

¡Cuidate! (Take Care of Yourself)

More Evidence of Failure than Success

<i>¡CUÍDATE! (Take Care of Yourself)</i>	Villaruel, et.al., 2006 ¹	Kelsey, et.al., 2016, Abt & Associates, 2015 ^{2,3}
Study conducted by independent evaluator?	NO, study was by the program authors	YES
Follow-up measure at least 12 months after the program?	YES, at 12 months after the program	YES, at 6 & 18 months after the program
OUTCOMES:		
Pregnancy	Not measured	NO EFFECT
STDs	Not measured	NO EFFECT
Sexual Initiation	NO EFFECT	Increased Oral Sex: White teens
Consistent Condom Use	(12 months)*	Not measured
Condom Use at Last Sex	NO EFFECT	Not measured
Unprotected Sex	Mixed results	Increased Oral Sex without a condom: White teens
Number of Sex Partners	12 months	Not measured
Recent Sex	12 months	Increased Recent Sex for sexually experienced teens
Dual Effect: Condom Use & Abstinence	(12 months)*	NO EFFECT

*This effect was questionable: the study did not control for pre-test differences in condom use similar in size to the post-test “effect.”

Key Findings

“*¡Cuidate! (Take Care of Yourself)*” is a Comprehensive Sex Education (CSE) program tailored to Latino youth. “The focus of *¡Cuidate!* is to increase each participant’s skill level and self-efficacy ... about abstinence and condom use.”⁴ There have been two scientifically acceptable impact studies of *¡Cuidate!*, one by the program’s authors and one by independent evaluators. A published research review by *The Institute for Research & Evaluation*⁵ concludes that **these two studies have not produced sufficient evidence to label *¡Cuidate!* an effective school-based program.** While the program’s authors found several positive effects for *¡Cuidate!* after 12 months, it did not reduce sexual initiation and the reported increase in consistent condom use is questionable because the difference between program and control groups after 12 months was similar to the difference at the pre-test, which was not controlled for in the analysis. The independent replication study found no significant positive effects and three negative effects. According to *The Society for Prevention Research*, such null and harmful impacts found by independent researchers should outweigh the few positive effects found by the program authors and negate *¡Cuidate!*’s claim to be “effective.”⁶

Summary. Contrary to the U.S. Teen Pregnancy Prevention website,⁷ *¡Cuidate!* has shown more evidence of failure than success. It did not reduce teen pregnancy or STDs and produced multiple harmful effects on important subgroups: including a reduction in teen abstinence and condom use.

1. Villarruel AM, Jemmott JB, Jemmott LS. (2006). A randomized controlled trial testing an HIV prevention intervention for Latino youth. *Archives of Pediatrics & Adolescent Medicine*, 160(8), 772–777.
2. Kelsey M, Layzer C, Layzer J, Price C, Juras R, et. al. (2016). Replicating ¡Cuidate!: 6-Month Impact Findings of a Randomized Controlled Trial. *American Journal of Public Health*, 106(S1), S70–S77.
3. Kelsey M, Layzer J, Price C, Blocklin M. (2018). *¡Cuidate!*: Final Impact Report, Teen Pregnancy Prevention Replication Study. Prepared for the Office of Adolescent Health and the Office of the Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services, October 2018. Cambridge MA: *Abt Associates*.
4. <https://tppevidencereview.youth.gov/document.aspx?rid=3&sid=273&mid=1>
5. Ericksen IH, Weed SE. (2019). "Re-Examining the Evidence for School-based Comprehensive Sex Education: A Global Research Review." *Issues in Law and Medicine*, 34(2):161-182.
6. Gottfredson DC, Cook TD, Gardner FEM, Gorman-Smith D, Howe GW, et al. (2015). Standards of Evidence for Efficacy, Effectiveness, and Scale-up Research in Prevention Science: Next Generation. *Prevention Science*, 16(7), 893–926. Retrieved from http://www.preventionresearch.org/wp-content/uploads/2011/12/Standards-of-Evidence_2015.pdf
7. See: <https://tppevidencereview.youth.gov/EvidencePrograms.aspx>