



Alcohol prevention in the Netherlands; Secondary effects of an alcohol prevention program

Ina Koning & Wilma Vollebergh

Journal of Substance Abuse Treatment

Volume 67, August 2016, Pages 55–60



Universiteit Utrecht

Do the Dutch drink?

An impression...

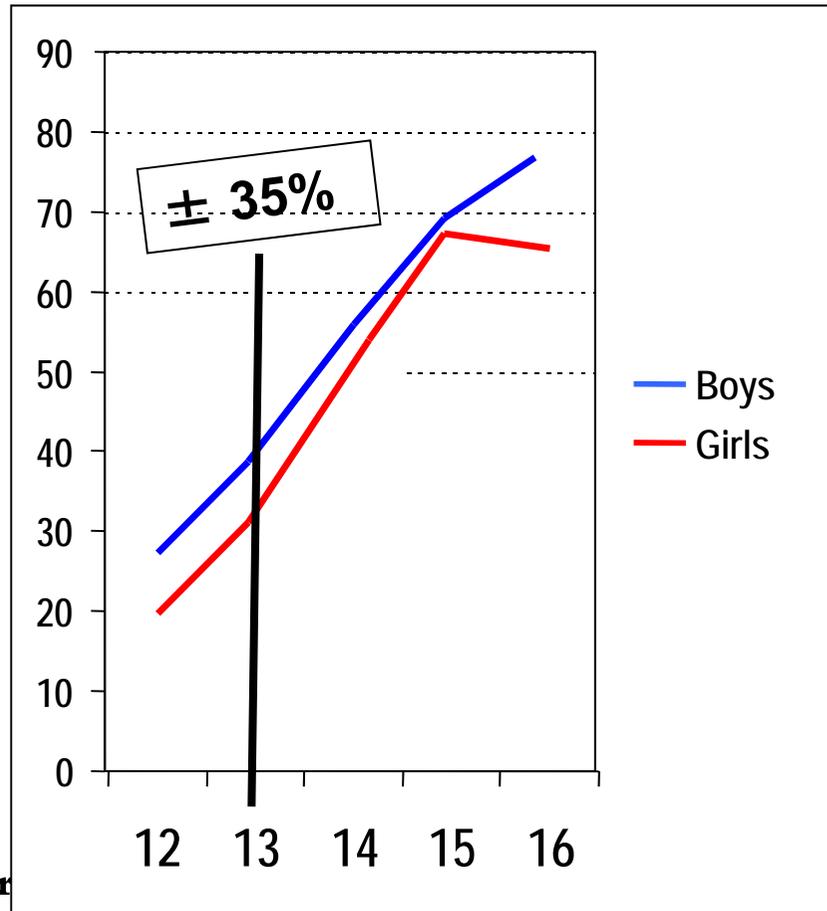


Back in time

2014 → 11%

The facts... Monthly drinking

2005



Universiteit Utr

Trimbos: HBSC, 2005





UNIVERSAL SCHOOL-BASED PREVENTION

Parent intervention



Aim: Restrictive parenting (rules and attitude about alcohol use; Orebro prevention program, Koutakis et al., 2008)

1. Presentation at parents meetings (3x)
 - a. First meeting new school-year
 - b. Brief: 15 minutes
2. Consensus building
 - a. Awareness
 - b. Support
3. Information leaflet



UNIVERSAL SCHOOL-BASED PREVENTION

Student intervention



Aim: Increase self-control and healthy attitudes about alcohol (Healthy School and Drugs Program, Cuijpers et al., 2002)

1. Four digital interactive lessons (e-learning) in class 1
 - a. Interactive exercises
 - b. Individual and group
 - c. Attractive design



2. One hard-copy booster in class 2

Universiteit Utrecht



Early adolescents

12 to 16 years

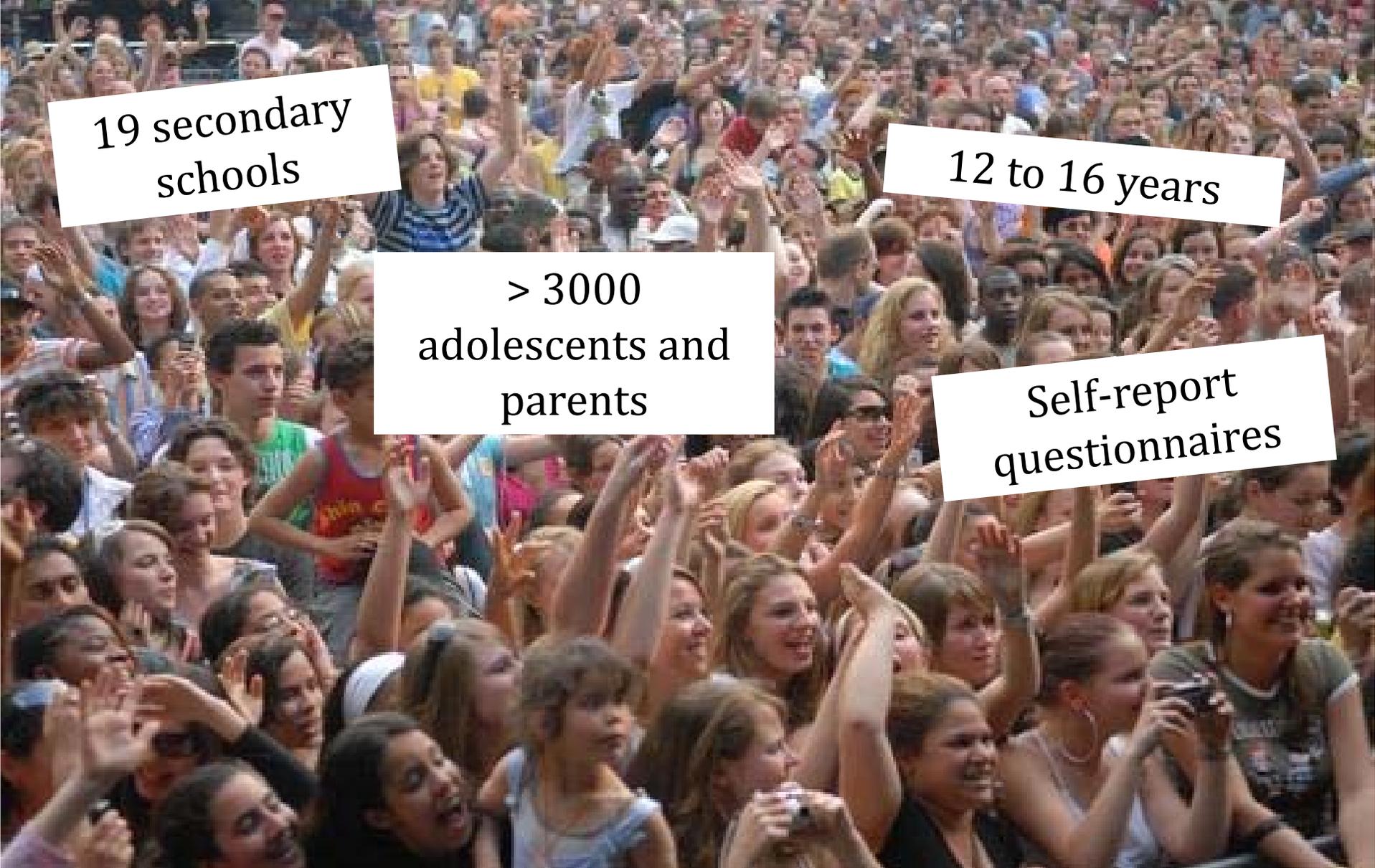
Entry secondary school

Legal drinking age



Universiteit Utrecht

Who participated?



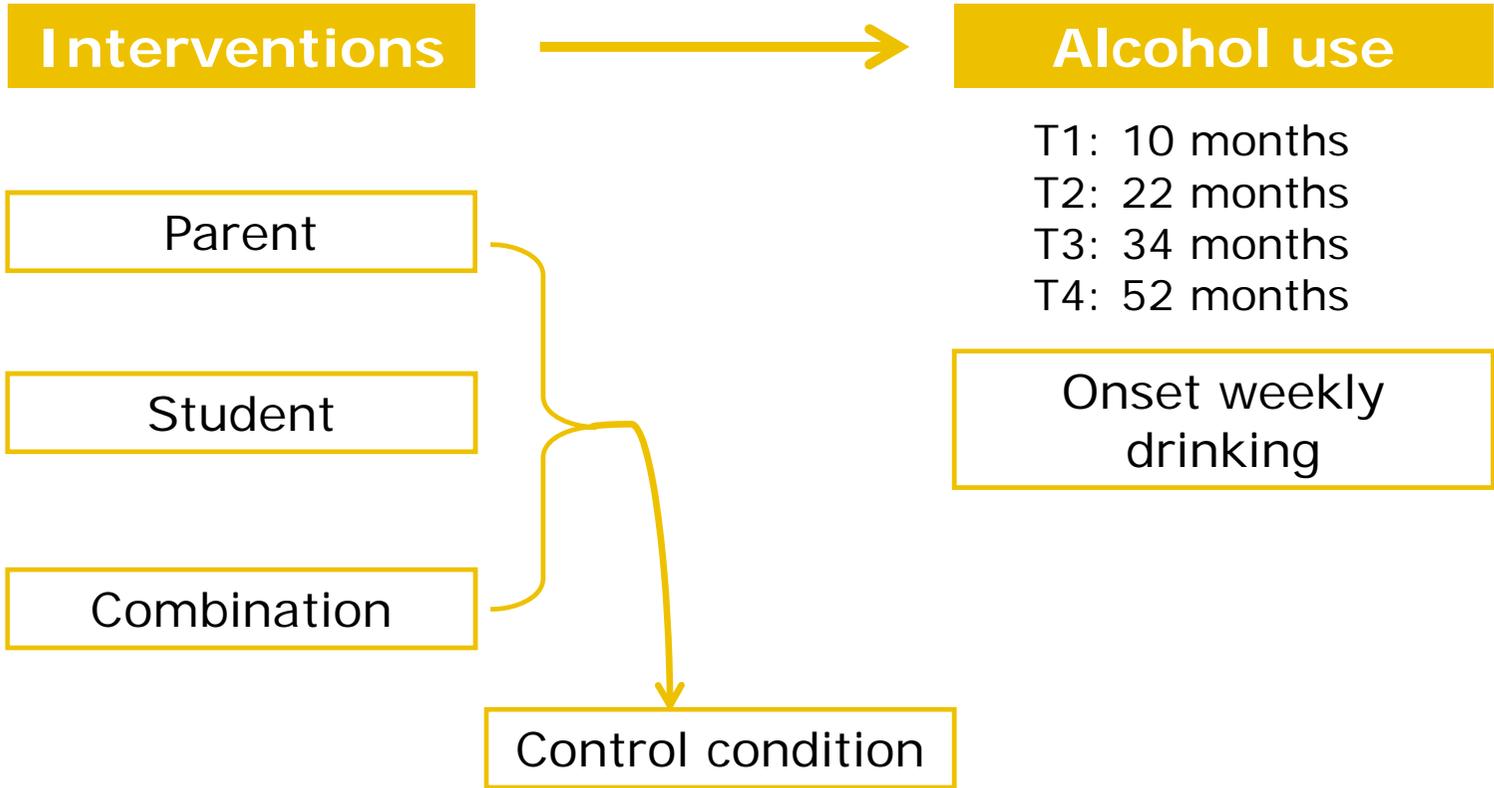
19 secondary
schools

12 to 16 years

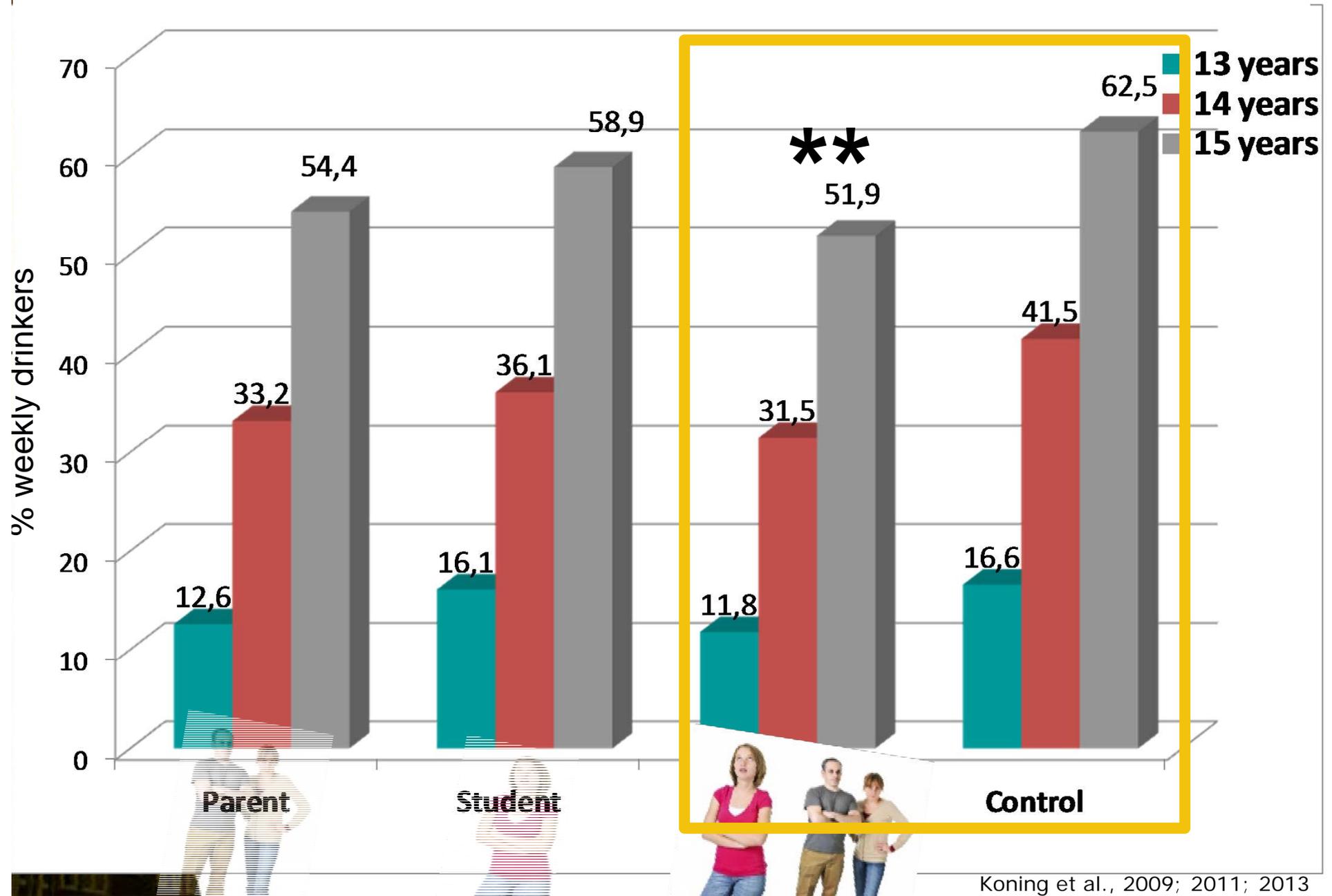
> 3000
adolescents and
parents

Self-report
questionnaires

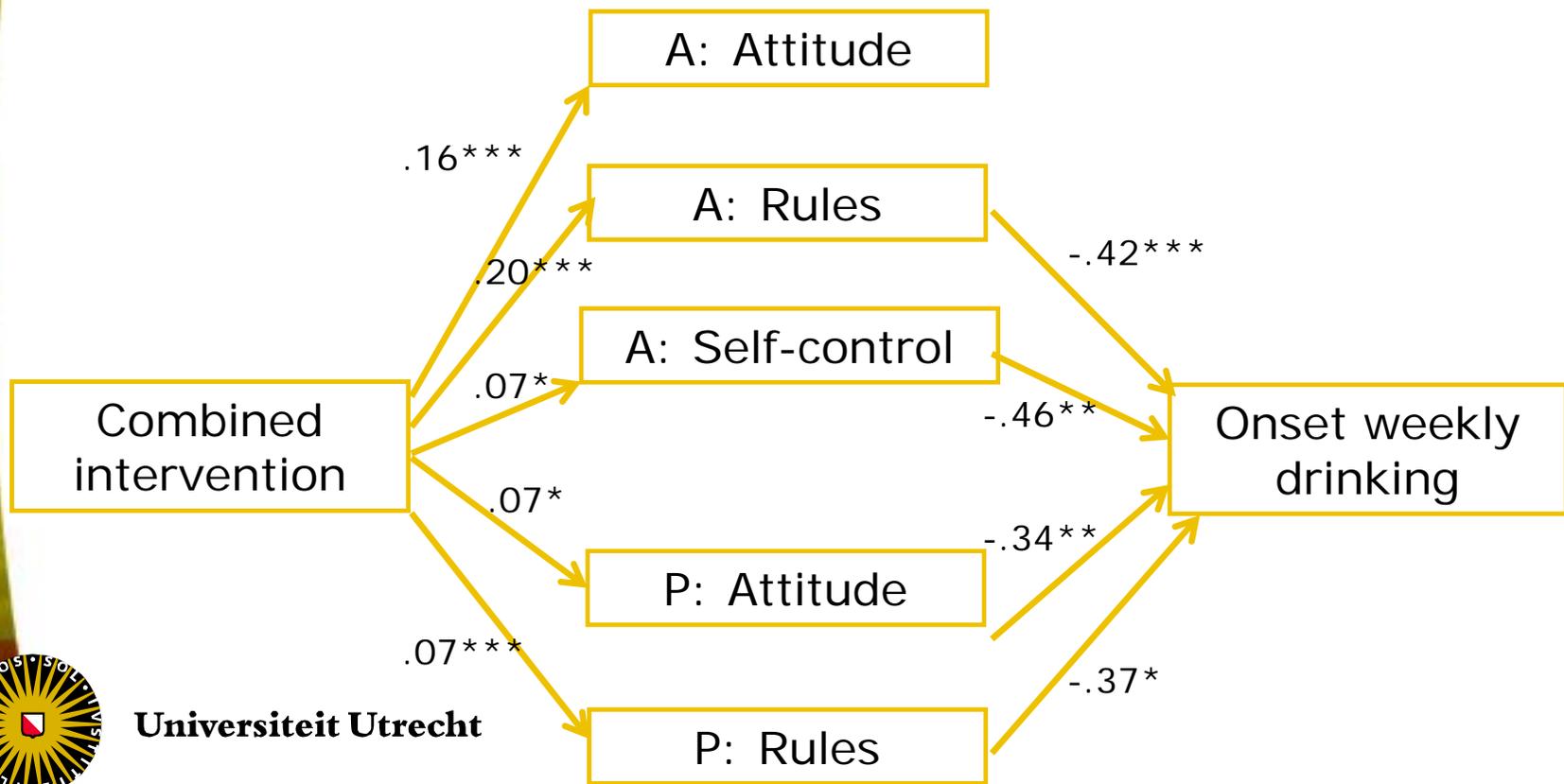
Study design



Is it effective?



How does it work?



Universiteit Utrecht



Broad implementation?



Comorbid substance use



Comorbid substance use





Secondary effects



Universiteit Utrecht



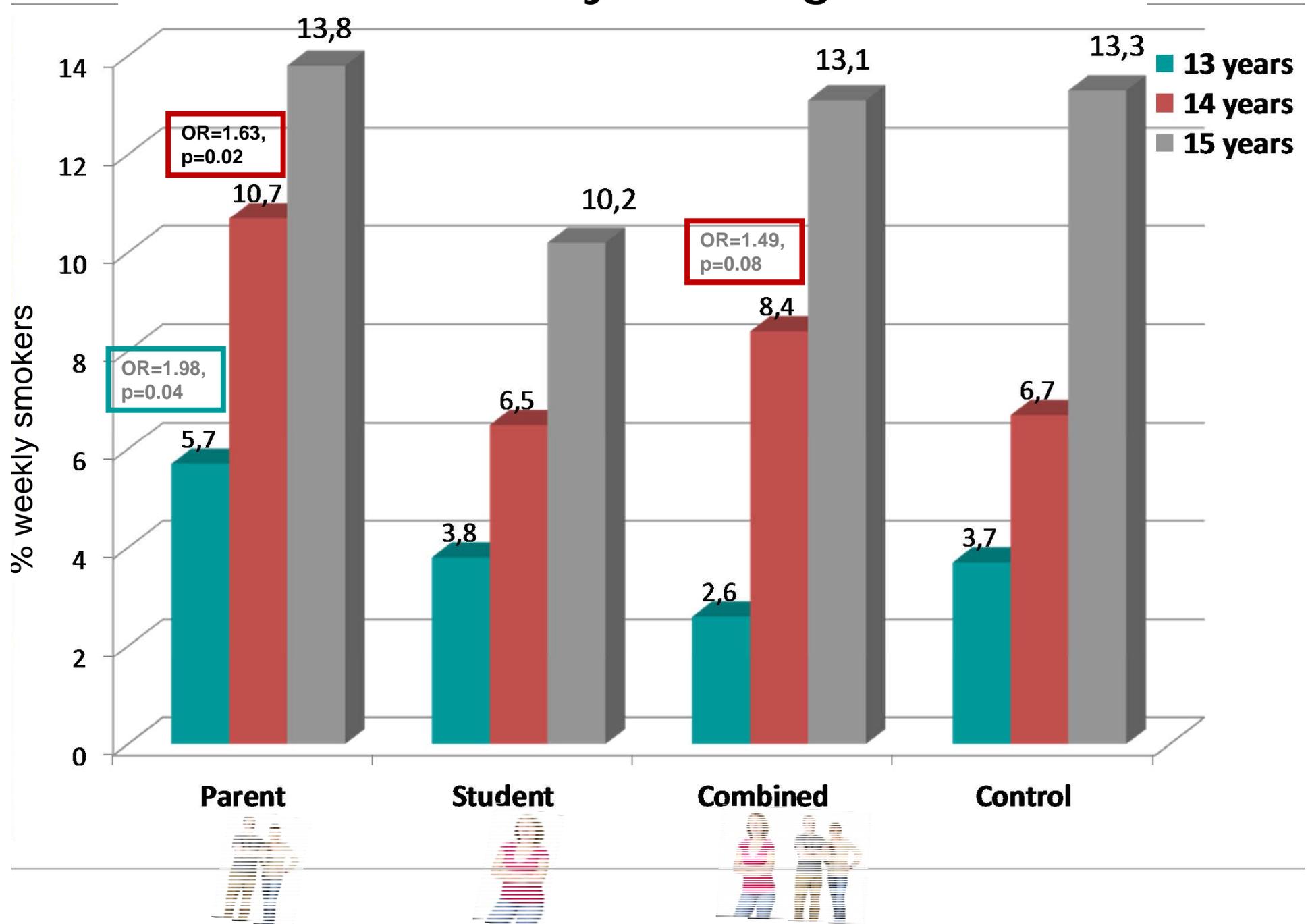
Secondary effects on onset of weekly smoking

- Smokers at baseline were excluded from analyses (N=3320)
- Controlled for gender, age and level of education and smoking at previous wave



Universiteit Utrecht

Weekly smoking

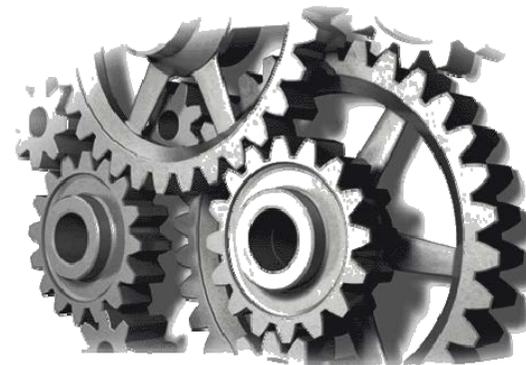




Mediation

Delayed onset of drinking

Increase in self-control and strict parenting



No significant mediation effects

Conclusions



Negative effects of the **parent intervention** on smoking at age 13 and 14

No effects of the **parent intervention** on smoking at age 15



No significant effects of the **student only** and **combined** intervention





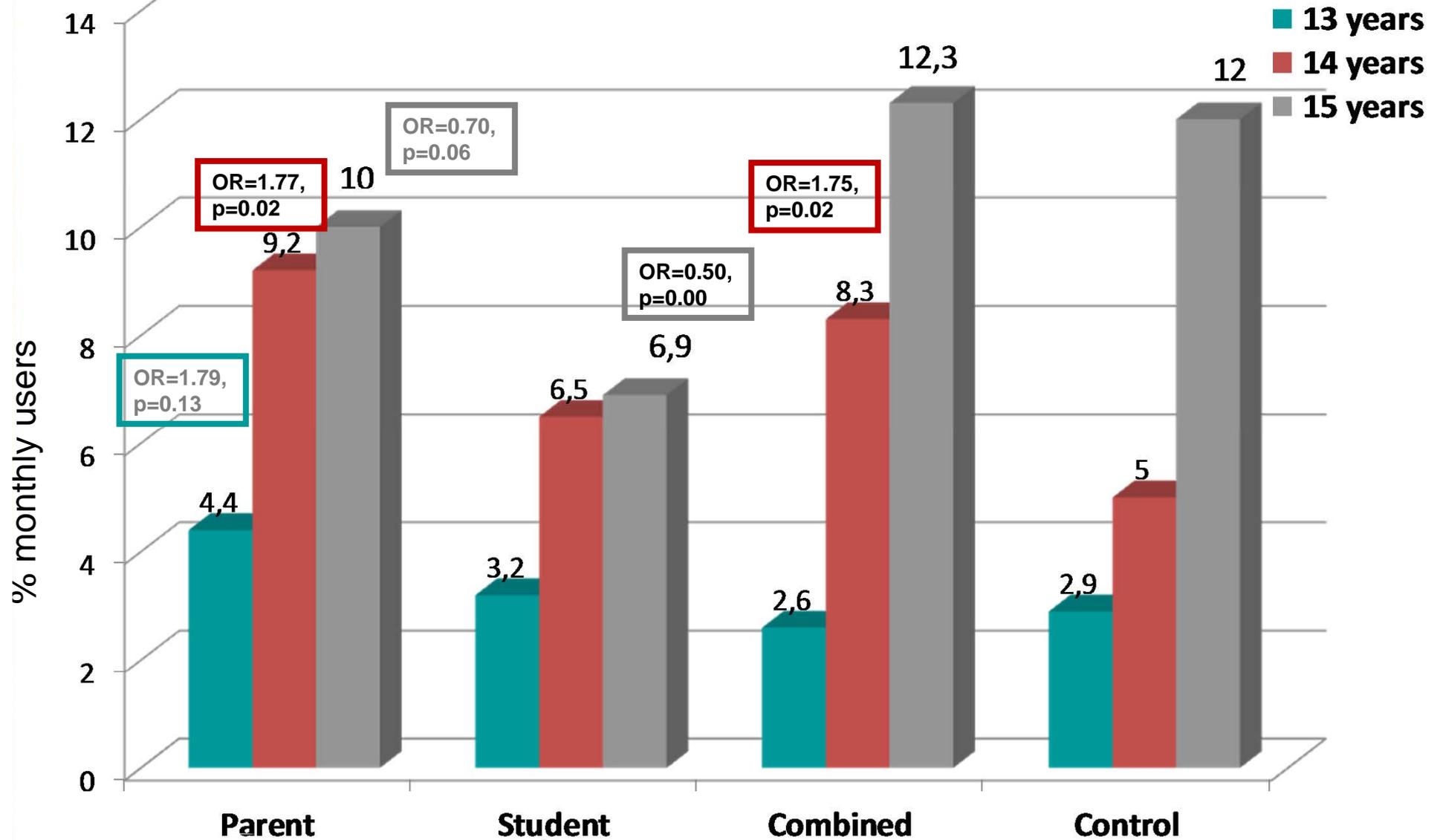
Secondary effects on onset of monthly cannabis use

- Cannabis users at baseline were excluded from analyses (N=3342)
- Controlled for gender, age and level of education and cannabis use at previous wave



Universiteit Utrecht

Monthly cannabis use

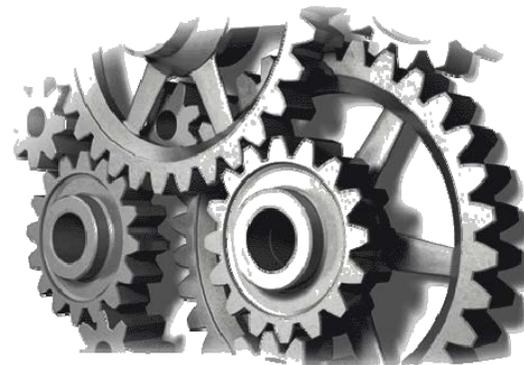




Mediation

Delayed onset of drinking

Increase in self-control and strict parenting



No significant mediation effects



Conclusions



Negative effects of the **parent intervention** on cannabis use at age (13 and) 14.

Positive effects of the **parent intervention** on cannabis use at age 15.



Positive effects of the **student intervention** on monthly cannabis use at age 15.



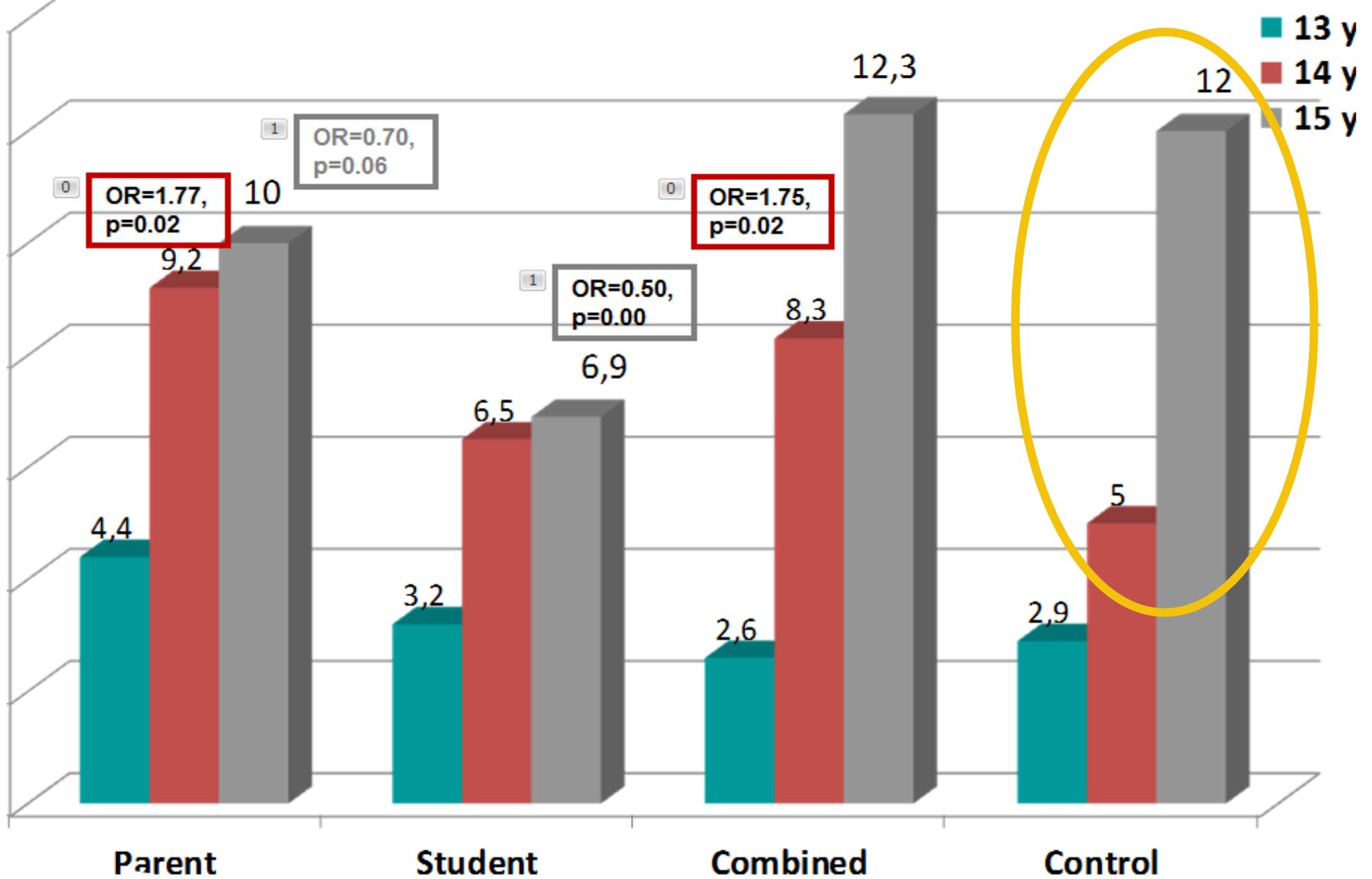
Negative effects of the **combined intervention** on cannabis use at age 14.



Universiteit Utrecht

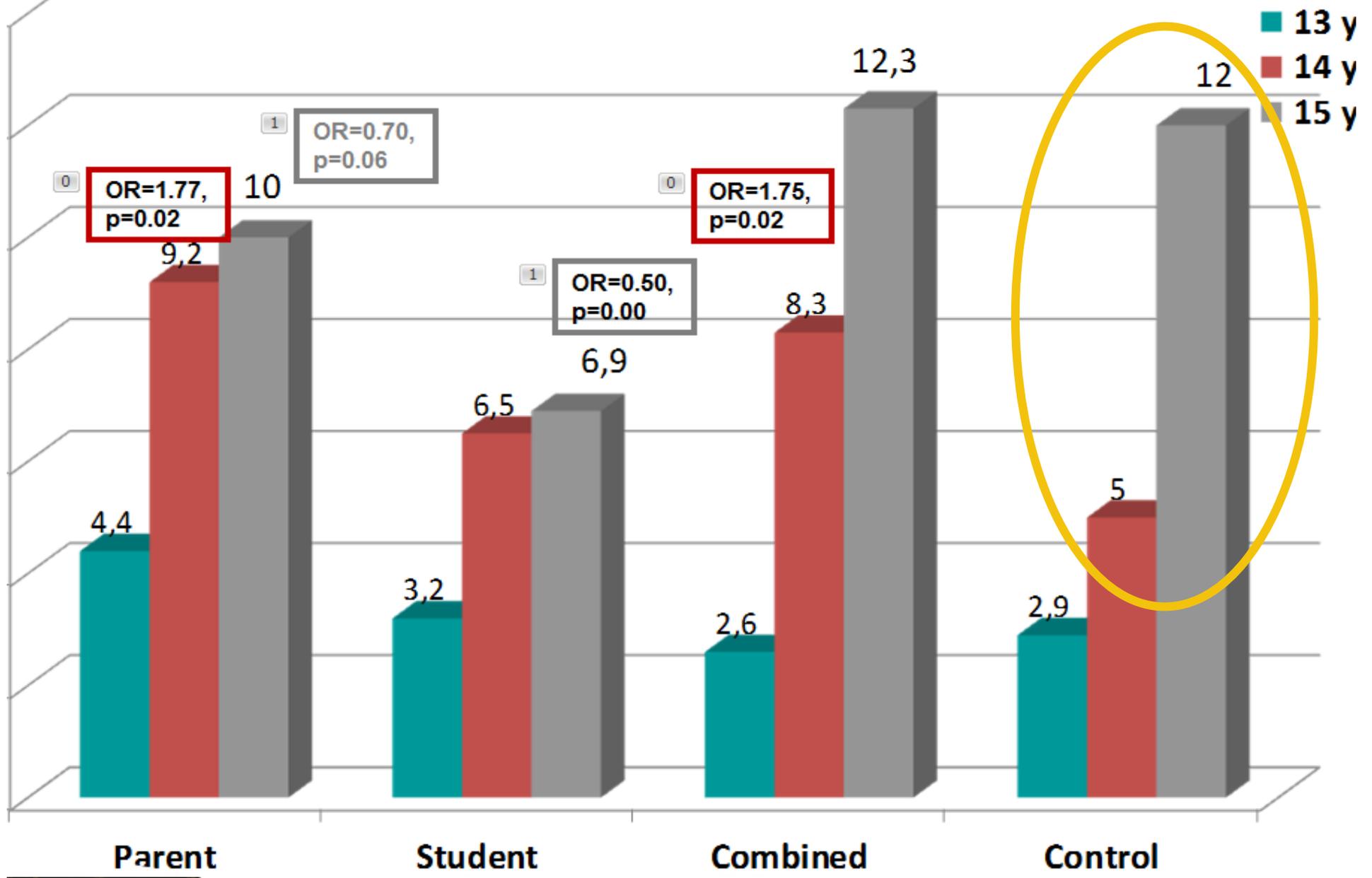


Protective effect at age 15?





The increase has already taken place (due to rebellious behavior in response to parental rules?)



Mixed findings



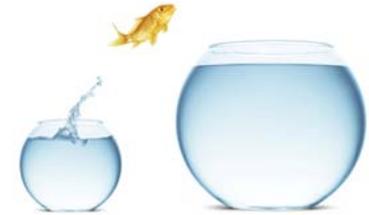
Parent only intervention has **negative effects** on smoking and cannabis use at earlier ages

At age 15, no significant or **protective** effects emerge



Universiteit Utrecht

We suggest that



Substance use prevention programs

- target alcohol, smoking **and** cannabis (cf. Tanner-Smith et al., 2015)
- should not target parents only

Investigation of secondary effects and long-term follow-ups is crucial

Universiteit Utrecht





Thank you for your attention!

Acknowledgements

Wilma Vollebergh

Rutger Engels

Regina van den Eijnden

Jacqueline Verdurmen

ZonMw

Child and Adolescent Studies, Utrecht
University, the Netherlands

i.koning@uu.nl



Universiteit Utrecht