

# Effectiveness of an mHealth Intervention (BRAVE) to Promote Mental Wellness for American Indian and Alaska Native Teenagers and Young Adults: Randomized Controlled Trial



## Methods

Culturally relevant interventions are needed to help American Indian and Alaska Native (AI/AN) teenagers and young adults.

- In 2019, 2334, AI/AN teenagers and young adults nationwide recruited via social media channels and SMS text messages, enrolled 1044 participants.
- Participants received either BRAVE SMS text messages or 8 weeks of science, technology, engineering, and math (STEM) SMS text messages.
- Impacts tested using linear mixed-effect models and linear regressions.



## Findings

**833 AI/AN teenagers and young adults** in the BRAVE and STEM arms showed significant positive trends for most measured outcomes, except cultural identity and help-seeking behavior.

**79% of participants** used SMS text messages to help themselves.

**54% of participants** used SMS text messages to help friends or family members.

Statistically significant increases in **health, resilience, positive coping, self-efficacy, and self-esteem** scores ( $P < .005$ ).

## Conclusion

This is the first national randomized controlled trial of a mobile health intervention among AI/AN teenagers and young adults to test the efficacy of a mental wellness intervention in relation to STEM career messages. This study provides new insights for supporting the next generation of AI/AN changemakers.

## Text

Native youth and young adults can now **text BRAVE to 97779** or **STEM to 97779** to receive the SMS text message sequence on their own.

## Reference

Craig Rushing et.al. Effectiveness of an mHealth Intervention (BRAVE) to Promote Mental Wellness for American Indian and Alaska Native Teenagers and Young Adults: Randomized Controlled Trial. JMIR Mental Health, 2021.