



## StaySafe: Feasibility and Uptake of a 12-Session Tablet App for Decision Making on Health Risk Behaviors

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### StaySafe

- StaySafe is a 12-session Android tablet app that is designed to help probationers make better decisions regarding health risk behaviors
- StaySafe is designed to be self-administered in brief 10-minute sessions requiring minimal staff assistance and training
- Includes “real-world” options aimed at challenging thinking, developed with input from probationers, probation officials and counseling/clinical staff
- Uses an evidence-based problem solving schema – **WORKIT**

### WORKIT

- W** ➤ **What's** the problem?
- W** ➤ **Who** will be affected by your choice?
- W** ➤ **Who** can help you with this decision?
- O** ➤ Think about your **Options**
- R** ➤ **Rate** your Options
- K** ➤ **Knowing** what decision to make
- I** ➤ **Imagine** how you will turn your choice into action
- T** ➤ **Time** to test the results

### 12 Weekly Sessions using three templates

#### Introduction Session

- ✓ Guided walkthrough with example video
- ✓ Includes WORKIT schema with pre-defined problem area

#### WORKIT Template (8 sessions)

- ✓ Choose a problem from People, Places or Things
- ✓ Watch a brief video showing others making a decision around that problem (vicarious learning)
- ✓ Proceed through WORKIT steps using active and virtual processing
- ✓ Fact boxes provide supporting information
- ✓ Run the Maze game with 7 dichotomous questions designed to reinforce lessons learned
- ✓ Complete a brief session evaluation

#### Participant Choice Template (3 sessions)

Choose one or more activities designed to reinforce HIV and risk reduction information from the WORKIT sessions.

- ✓ Watch a video
- ✓ Read informational text with a short supporting video
- ✓ Play Run the Maze game with new sets of questions designed to reinforce HIV and risk reduction lessons

### Research Questions

- ✓ Examine uptake of StaySafe sessions in a probation sample at probation facilities
- ✓ Examine satisfaction with StaySafe sessions
- ✓ Examine problem choices within StaySafe sessions

### Methods

- Eligibility includes probationers with a substance abuse background who have at least 6 months of probation remaining and who report for groups or PO visits at least weekly
- Participants recruited in probation office waiting rooms, orientation and before/after groups
- Surveys completed at baseline, 3 months and 6 months
- Random assignment to StaySafe or Survey-only arms after baseline
- Compensation (from \$100 to \$220) paid directly to probation fees

### Sample

- 34 participants assigned to the StaySafe arm and who completed a baseline survey; a total of 231 completed StaySafe sessions
- 35% were male and 65% female; 32% were Caucasian, 41% were Black, and 21% Hispanic. Average age was 37 ranging from 20 to 55

### Session Uptake

- 34 participants assigned to the StaySafe arm have completed a baseline survey to date; of these 32 completed at least one StaySafe session
- Participants have averaged completing 6.7 StaySafe sessions (although many are still active)
- 7 participants have dropped from the study after completing at least 1 session; they averaged 5 completed sessions
- 9 participants to date have completed all 12 sessions
- Of 51 completed Participant Choice (PC) sessions, 94% of participants completed all three activities

### Satisfaction

	S1 N=32	S6 N=22	PC N=51
1=Str Disagree; 5=Str Agree			
I felt comfortable working through the exercise in this session	4.6	4.5	4.7
This session kept my attention	4.6	4.5	4.5
This session helped me understand myself better	4.4	4.2	4.2
I got a lot out of working through the exercise in this session	4.4	4.3	4.4
This session was enjoyable	4.4	4.4	4.5
This session helped me understand other people better	3.9	4.1	4.2
This session helped me work through my problem	4.1	4.0	4.1

### Problem Selection\*

People	
1. My partner has HIV—what now?	15
2. Telling others about testing positive for HIV	13
3. Asking a partner about his or her HIV testing	15
4. Hanging out with friends who inject	10
Places	
5. Favorite high-risk places to hang out	23
6. Returning to the old neighborhood	17
7. Finding medical help for HIV care	5
Things	
8. Practicing safe sex	17
9. Getting tested for HIV	7
10. Fear of getting HIV testing	11
11. Myths about HIV and where to find the facts	15

\* Frequencies from 148 completed WORKIT sessions

### Summary and Conclusions

- Session uptake is high. Once in the study, probationers are likely to return to complete multiple StaySafe sessions.
- Satisfaction with sessions has been very high and is maintained across sessions. Participants reported that the sessions were easy to use, kept their attention and were enjoyable. They were also highly likely to report that sessions helped them understand themselves and others better and helped them work through their problems.
- Participants are highly likely to complete all three of the Participant Choice activities even though they are only asked to complete at least one, indicating a high level of engagement.
- Although uptake of the StaySafe sessions was high, barriers to completing more sessions included probation revocation and return to custody, transfer to other probation locations, and inability to contact participants for scheduling (e.g., phone number no longer valid).
- Preliminary results to date support the introduction of tablet computer-based apps in a probation population at a probation setting. Probationers who begin the study are likely to continue and find the app easy to use and helpful. These findings were also supported by anecdotal comments from participants.

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