



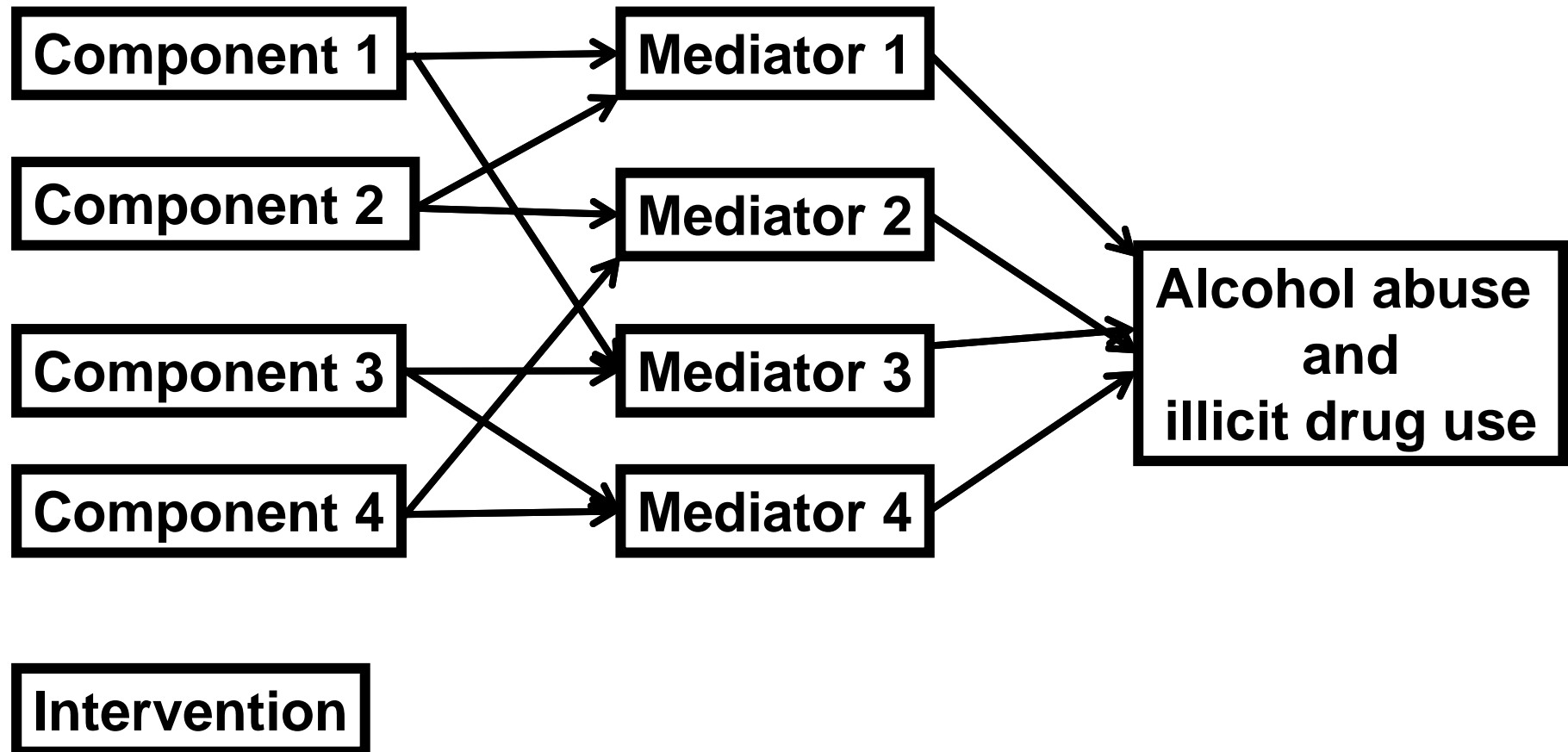
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A randomized controlled study to test the effect of individual intervention components on promising mediators for school-based prevention of adolescent alcohol abuse and illicit drug use - Study protocol

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Introduction

- There has been a heavy emphasis to evaluate whether an intervention **as a whole** can impact the outcomes of interest compared to a control-group
 - once the intervention is found to be effective, there is an increasing focus on examining the effect of the overall intervention on the targeted mediators

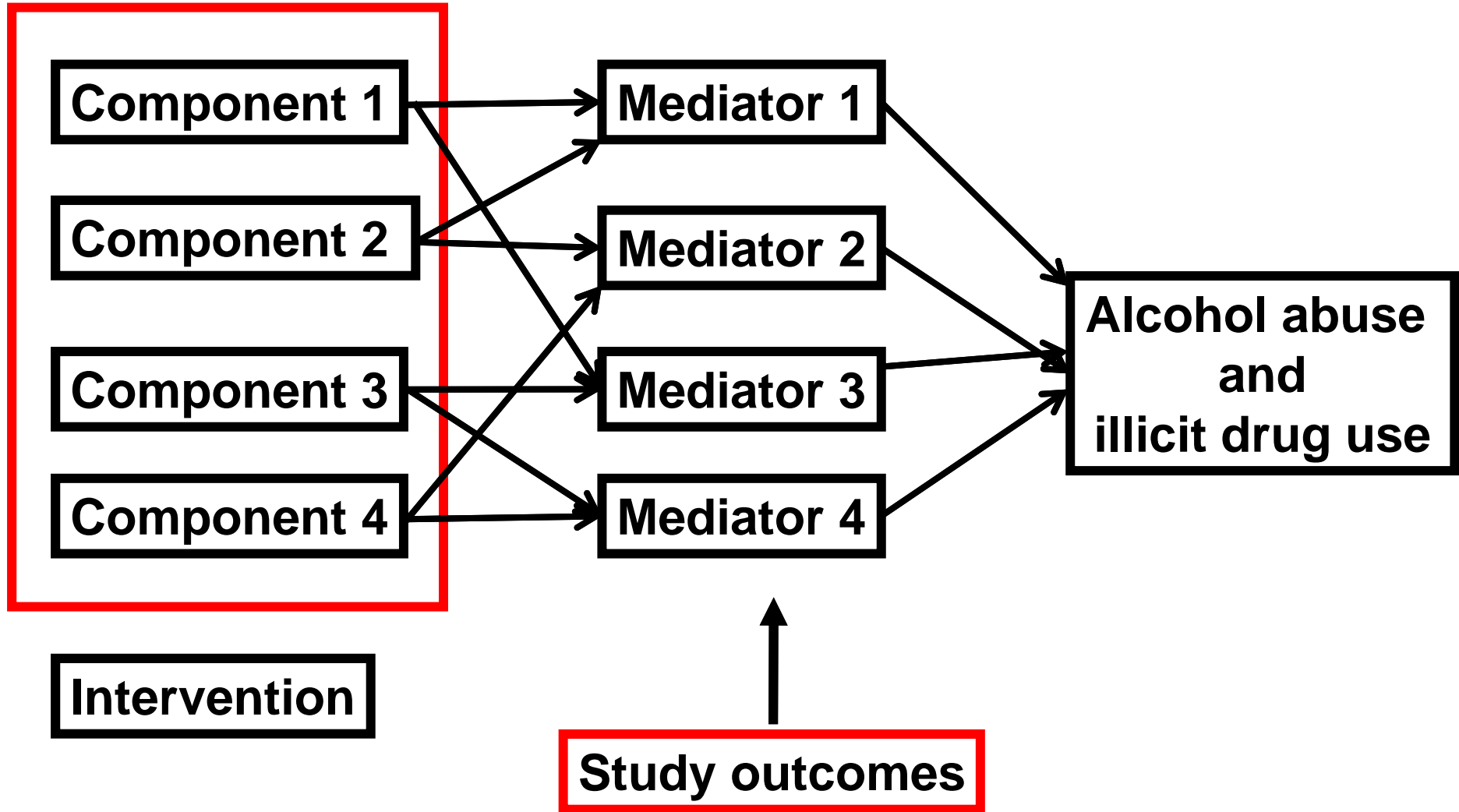
- It is still unclear **what are the active and essential components** responsible for efficacy and how they singly or in combination mediate their effects on the desired outcomes

Goal

To **evaluate the effect** of 4 individual intervention components from 3 school-based effective programs **on the promising mediators** for prevention of adolescent alcohol abuse and illicit drugs

This study is part of the Alice Rap research project (www.alicerap.eu)

- WP 18 is aimed at identifying the effective intervention components that were found to be effective
- Prevention interventions 1) being effective on the total target population, 2) having significant and positive results from mediation analysis, were investigated



Method and design

- 4 independent RCT with two parallel groups each
 - in each site a RCT testing a different component will be conducted
 - 260 students per trial (130 students in the intervention group, 130 students in the control group)
 - anonymous questionnaire will be administered at baseline and at the end of the intervention
 - control group: usual curriculum

- Eligible schools having students from 13 to 15 years will be randomly selected and assigned to intervention or control group

- The study was approved by the Ethical Committee of Università del Piemonte Orientale and registration is in progress.

Trial 1 - Intervention

Unplugged (original version) – Units about promotion of refusal skills related to alcohol and marijuana

- objective: to increase refusal skills and ability to resist to peer pressure.
- activities: 2 interactive classroom-based sessions delivered by teachers including teacher-led discussions, workbook individual activities and role-plays.
- duration: 2 hours (2 hours per session)
- country: Italy
- investigator: Università del Piemonte Orientale

Trial 2 - Intervention

PAS (Prevention of Alcohol use in Adolescence - original version)
 – Units about promotion of self-control related to alcohol abuse and parents' alcohol related rules

- objectives: a) to increase ability to control responses, to interrupt undesired behavioral tendencies and refrain from acting upon them among students, b) to set up restrictive parenting rules about alcohol with respect to their children's alcohol use and to share a common set of rules about alcohol use among parents
- activities: 1 digital module delivered by teachers including small films, animations and classroom-based interactive tasks
 - + 1 parents' meeting delivered by health professionals including a brief presentation and a shared discussion
- duration: 2 hours (1 hour for the students' intervention + 1 hour for the parents' intervention)
- country: The Netherlands
- investigator: University of Amsterdam

Trial 3 - Intervention

Unplugged (adapted English version) - Units about reduction of positive attitudes towards alcohol and drugs

- objective: to decrease positive attitudes towards drugs (alcohol and marijuana)
- activities: two interactive classroom-based sessions including games, teacher-led discussions and group activities
- duration: 2 hours (1 hours per session)
- country: Israel
- investigator: School of Public Health & Community Medicine, Hebrew University-Hadassah, Jerusalem

Trial 4 - Intervention

Preventure (original version) – Units about promotion of adaptive coping strategies

- objectives: to identify personality-specific cognitive distortions that can lead to substance use and to learn adaptive coping strategies
- activities: 2 personality-targeted sessions delivered by a trained facilitator including group-based discussions and exercises
- duration: 2 hours and half (90 minutes per sessions)
- country: Canada
- investigator: University of Montreal, Montreal

Outcomes

- ability to resist to peer pressure and offers to use alcohol and illicit substances
 - self-control
 - parental rules about alcohol use
 - attitudes towards substance use
 - coping strategies
-
- Items are extracted from the questionnaires used by the evaluation of the original overall programs

Discussion

- The study will provide evidence regarding the efficacy of individual school-based intervention components in affecting mediators that are hypothesized to be causally related to the prevention of adolescent alcohol abuse and illicit drug use
- It will contribute to make interventions more effective, efficient and practical:
 - to develop more effective interventions
 - to make decisions about the optimal composition of the intervention
 - to transform and reorganize existing programs
 - to scale-up effective interventions



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Thank you for your attention!

Contact

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