**Sex Ed Goes High Tech: Findings from a RCT Evaluation of the Pulse App**

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**The Intervention: Web-App + Messages**

These stats include only intervention participants (n=661 for full sample; n=551 for those who ever logged into app).

- **Total clicks within app:**
  - 55%
  - 45%
  - 60%

- **App Usage:**
  - 55% visited the app more than once
  - 50% participated in 6 or more sessions
  - 4.0 (average)

- **App Satisfaction:**
  - 88% easy to use
  - 93% easy to understand

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**The Findings**

**Birth Control Behavior**

- See without non-hormonal birth control or LARC in the past 6 weeks
  - 22.1% (n=1,086)

**Birth Control Self-Efficacy**

- Definitely plan to visit a health care provider for birth control in the next 12 months
  - 67.7% (n=1,120)

**Birth Control/SRH Knowledge**

- Average percent correct (of 4 questions)
  - 58.6%

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**Sex without hormonal birth control or LARC (among sexually experienced at baseline)** in past 6 weeks

- 44.4% (n=1,119)

**SRH Interventions**

- See without any birth control method in the past 6 months
  - 43.5% (n=1,039)

**SRH Self-Efficacy**

- Definitely plan to visit a health care provider for SRH services in the next year
  - 68.7% (n=1,121)

- Definitely plan to visit a health care provider for SRH services in the last year
  - 70.4% (n=1,121)

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**Participants visited all sections of 6 (average)**

- 643

**Messages per week**

- 83%

**Visits per user (average)**

- 2.9 (average)

**SRH Attitudes**

- Strongly agree or strongly disagree that birth control is appropriate for your age and experience
  - 51.5% (n=1,086)

- Strongly agree or strongly disagree that the method is too much of a hassle to use
  - 51.5% (n=1,086)