| Author, yearQuality | 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) |
| Boekeloo, 199963,143Fair | Washington DC, primary care | Low/mix | 219 | Adolescents ages 12 to 15 y | Treated for STI: 5.9% | % gotten someone or been pregnant | BL | 1 | 1.8 | NSD |
| 3 | 0 | 1.9 | NSD |
| 9 | 1.1 | 5.9 | NSD |
| Moderate-intensity (30 to 120 min) |
| Danielson, 199066Fair | Portland, OR and Vancouver, WA, HMO | Low/mix | 1195 | Adolescent boys ages 15 to 18 y | NR | % performing testicular self-exam ≥3 times in past year | 12 | 30 | 11 | NR |
| % used an effective form of birth control at last intercourse | 12 | 65.8 | 64.6 | OR, 1.51; p<0.05 |
| High-intensity (>120 min) |
| DiClemente, 200468, 148-153Good | Birmingham, AL, primary care | Increased | 522 | Sexually active African American adolescent girls ages 14 to 18 y | BL STI: G: 5.2%C: 17.4%T: 12.6% | % pregnant | 6 | 3.6 | 7.0 | OR, 0.38 (0.15 to 0.36) |
| 12 | 6.0 | 8.5 | OR, 0.74 (0.3 to 1.82)GEE OR, 0.53 (0.27 to 1.03) |

**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 = trichomoniasis.