



Patient: 16 year old, Caucasian female

Step 1: Patient completed the Options assessment prior to her pediatric appointment. Her score indicated high levels of secondary sexual risk.

Step 2: Patient had 2 more follow-up visits while participating in the follow-up eLearning materials.

Step 3: Patient participated in monthly follow-up with health care provider (off site) to track progress for 6 months.

Outcomes

Increased Self Efficacy

“How confident are you that you will be successful with your new boundaries?”

(1 not confident at all to 10, very confident)

Baseline Score: **4**

6-Month Follow-up Score: **10**

6 month Follow-up

1. So how is it going with your new boundaries?

The client indicated that she had successfully maintained her new boundaries for 6 months therefore placing her in the fifth stage of behavior change known as maintenance.

2. One a scale of 1 to 5 (1 being not tempted at all to 5 being extremely tempted) how are your levels of temptation?

The client said 1.5 was her level of temptation.

3. One a scale of 1 to 5 (1 being not successful at all and 5 being extremely successful) how successful have you been with your new boundaries?

The client indicated 5.

4. Have you had any relapses?

The client said no.

Case Study Results- OPTIONs Solutions Prototype Baseline to 6-month follow-up. Results may vary for each patient.

5. What has helped you the most? *“Staying away from bad influences.”*

6. What do you remember about the Options Project?

The “Changing Lanes Lesson.” This was a lesson that uses the metaphor of changing lanes from the fast lane to the slow lane. This lesson also describes levels conducive to new boundaries for each of the lanes and includes a progression of intimacy for each lane.

7. The interviewer reviewed the five stages of change and then asked, “Do you think you are in action or maintenance?”

She indicated maintenance.

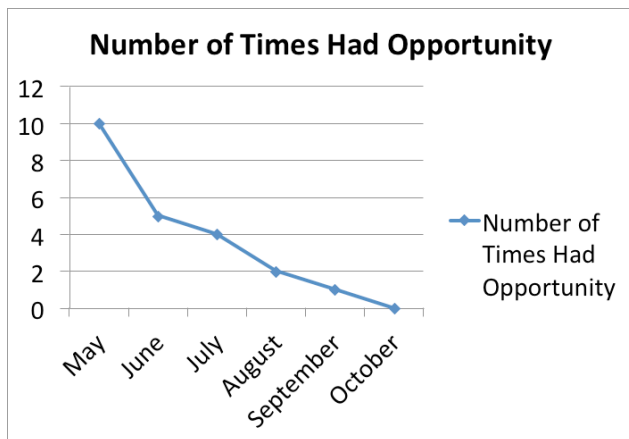
8. What is the most positive thing about your new boundaries?

“How I feel about myself. I am happier and not worried about what others think.”

9. What is the most negative thing about your new boundaries?

Nothing noted by the client.

10. About how many times per month did you have the opportunity to have sex over the past six months?



11. Follow-up question: It looks like the opportunity is decreasing. What do you think that’s about?

“They know I have new boundaries.”