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.