75 to 1.37) |
| % no birth control method at last sexual intercourse | 3 | IG1: 11.0 | 8.5 | NR |
| 6 | IG1: 16.7 | 13.4 | OR, 1.26 (0.93 to 1.70) |
| Kamb (mod IG), 199858,144-147  Fair | 5 US cities, STI clinic | Increased | 2890 | Adults and adolescents age ≥14 y | BL STI: 32% | % 0–1 casual or new partners | 3 | IG2: 72 | 66 | IG2 vs. CG: p<0.05 |
| 6 | IG2: 70 | 66 |  |
| Crosby, 200987  Fair | Southern US, STI clinic | Prior STI | 266 | African American men ages 18 to 29 y with newly diagnosed STI and recent experience with condoms | BL STI: 100% | Number of sex partners in past 3 mo, mean (SD) | 3 | 2.06 (1.65) | 4.15 (5.59) | OR, -2.09 (-3.18 to -0.99) |
| High-intensity (>120 min) | | | | | | | | | | |
| Berenson (high IG), 201271  Fair | Southeast TX, reproductive health clinic | Increased | 772 | Sexually active women ages 16 to 24 y | Lifetime STI: 26.1% | % dual use oral birth control and condom at last sexual intercourse | 3 | IG2: 12.5 | 11.6 | NR |
| 6 | IG2: 8.3 | 7.2 | OR, 1.14 (0.85 to 1.53) |
| % no birth control method at last sexual intercourse | 3 | IG2: 6.0 | 8.5 | NR |
| 6 | IG2: 12.8 | 13.4 | OR, 0.86 (0.62 to 1.19) |
| Carey (high IG), 201084,157,158  Fair | Syracuse, NY, STI clinic | Increased | 1235 | Adults age ≥18 y with high-risk behavior in past 3 mo | BL STI:  18.1% | Number of sex partners in past 3 mo, mean (SD) | BL | IG2: 2.8 (2.3)  IG3: 2.7 (2.0)  IG4: 2.7 (2.1)  IG5: 2.8 (2.3) | 3.0 (2.8) | NSD |
| 3 | IG2: 2.1 (1.9)  IG3: 2.0 (1.8)  IG4: 1.9 (1.8)  IG5: 2.0 (1.8) | 2.2 (2.1) | NSD |
| 6 | IG2: 2.1 (2.0)  IG3: 2.0 (1.8)  IG4: 1.7 (1.3)  IG5: 2.1 (2.2) | 2.1 (1.8) | NSD |
| 12 | IG2: 2.0 (1.7)  IG3: 2.0 (1.4)  IG4: 1.7 (1.3)  IG5: 1.9 (1.6) | 1.9 (1.5) | NSD |
| Berkman, 200782  Good | NY, psychiatric clinic | Increased | 149 | Adult males ages 18 to 59 y with severe  mental illness | NR | Number of vaginal equivalent episodes with casual partners in past 6 mo, mean (SD) | BL | 0.19 (0.72) | 0.60 (2.25) | t=1.49; p=0.140 |
| 6 | 0.16 (0.60) | 0.50 (1.80) | t=1.52; p=0.132 |
| 12 | 0.29 (0.90) | 0.57 (2.00) | t=1.11; p=0.27 |
| Carey, 200464  Fair | Syracuse, NY, psychiatric clinic | Increased | 408 | Adults age ≥18 y with a mood or thought disorder and alcohol or drug use in past year | Lifetime STI: 38% | Number of sex partners, mean (SD) | BL | 1.25 (1.11) | CG1: 1.41 (1.67)  CG2: 1.24 (1.12) | NR |
| 5w | 1.04 (0.84) | CG1: 1.12 (1.12)  CG2: 1.19 (1.29) | NR |
| 3 | 0.93 (0.80) | CG1: 1.02 (1.12)  CG2: 1.12 (1.16) | NR |
| 6 | 0.97 (0.78) | CG1: 0.95 (0.99)  CG2: 1.07 (0.38) | Condition x time interaction:  IG vs. CG1: p=0.339  IG vs. CG2: p=0.037 |
| Number of casual sex partners, mean (SD) | BL | 0.54 (1.05) | CG1: 0.63 (1.31)  CG2: 0.49 (1.05) | NR |
| 5w | 0.28 (0.60) | CG1: 0.38 (0.79)  CG2: 0.52 (1.21) | NR |
| 3 | 0.21 (0.57) | CG1: 0.33 (0.93)  CG2: 0.47 (0.97) | NR |
| 6 | 0.30 (0.58) | CG1: 0.30 (0.67)  CG2: 0.48 (1.19) | Condition x time interaction:  IG vs. CG1: p=0.015  IG vs. CG2: p=0.001 |
| Ehrhardt, 200281,105,163-166  Good | Brooklyn, NY, Planned Parenthood | Increased | 360 | Women ages 18 to 30 y | Past 3-mo STI:  16.9% | % maintaining or improving safer sex | 1 | IG1: 74.5  IG2: 72.4 | 60.2 | IG1 vs. CG: OR, 1.93 (1.07 to 3.48)  IG2 vs. CG: OR, 1.74 (0.99 to 3.04); p=0.05 |
| 12 | IG1: 72.7  IG2: 66.4 | 61.7 | IG1 vs. CG: OR, 1.65 (0.94 to 2.90)  IG2 vs. CG: OR, 1.22 (0.72 to 2.08) |
| % using alternative risk reduction strategies, including leaving relationship, refusing sex, mutual HIV testing, others | 1 | IG1: NR  IG2: NR | NR | IG1 vs. CG: OR, 2.57 (1.2 to 5.51)  IG2 vs. CG: OR, 1.77 (0.83 to 3.8) |
| 12 | IG1: 18  IG2: NR | NR | NR |
| Kamb (high IG), 199858,144-147  Fair | 5 US cities, STI clinic | Increased | 2881 | Adults and adolescents age ≥14 y | BL STI: 32% | % 0–1 casual or new partners | 3 | IG1: 71 | 66 | IG1 vs. CG: p<0.05 |
| 6 | IG1: 70 | 66 |  |
| Marion, 200985  Fair | Chicago, IL, primary care | Prior STI | 342 | Low-income African American women age ≥18 y with ≥2 STIs in the past year | BL STI:  75% | STI risk index, mean (SD) | BL | 6.81 (2.6) | 6.59 (2.2) | NR |
| 3 | 4.47 (2) | 6.06 (2.1) | t=5.19; p<0.001 |
| Shain, 200473, 167  Fair | San  Antonio, TX, STI clinic | Prior STI | 775 | Mexican American and African American women ages 15 to 45 y with 1 of 4 STIs | BL STI: 100% | % 0 or 1 sex partners | 12 | IG1: 57.5  IG2: 56.8 | 44.7 | NR |
| 24 | IG1: 62.4  IG2: 63.8 | 49.2 | NR |
| % ≥2 sex partners | 12 | IG1: 42.5  IG2: 43.2 | 55.3 | IG1 vs. CG: p=0.001  IG2 vs. CG: p=0.01 |
| 24 | IG1: 37.6  IG2: 36.2 | 50.8 | IG1 vs. CG: p<0.005  IG2 vs. CG: p<0.002 |
| Shain, 199957, 154-156  Fair | San  Antonio, TX, research clinic |  | 617 | Mexican American and African American women ages 14 to 45 y with nonviral STI | BL STI: 100% | % 0 or 1 sex partners | 12 | 67.5 | 56.1 | NR |
| % >1 sex partners | 12 | 32.5 | 43.9 | p=0.004 |
| Boyer, 199788  Fair | San Francisco, CA, STI clinic | Prior STI | 393 | Heterosexual adults ages 18 to 35 y with previous STI, STI symptoms, or known exposure to STI | Lifetime STI: 61.8% | % ≥2 sexual encounters with nonsteady partner | 3 and/  or 5 | 18.8 | 25.2 | NR |

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