Appendix 1 – Descriptions of Interventions

Trial 1 is the study of the *Universal Group of 8th Graders* , which recruited 266 eighth grade Hispanic adolescents and their primary caregivers from middle schools (Prado et al., 2007). All Hispanic eighth grade students from three selected schools and a primary caregiver were eligible to participate. Participants were randomized to either: 1) the Familias Unidas Prevention Intervention condition, which involved the Familias Unidas program, a Hispanic-specific, parent-centered intervention designed to strengthen parenting skills and family functioning to prevent adolescent risk behaviors (e.g., substance use and unsafe sexual behavior) plus Parent–Preadolescent Training for HIV Prevention (PATH), a parent-centered intervention designed to prevent adolescent substance use and unsafe sexual behavior (n=91); 2) the Standard HIV Prevention condition, which involved PATH plus English for Speakers of Other Languages (ESOL) (n=84), with ESOL being an attention control; or 3) the Attention Control condition, which involved HeartPower! for Hispanics (HEART), a health promotion intervention to prevent heart disease through healthy eating and exercise, plus ESOL (n=91). Each condition included 49 hours of activities, so that conditions would be equivalent on attention/dosage. The Familias Unidas + PATH intervention involved 15 group sessions, 8 family visits and 2 parent-adolescent group sessions. For the present analyses, participants in the latter two conditions were combined and classified as the control group (n=175) and compared to the Familias Unidas intervention group (n=91) because the aim of the present study was to isolate and understand the efficacy of Familias Unidas intervention, which was only delivered in Condition 1 “Familias Unidas plus Parent- Preadolescent Training for HIV Prevention (PATH)”. Participants were assessed at baseline, and then at 6, 12, 24, and 36 months post-baseline.

Trial 2 was the study of the *Universal Group of 9th Graders,* which enrolled 160 ninth grade Hispanic youth and their parents, and aimed to prevent drug use and HIV risk behavior among the youth. All Hispanic ninth grade students from four selected schools and a primary caregiver were eligible to participate. Participants were randomized to receive either a brief Familias Unidas intervention (n=72) or community practice control condition (n=88), which involved school-based HIV-risk reduction. The Familias Unidas intervention in this study was an abbreviated version of the intervention, involving five 2-hour parent group sessions and one 1-hour family visit. It is noteworthy that the focus on promoting family communication was the same in this trial as it was in the other trials, given the importance of family communication as a hypothesized mechanism by which this intervention works. Participants were assessed at baseline, and then at 6, 12, and 24 months post-baseline.

Trial 3 involved a higher risk sample and is the *Targeted Risk Group: Referred* study, which recruited 213 eighth grade Hispanic adolescents with behavior problems and their primary caregivers (Pantin et al., 2009). Hispanic eighth graders from the three selected high schools and a primary caregiver were eligible to participate if the school counselors and a caregiver had identified the youth as having problems in at least one of the following areas: conduct disorder, socialized aggression, or attention problems. Participants were randomly assigned to either the Familias Unidas intervention (n=109) or a community control condition (n=104). The Familias Unidas intervention involved nine 2-hour group sessions, and ten 1-hour family sessions. Participants were assessed at baseline, 6, 18, and 30 months post-baseline.

Trial 4 involved another higher risk sample, the *Targeted Risk Group: Adjudicated* study, which recruited 242 delinquent Hispanic youth between the ages of 12 and 17 from the school system and juvenile justice system, as well as their primary caregivers (Prado et al., 2012). Hispanic adolescents and a caregiver were eligible to participate if the youth had been arrested or had committed at least one Level III behavior problem as defined by the Miami-Dade County Public School System, which involved any of the following: assault/threat against a non-staff member, breaking and entering/burglary, fighting (serious), hazing, possession or use of alcohol and/or controlled substances, possession of simulated weapons, trespassing, or vandalism. Participants were randomized into either the Familias Unidas intervention (n=120) or a community control condition (n=122). The Familias Unidas intervention involved eight 2-hour group sessions, and four 1-hour family sessions. Participants were assessed at baseline, 6, and 12 months post-baseline.