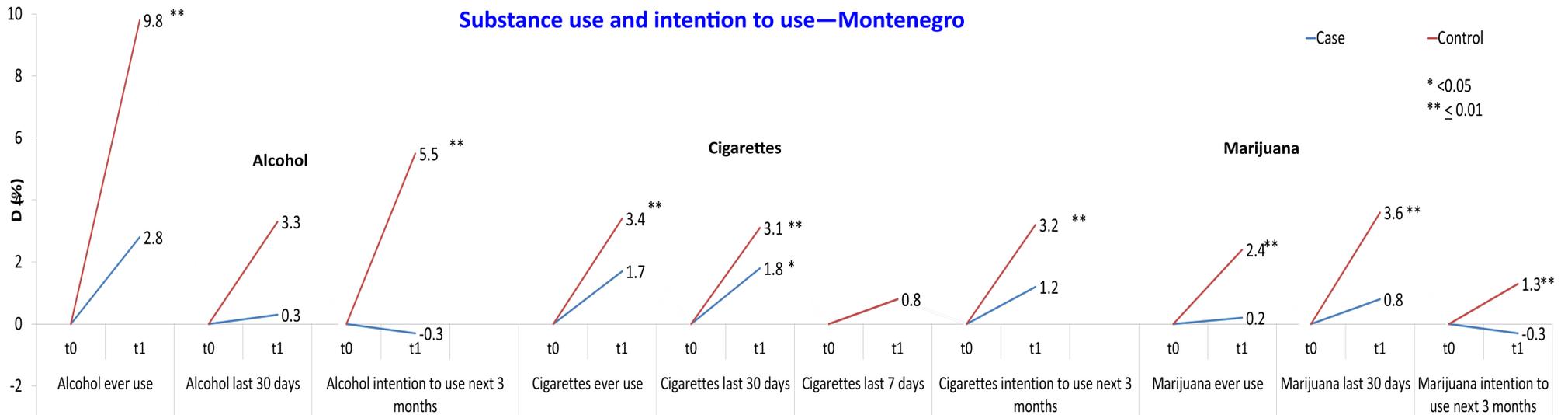


Lions Quest Skills for Adolescence in South East Europe: case-control changes across students exposed to this life skills based programme

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Introduction

UNODC and LCIF collaboration resulted in piloting nationally adapted versions of Lions Quest Skills For Adolescence in South East Europe (Serbia, FYRO Macedonia and Montenegro). These pilots were conducted, in collaboration with Ministries of Education in the respective countries.



Methods

- An abbreviated version of the programme materials were translated and adapted to the cultural context (40 sessions)

Total N=5,041 students; Average age 13

- Montenegro (N=1573 students; 51% cases; 50% girls; 17 schools; 82 teachers)
- Macedonia (N=1585 students; 50% cases; 49% girls; 47 schools; 75 teachers)
- Serbia* (N=1883 students; 72% cases; 47% girls; 17 schools; 75 teachers)

* For Serbia the control group was enrolled in the academic year following that of the intervention

The pre- and posttest measured the following four indicators:

- Refusal skills (under 3 scenarios)
- Normative belief (perception of use among friends and 7th graders)
- Substance use and intention to use (in the next 3 months)
- Perception of harm (on health, fit-in a group, popularity and relaxation)

- A delta analysis –D%– (change in prevalence between pretest (t0) and posttest (t1) was undertaken to measure difference between cases (intervention) and control groups

Substance use and Intention to use

The control group showed a statistically significant increase in the different indicators of use of all of the substances, except for Alcohol drinking during last 30 days. The cases have performed much better on these indicators.

Refusal Skills

There was a major impact in the refusal skills between cases and control groups. Despite the trend for marijuana the difference did not seem to be significant.

Normative belief

A statistically significant change pre- and posttest, the difference between both arms was almost two-fold difference in control group

Perception of harm

A statistically significant increase in misperception of harm for substance use among control group except for the question of Alcohol impact on health

Conclusion

Main results

- The programme carried a significant effect on all of the four indicators (Refusal Skills; Normative Belief; Substance Use and Intention to Use; and Perception of Harm)
- All countries showed similar results with a seemingly dose-response trend with countries implementing more sessions showing slightly better outcomes
- Governmental counterparts from the Ministry of Education from the concerned ministries are considering scaling up the responses nationally.
- A regional network to exchange expertise is engaged and to be supported by local Lions Club

Future plans

- Further analysis is in process (adjusting for potential confounding factors, stratifying the analysis by gender and substance use status, effect size analysis, etc...)
- Current preparations to launch additional pilot in Bosnia-Herzegovina and Albania in the Academic Year 2016-2017 and 2017-2018

