



BEHAVIORAL COUNSELING TO PREVENT SEXUALLY TRANSMITTED INFECTIONS CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION

Population	All sexually active adolescents	Adults at increased risk for STIs*	Non-sexually-active adolescents and adults not at increased risk for STIs
Recommendation	Offer high-intensity counseling Grade: B	Offer high-intensity counseling Grade: B	No recommendation Grade: I (insufficient evidence)

Risk Assessment	<p>All sexually active adolescents are at increased risk for STIs and should be offered counseling.</p> <p>Adults should be considered at increased risk and offered counseling if they have:</p> <ul style="list-style-type: none"> • Current STIs or have had an STI within the past year • Multiple sexual partners <p>In communities or populations with high rates of STIs, all sexually active patients in non-monogamous relationships may be considered at increased risk.</p>		
Interventions	<p>Characteristics of successful high-intensity counseling interventions:</p> <ul style="list-style-type: none"> • Multiple sessions of counseling • Frequently delivered in group settings 		
Suggestions for Practice	<p>High-intensity counseling may be delivered in primary care settings, or in other sectors of the health system and community settings after referral.</p> <p>Delivery of this service may be greatly improved by strong linkages between the primary care setting and community.</p>	<p>Evidence is limited regarding counseling for adolescents who are not sexually active. Intensive counseling for all adolescents in order to reach those who are at risk but have not been appropriately identified is not supported by current evidence. Evidence is lacking regarding the effectiveness of counseling for adults not at increased risk for STIs.</p>	
Other Relevant Recommendations from the USPSTF	<p>USPSTF recommendations on screening for chlamydial infection, gonorrhea, genital herpes, hepatitis B, hepatitis C, HIV, and syphilis, and on counseling for HIV, can be found at http://www.preventiveservices.ahrq.gov.</p>		

For a summary of the evidence systematically reviewed in making these recommendations, the full recommendation statement, and supporting documents please go to <http://www.preventiveservices.ahrq.gov>.

* STI = Sexually Transmitted Infection