

Effectiveness of Abstinence-only Intervention in Middle School Teens

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Objectives: To examine effectiveness of abstinence-until-marriage curriculum on knowledge, beliefs, efficacy, intentions, and behavior. **Methods:** Nonrandomized control trial involving 2069 middle school students with a 5-month follow-up. **Results:** Intervention students reported increases in knowledge and abstinence beliefs, but decreases in intentions to have sex and to use condoms. Intervention did not influence sexual initiation or condom use; however, intervention students who had sex during the

evaluation period reported fewer sexual episodes and fewer partners than did controls. **Conclusions:** Abstinence-until-marriage interventions can influence knowledge, beliefs, and intentions, and among sexually experienced students, may reduce the prevalence of casual sex. Reduction in condom use intentions merits further study to determine long-term implications.

Key words: abstinence, sexual behavior, interventions, adolescent

Am J Health Behav. 2005;29(5):423-434
