



Universal Program to Prevent Future Use of Cannabis

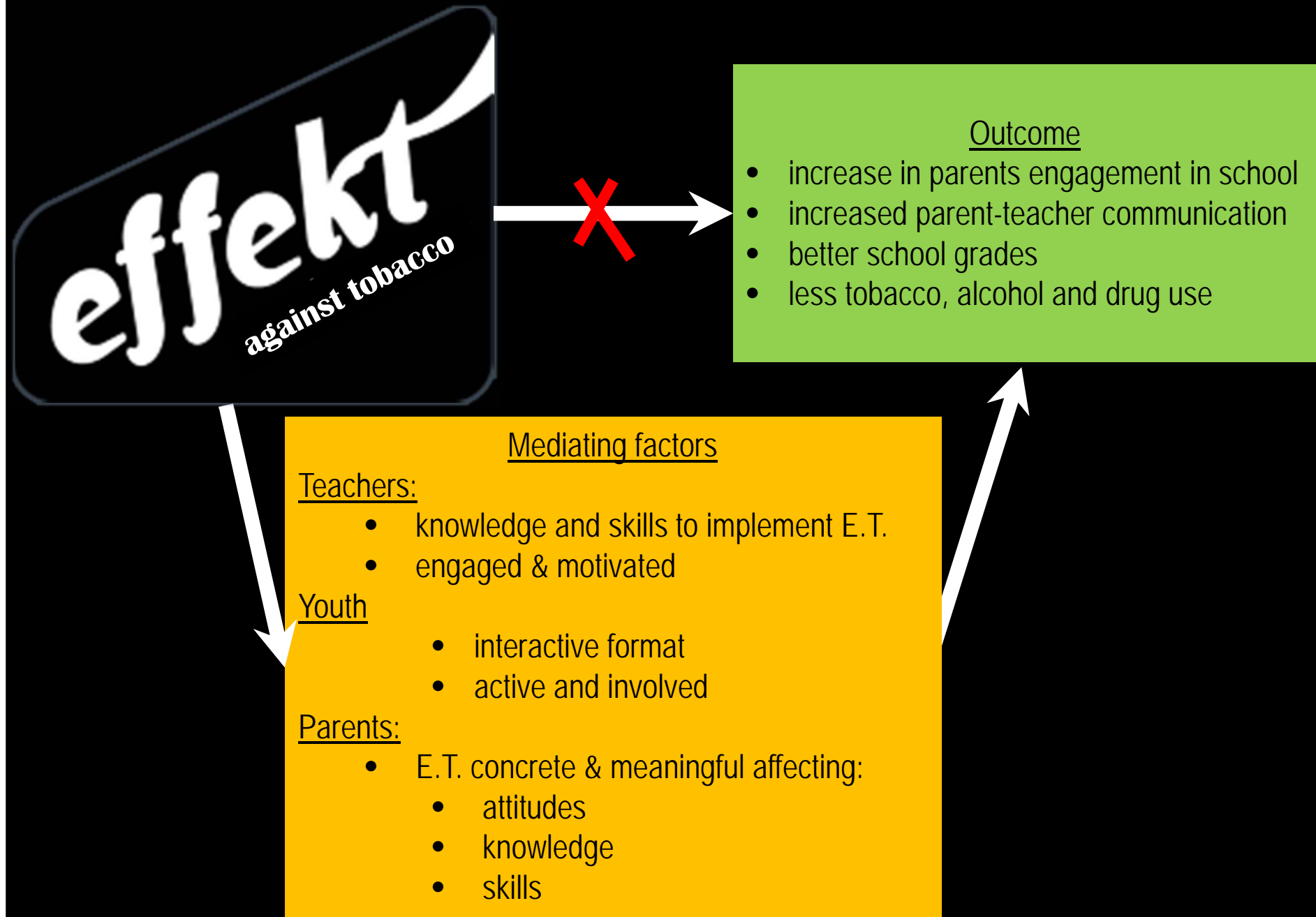
The need for new ways to approach parents in schools from a drug preventive perspective:
Theory and consumer satisfaction of a new universal prevention program.

nikolaus.koutakis@oru.se

UNIVERSAL PREVENTION

- Target group:
 - Youth aged 10-12 and their parents.
- Objective:
 - Short: increase knowledge about tobacco and skills to resist peer pressure.
 - Intermediate: decreased tobacco use.
 - Long: decreased cannabis use.
- Intervention context:
 - Youth: Interactive, teacher led sessions 6 h/y.
 - Parent: Structured, interactive presentations on ordinary parent meetings. Biannual 20 min .
- Duration:
 - Intervention: two years, long term follow up.

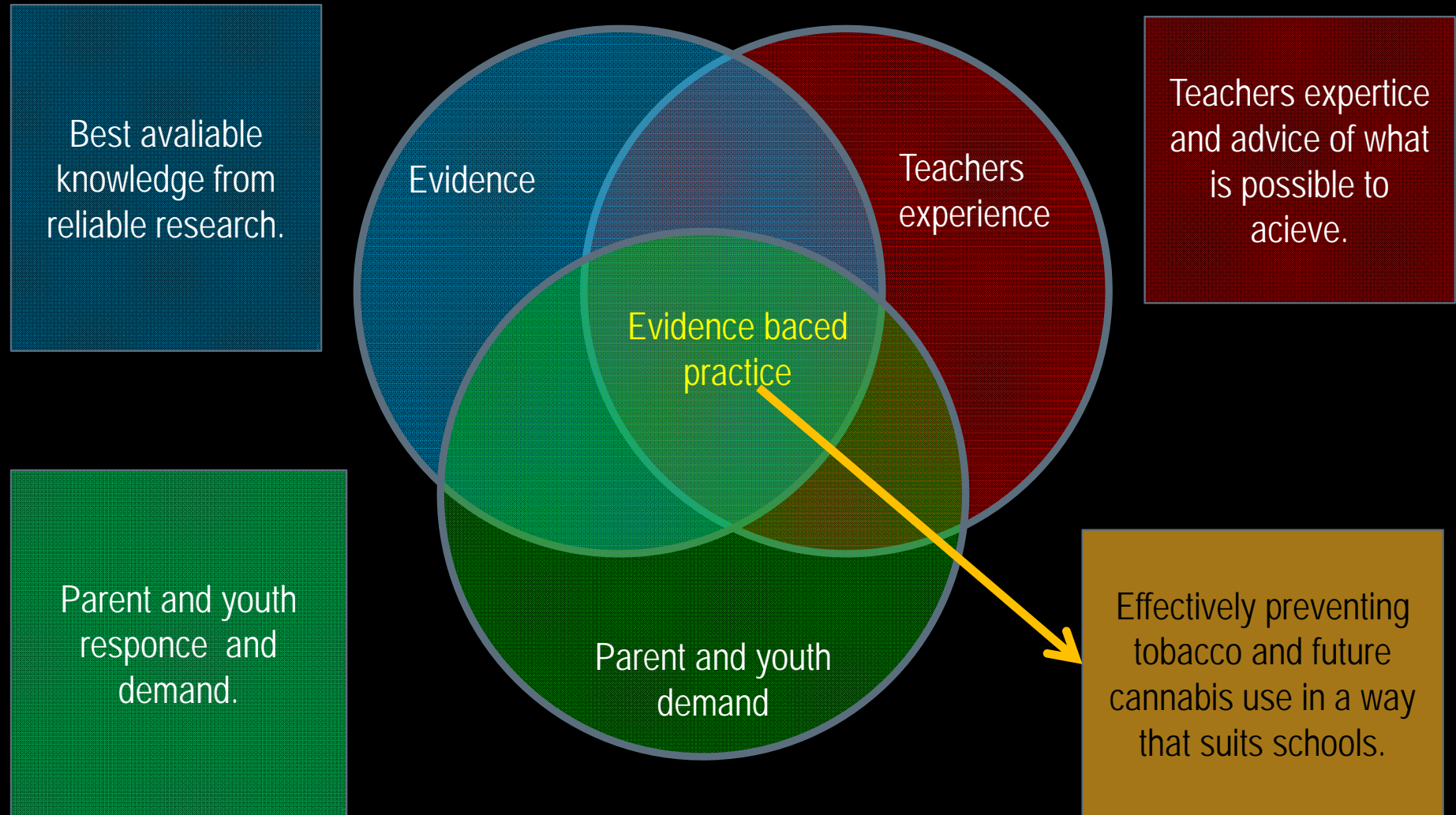
LOGIC MODEL



DEVELOPMENT IN PROGRESS...

- Although the theoretical and empirical ground of the program is fixed, the issues of *how* is open for suggestions and elaborated together with school staff.
- Constant monitoring parents' - and youths' wives' on the curricula.
- Solid ground in Evidence Based Practice, targeting youth and parents.

EFFEKT-TOBACCO, EVIDENCE BASED?



GATEWAY HYPHOTHESIS

- Idea: the use of certain substances may lead to an increased risk of using more advanced and harmful drugs in the future.
- Somewhat controversial.
- Particularly strong relationship: Tobacco smoking and Cannabis use in Sweden.

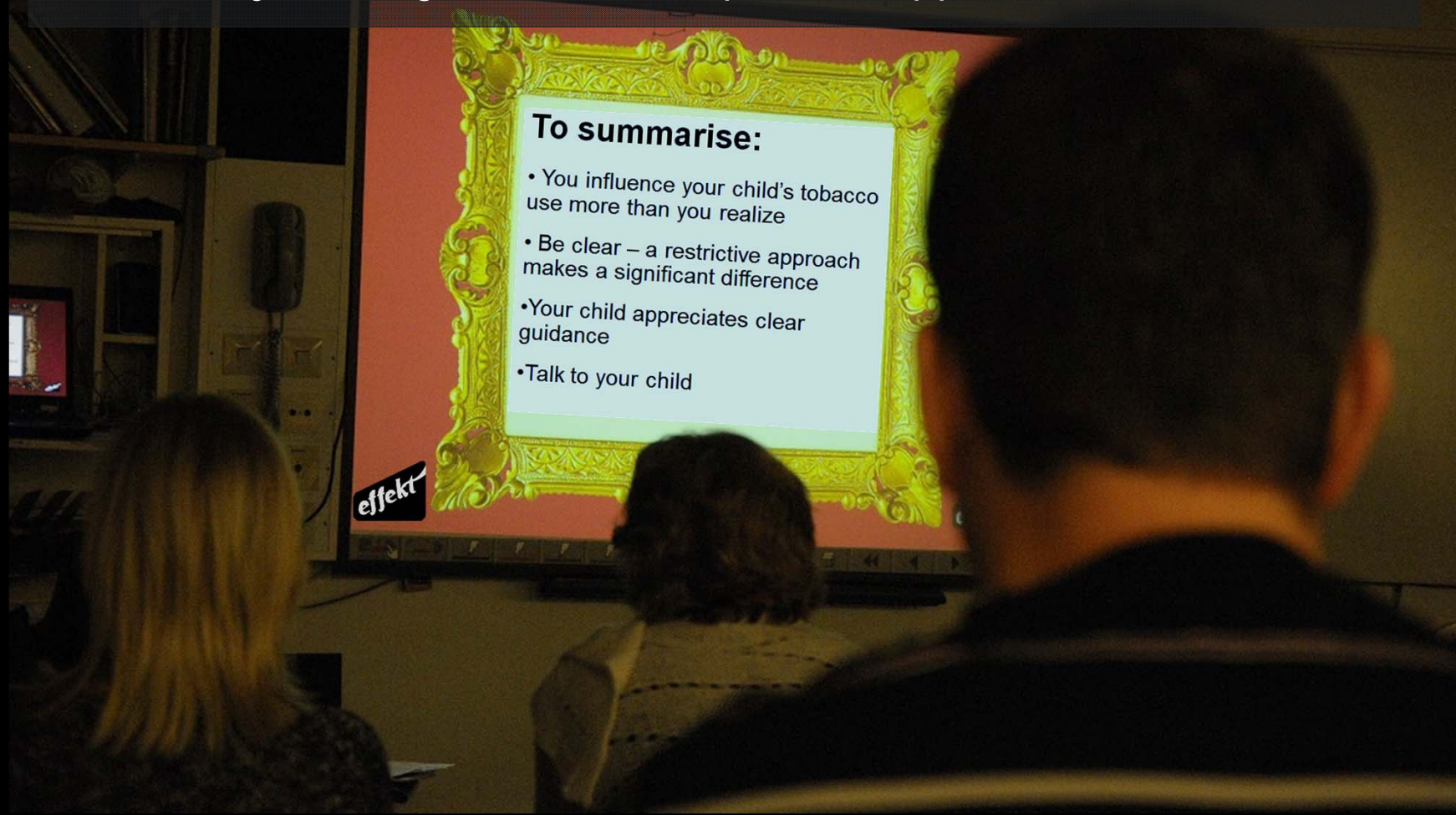
		Ever used cannabis	
		yes	no
Smoking regularly	no	4%	96%
	yes	64%	46%

INTERVENTION

- Parents
 - Structured, biannual, 20 min presentations on ordinary parent meetings in school. Parents' to 10-12 year olds.
 - Objective: maintain parents' restrictive attitudes towards underage drinking:
 1. provide information on how common underage tobacco use is and also its potential short- and long-term consequences.
 2. parents are made to understand that they can still influence their children's attitudes and behaviors, and that their expectations make a difference.
 3. provide parents with concrete methods to make their views clear e.g. consensus agreements, and to set rules on underage tobacco use.
- Youths
 - Interactive format: Biological and societal facts, social norms and resistance skills. Approx. 6h/y.

IMPLEMENTATION

- Ordinary staff e.g. teacher, school counselor, school nurse.
- Two-day training + booster & updates (approx. 1.5 h) each term.

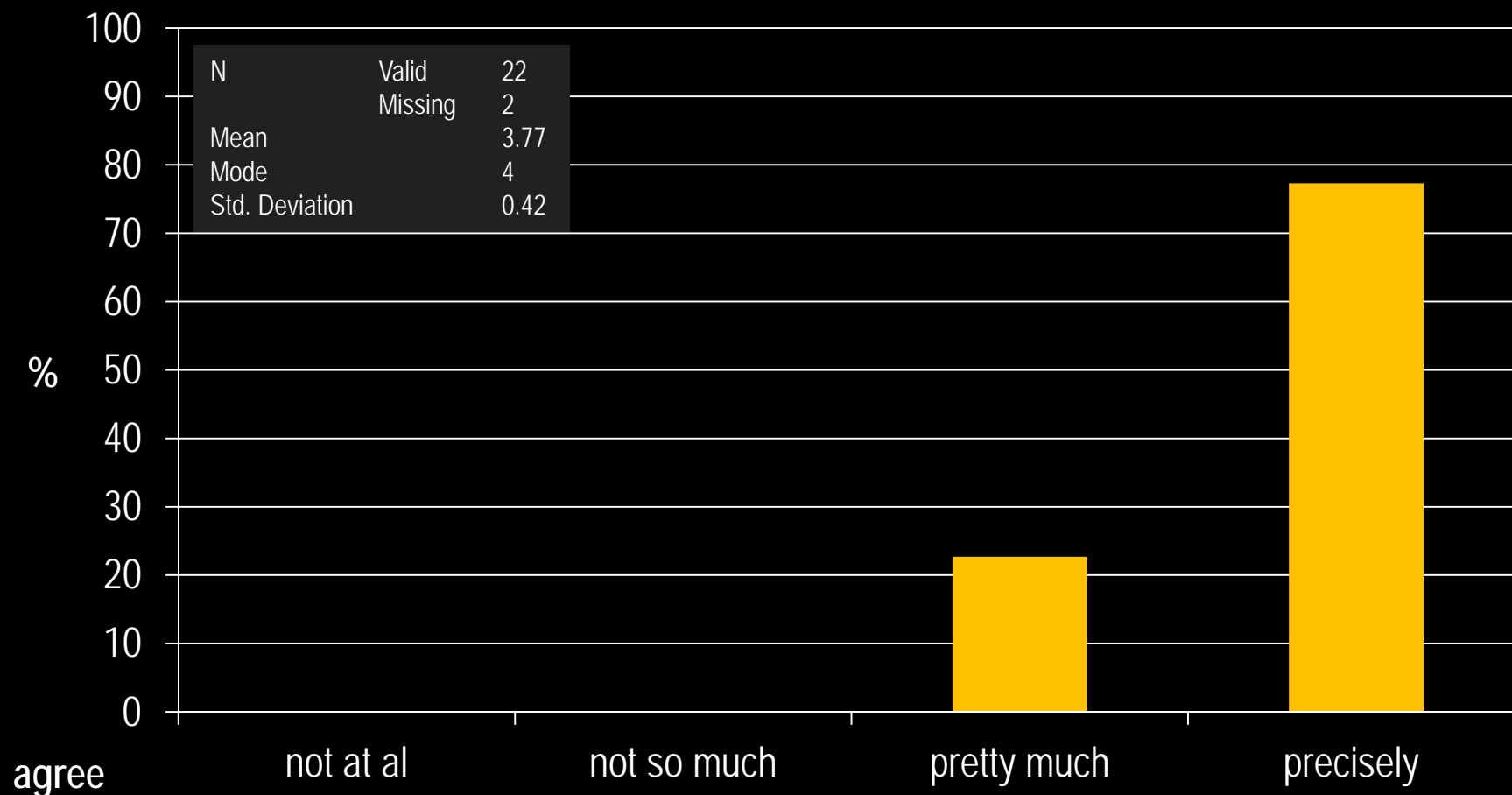


EVALUATION DESIGN

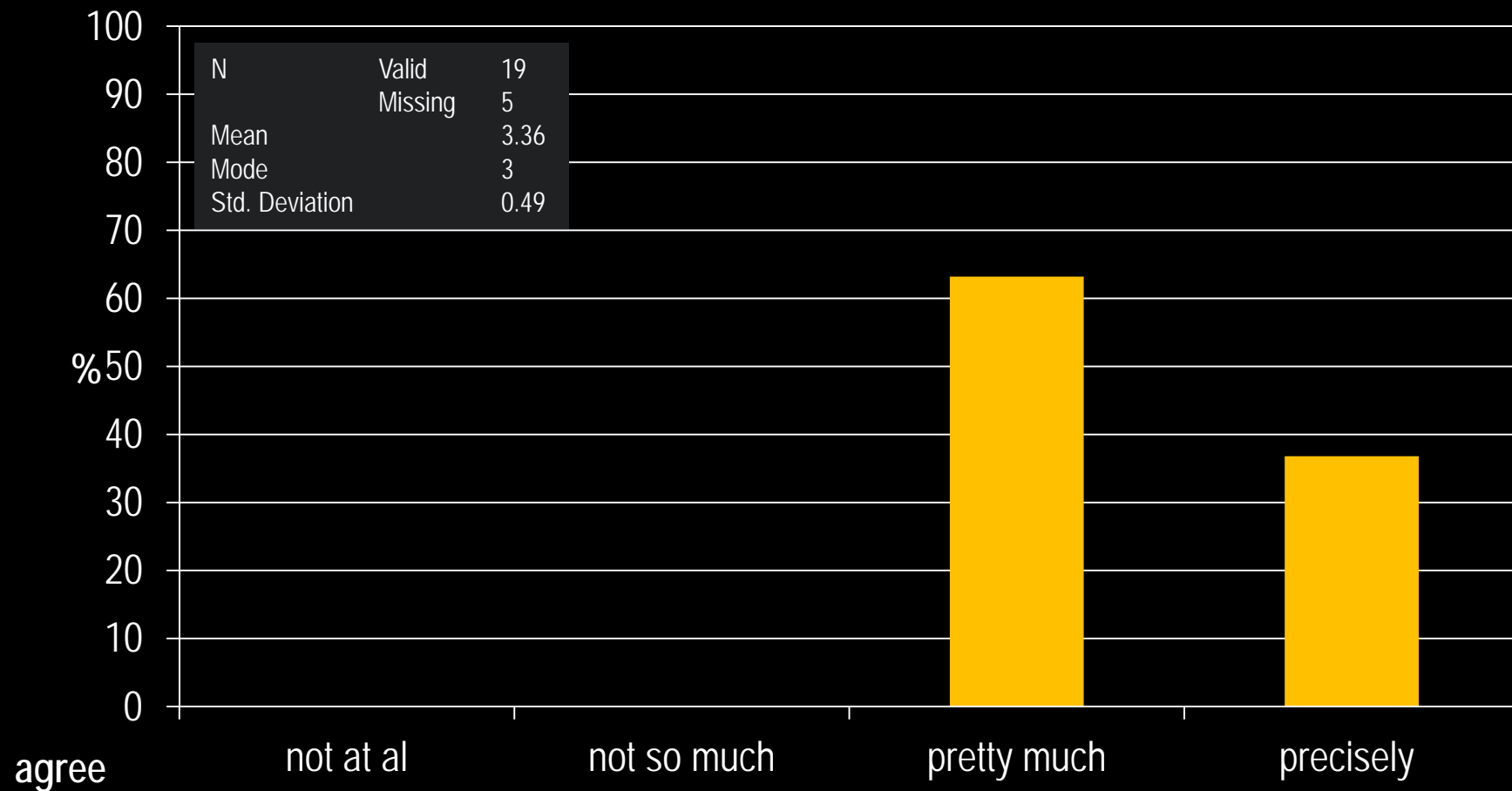
- Experimental design with matched control-groups, pre-post-test and long term follow up.
- Respondents: youth, parents school staff.
- Outcome measures
 - Youth: attitudes, experience argument, perception on social norms and normality.
 - Parent: efficacy, explicit norms expectations.
 - School staff: implementation, knowledge, experience, interactions.

DATA FROM FIRST TERM OF
IMPLEMENTATION
(CONSUMER SATISFACTION)

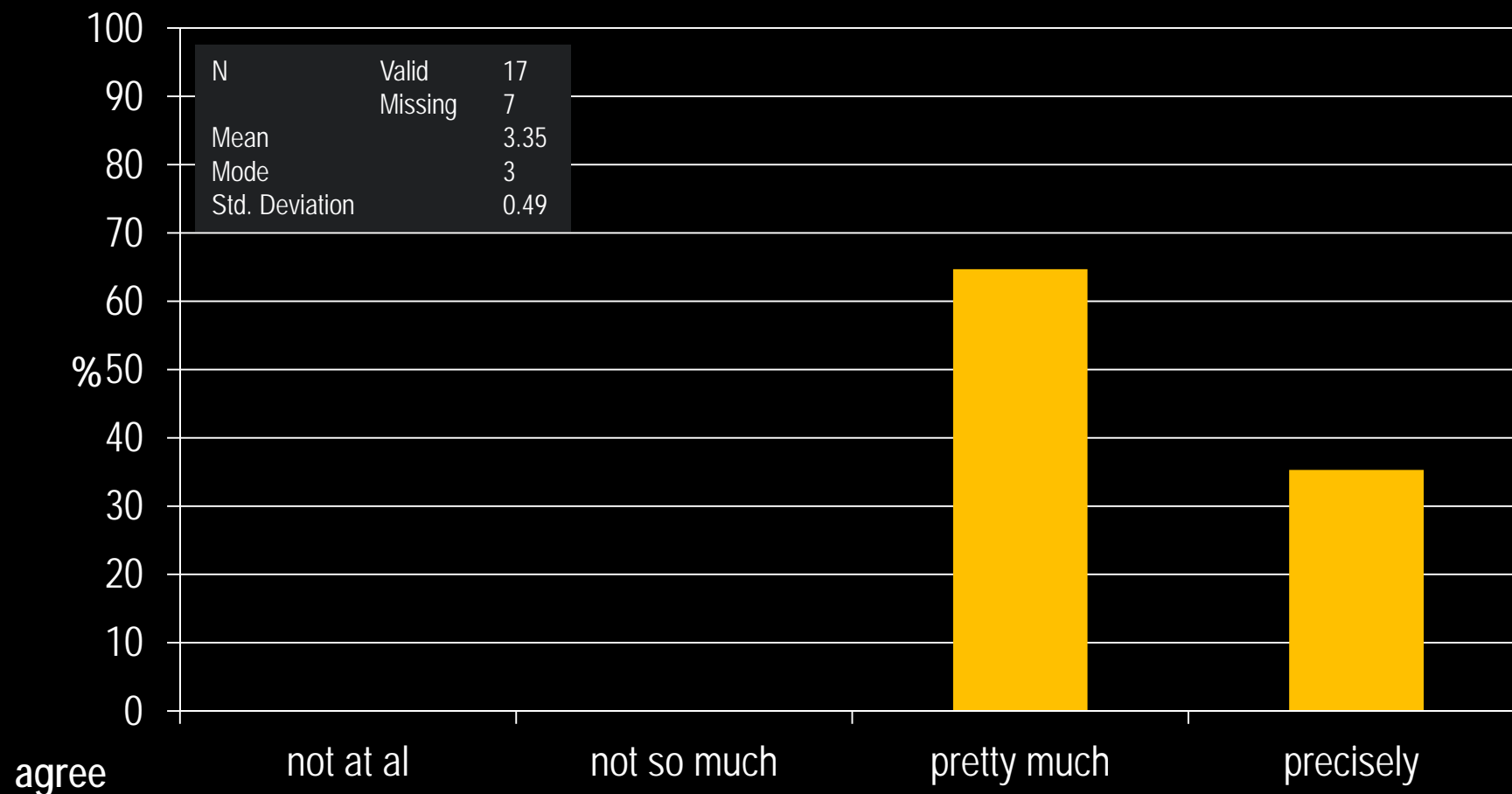
MOTIVATED TO TAKE PREVENTIVE MEASURES



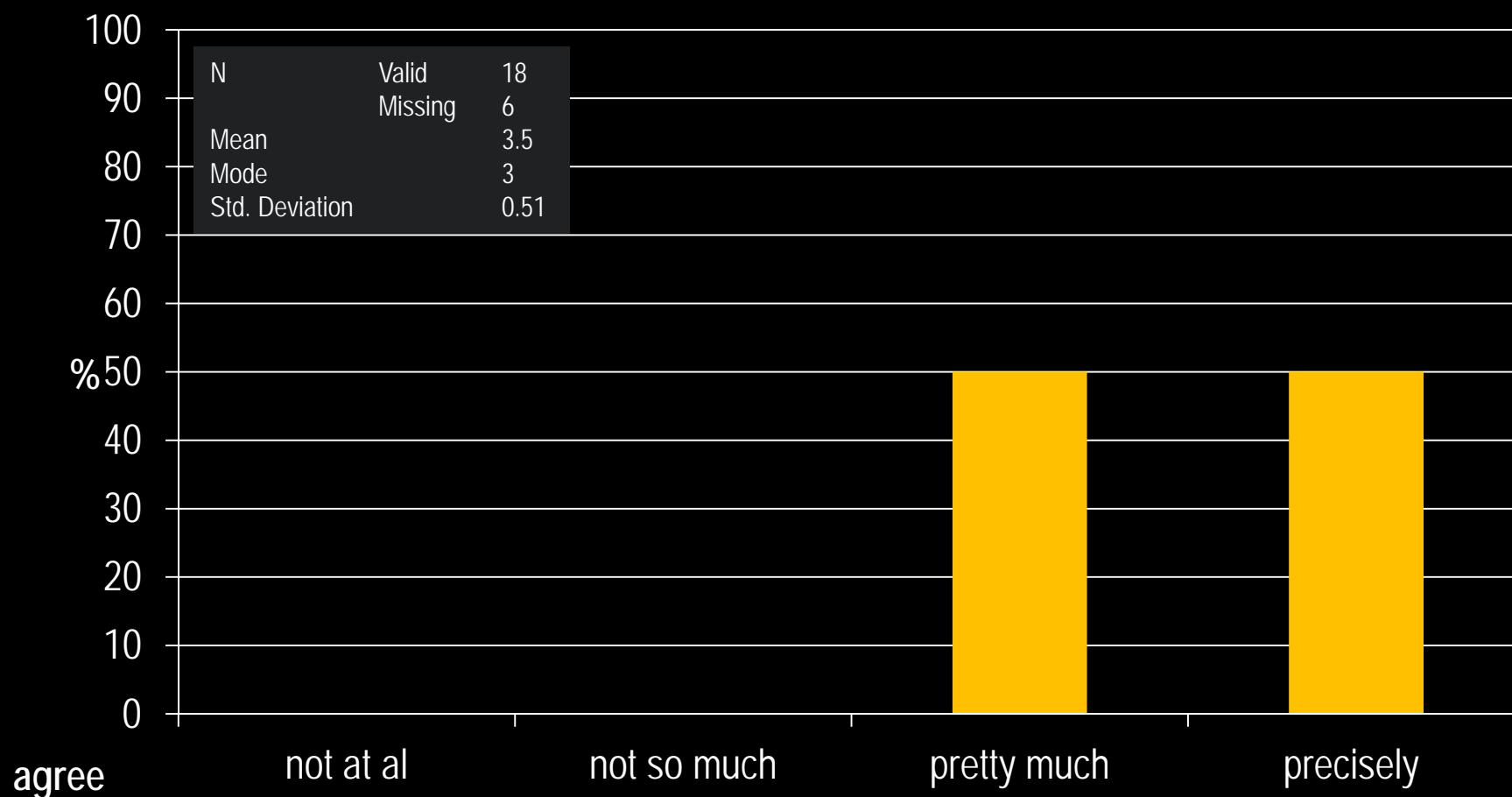
PREPARED TO USE THE YOUTH CURICULA



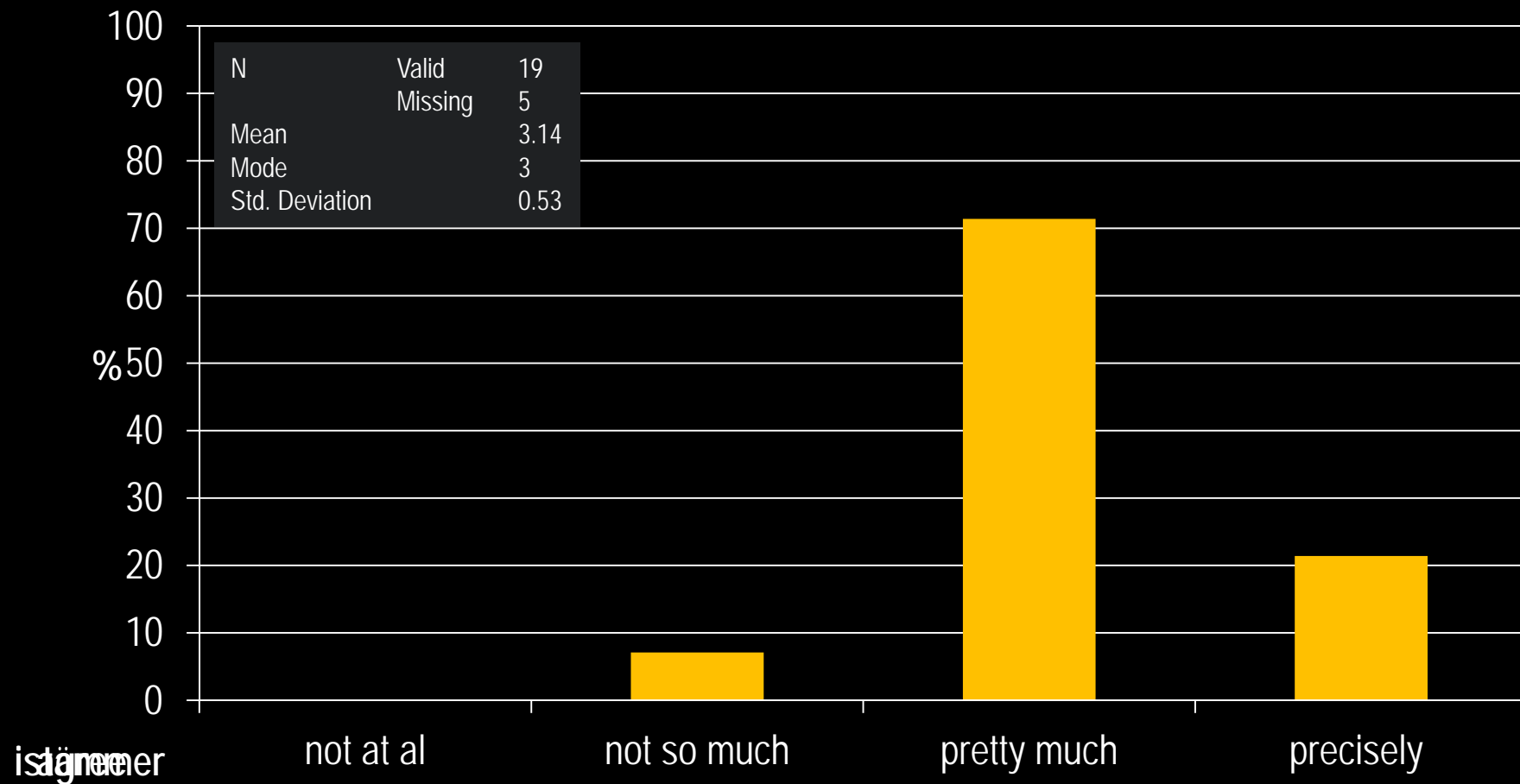
YOUTH CURICULA WORKS WELL



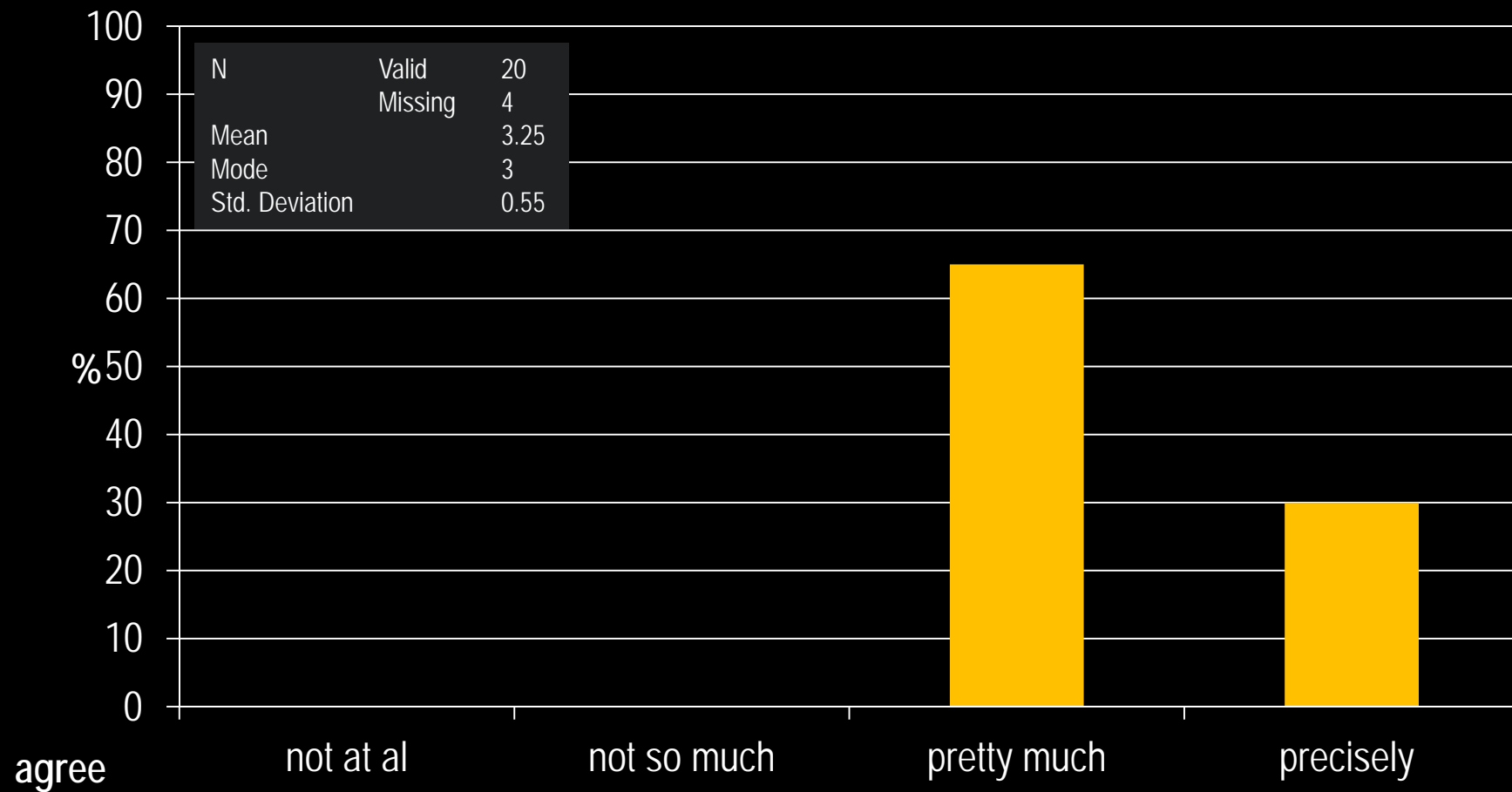
BELIEVE THAT YOUTH ARE PROVIDED WITH KNOWLEDGE, FACT AND SKILLS TO STAY AWAY FROM TOBACCO



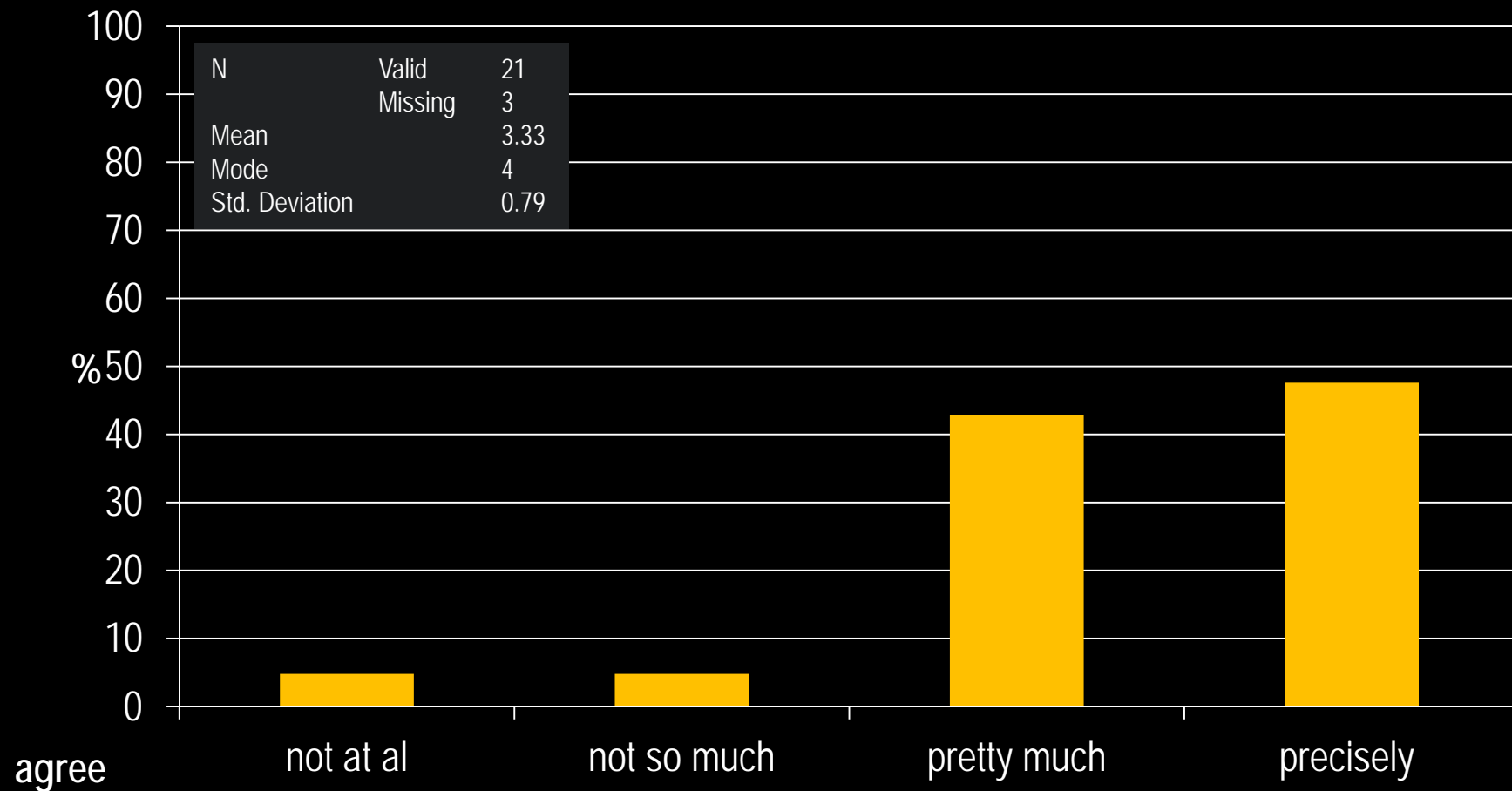
YOUTH ARE ENGAGED AND PARTICIPATING IN THE INTERACTIVE MATERIALS



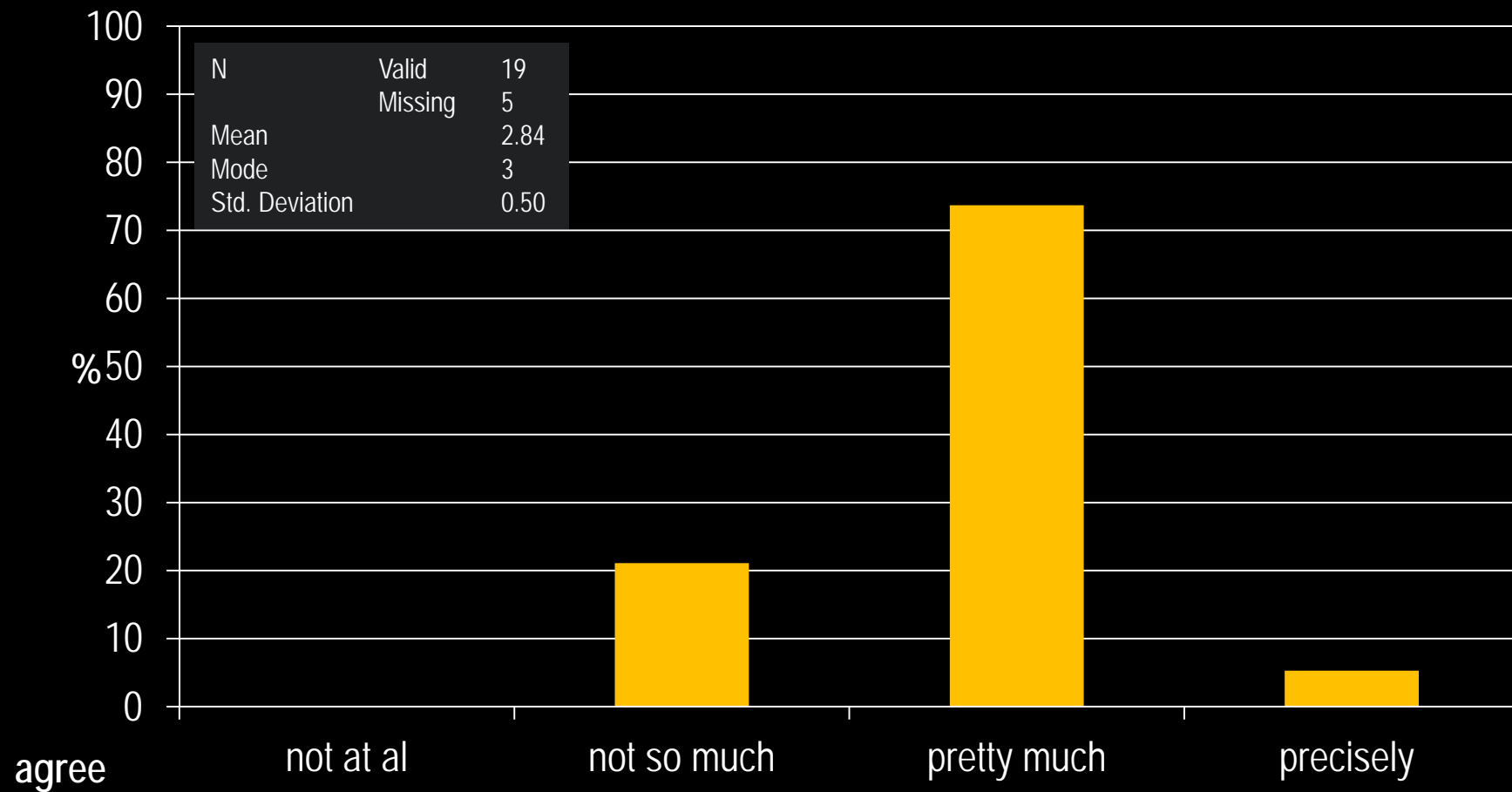
6H/ Y IS REASONABLE



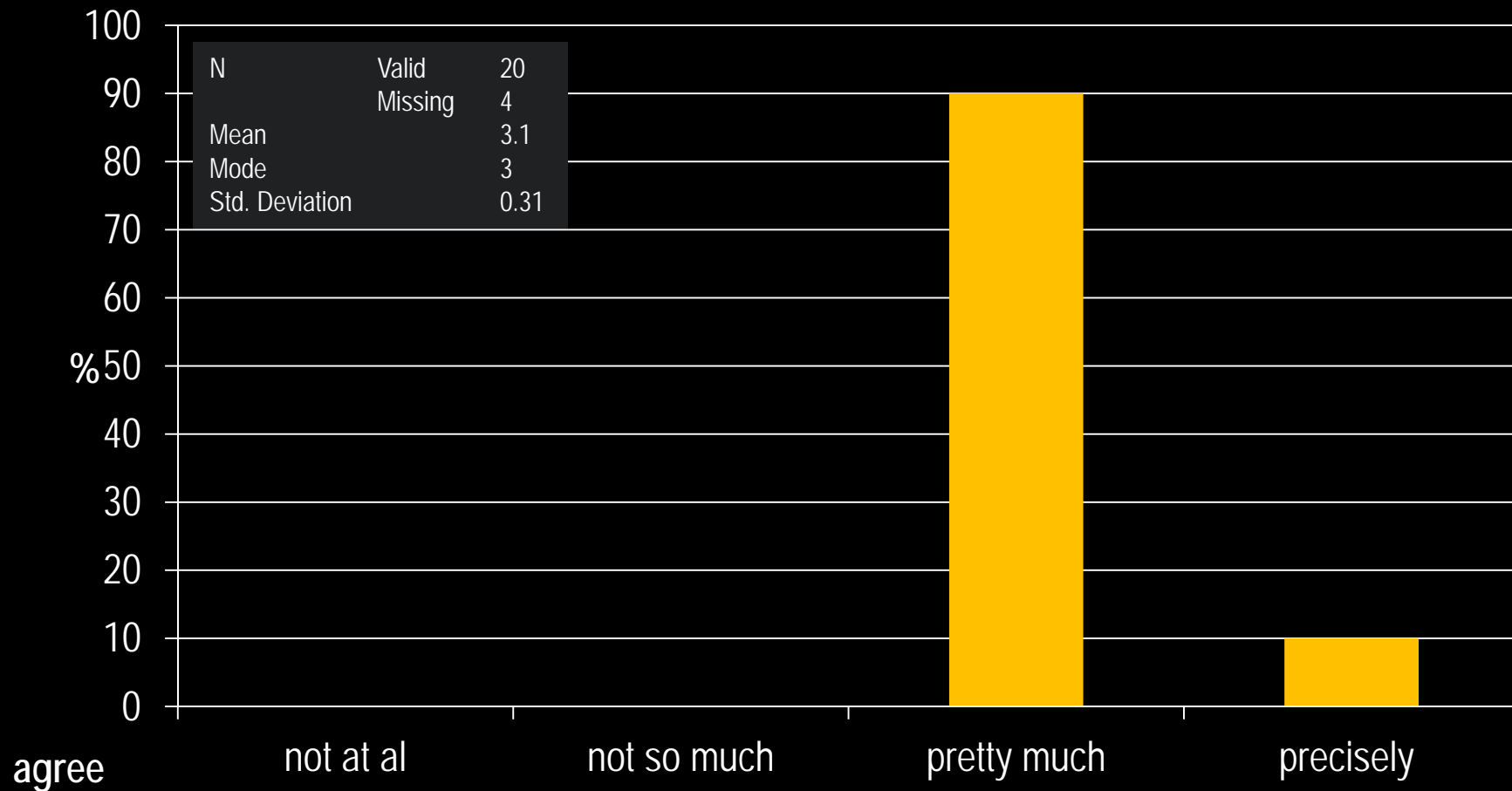
PREPARED TO USE PARENT CURRICULA



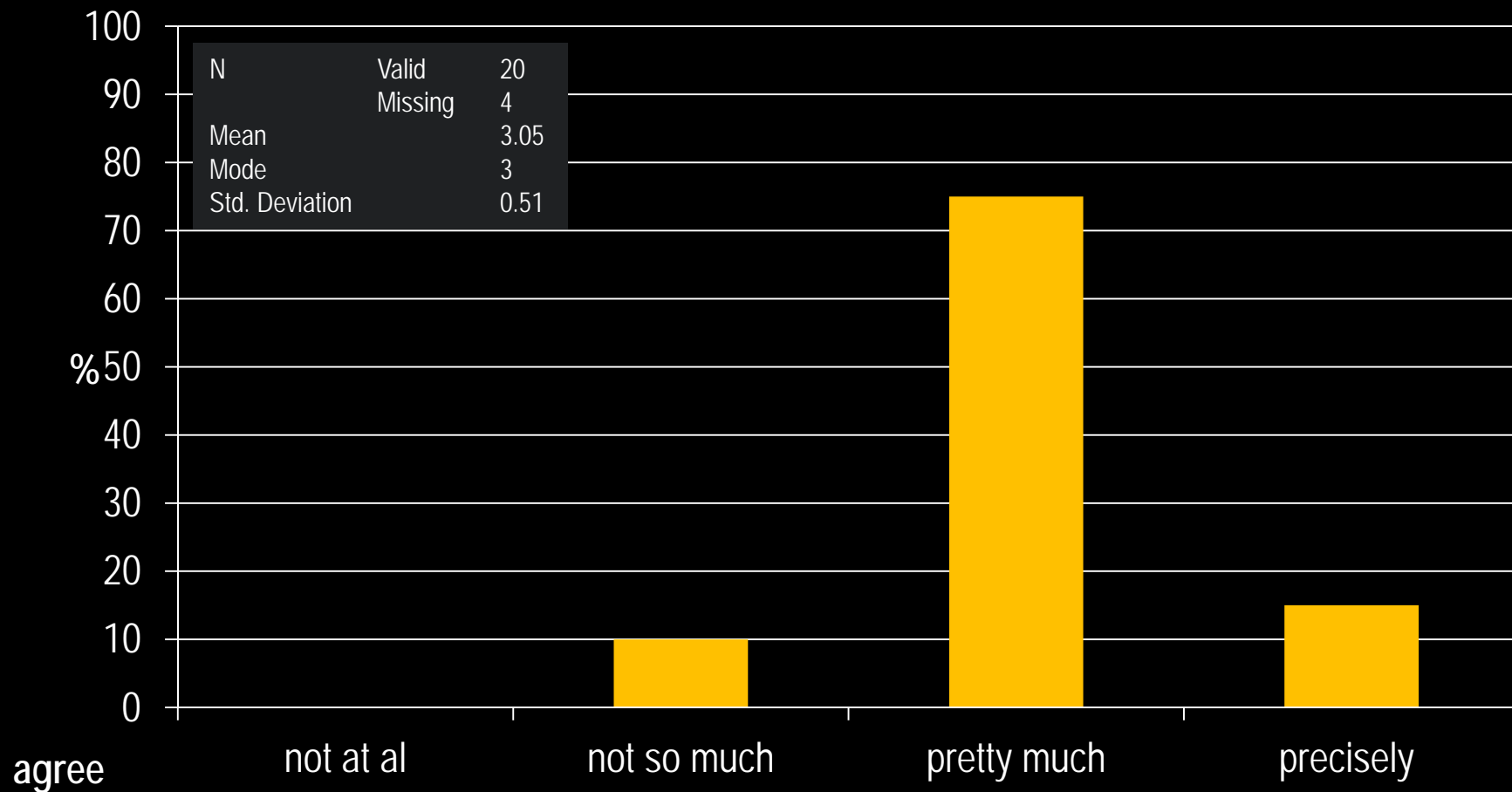
GOOD RESPONCE FROM PARENTS



BELIEVE THAT PARENTS ARE PROVIDED WITH KNOWLEDGE, FACTS AND SKILLS TO KEEP THEIR YOUTH AWAY FROM TOBACCO



PARENTS ARE ENGAGED AND PARTICIPATING IN THE DISCUSSIONS



LOGIC MODEL



Outcome

- increase in parents engagement in school
- increased parent-teacher communication
- better school grades
- less tobacco, alcohol and drug use

Mediating factors

Teachers:



knowledge and skills to implement E.T.
engaged & motivated

Youth



interactive format
active and involved

Parents:



- E.T. concrete & meaningful affecting:
 - ✓ attitudes
 - ✓ knowledge
 - ✓ Skills

CONCLUSIONS

- Implementation satisfying
- School staff satisfied with materials and procedures.
- Program according to school-staff likely to affect parents and youth in expected ways.
- Effects on youth and parents ? –an empirical question, I'll be back regarding the outcome measures.



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