



Division of Adolescent & Young Adult Medicine Retreat- 2018

Kathleen Tebb, PhD

Developmental Psychologist

Background

PhD, University of California Davis

Research Emphasis:

- Understand factors that promote adolescent health and reduce risk taking behaviors
- Translate research and theory into the development of interventions targeting multiple levels of influence including the individual, parents/caregivers, health care providers, schools, health systems and public policy
- Build the evidence-base for effective interventions



Primary Projects

Preventing Unintended Pregnancy:

- *PCORI*: Developed an app to support adolescents decision making around use of contraception.
- *OAH TPP* Social Network Intervention: Facilitate peer communication about highly effective contraceptive methods to improve uptake of LARC

Improving Outcomes for Adolescent Parents & their Children

- Advise and evaluate MCAH's strengths-based case management program to promote resilience among expectant and parenting youth

Future Directions

- Expand mobile health application to promote sexual health of all adolescents: males, LGBTQ, non-sexually active youth through user-driven, individually tailored content
- Improve partnerships between parents, providers and youth to promote adolescent health
- Disseminate and facilitate adoption of evidence-based intervention into practice