

# What did we learn from the EU-DAP study?

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# EU-DAP 1: Model components of "Unplugged" (Comprehenssive Social Influence)<sup>1</sup>

- Knowledge (consequences)
- Normative education (vested interests)
- Life Skills

+

- High interactivity (Role play, group work, group games)

<sup>1</sup> Sussman S. et al., SUBSTANCE USE & MISUSE 39:1971–2016, 2004

# EU-DAP 1: Involvement of families

- Three evening workshops for parents (lecture+role-play+ group discussion)
- Experienced conductor
- At school

# EU-DAP 1: Involvement of peers (P2P)

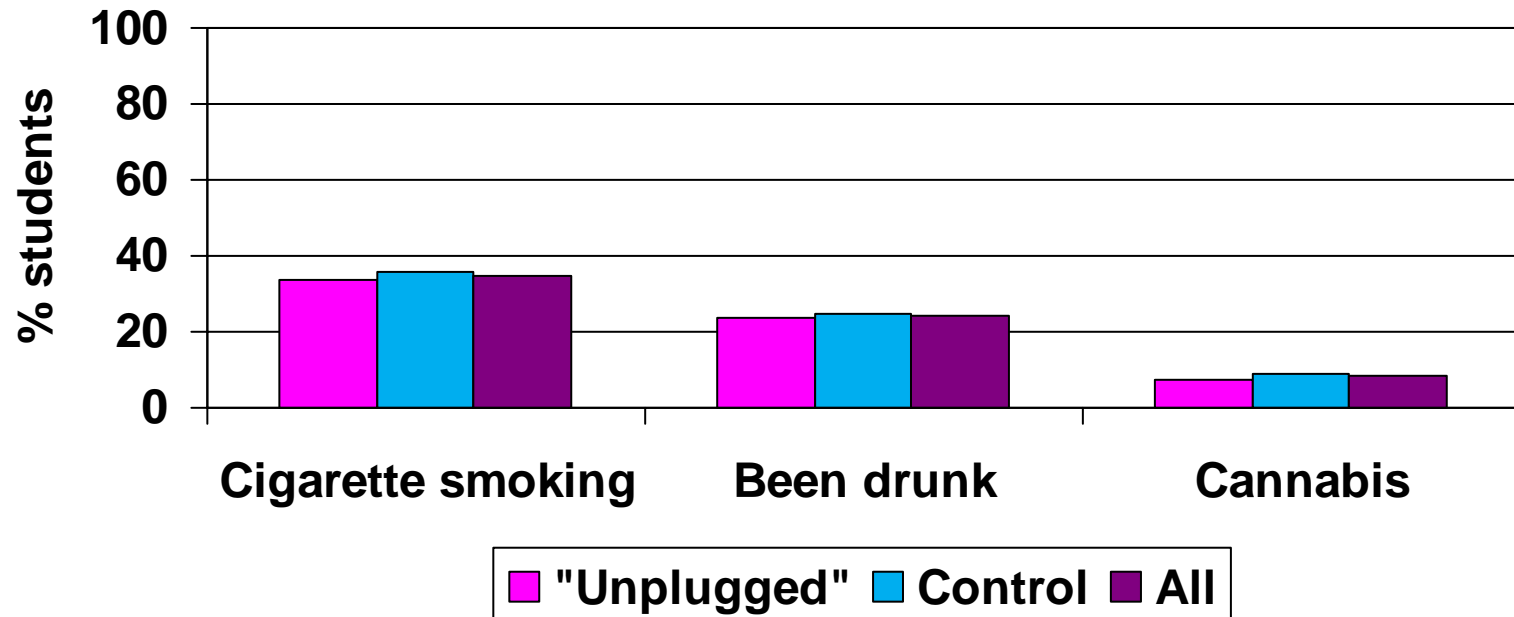
- Two class-mates to support the program (elected)
- Debriefing with class at specific time points (7) during the program

# EU-DAP 1: The study sample at baseline (n=7079)

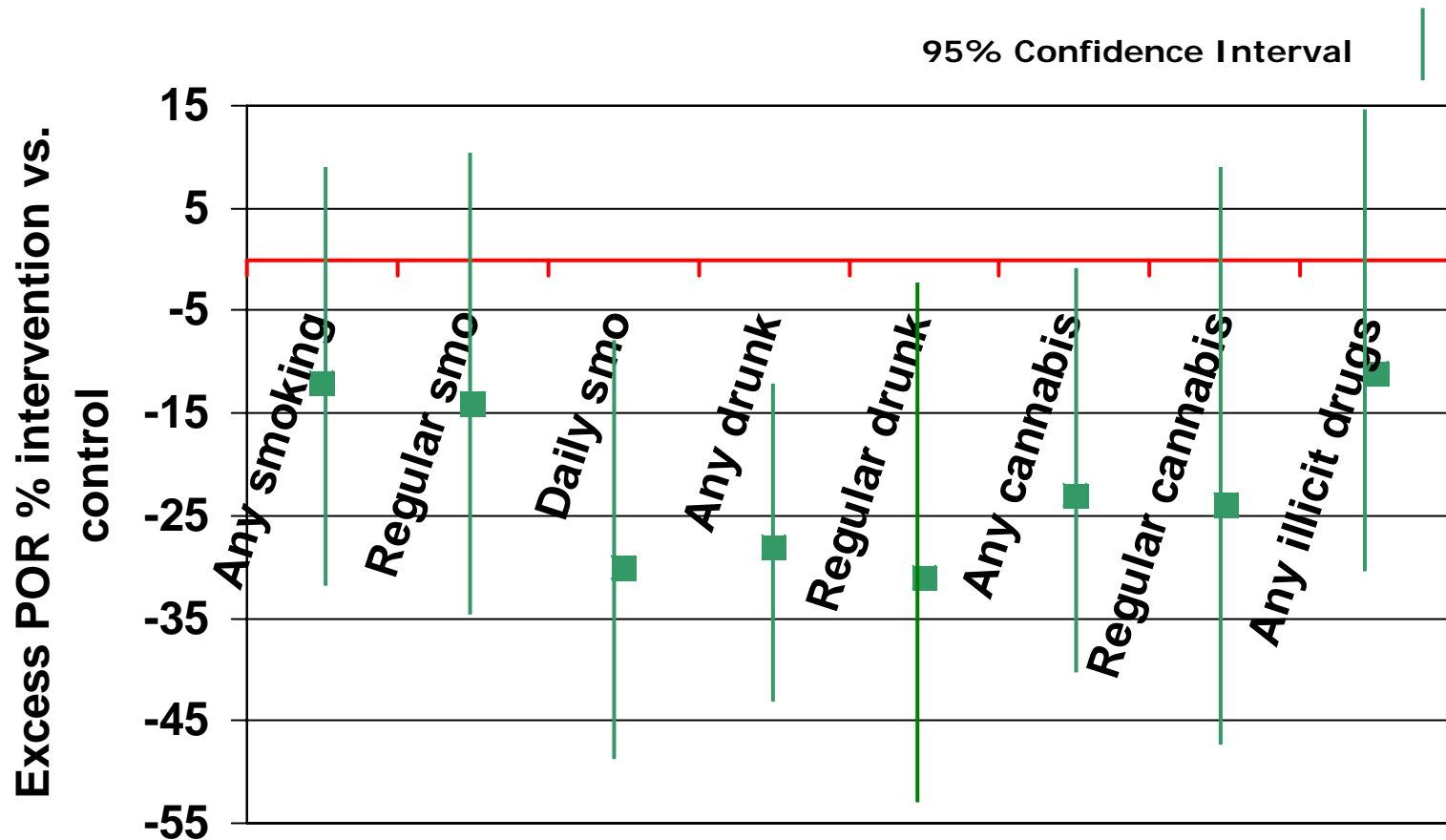
CENTRE	Nr. STUDENTS	MEDIAN AGE
Italy /Turin	1660	14
Spain/Bilbao	429	14
Italy Novara	592	14
Germany/Kiel	709	13
Sweden/Stockholm	1033	13
Italy/L'Aquila	732	13
Belgium/Gent	858	12
Greece/Thessaloniki	516	12
Austria/Vienna	550	12

# EU-DAP 1: The study sample at baseline (n=7079)

Prevalence of lifetime use of substances, by study arm



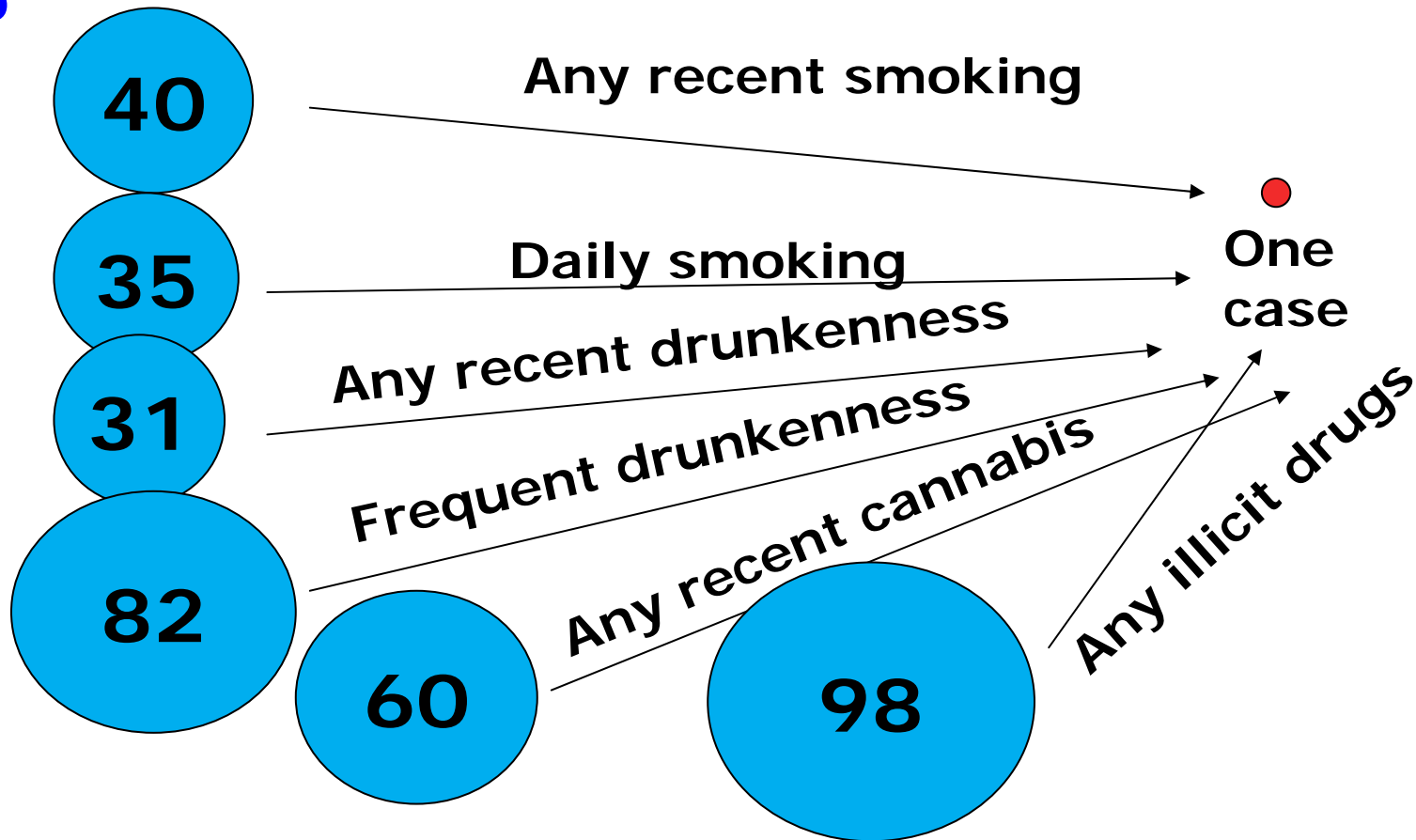
# EU-DAP 1: Program effects (past 30-days use) at 3-months follow-up



# EU-DAP 1: Another way to look at the results

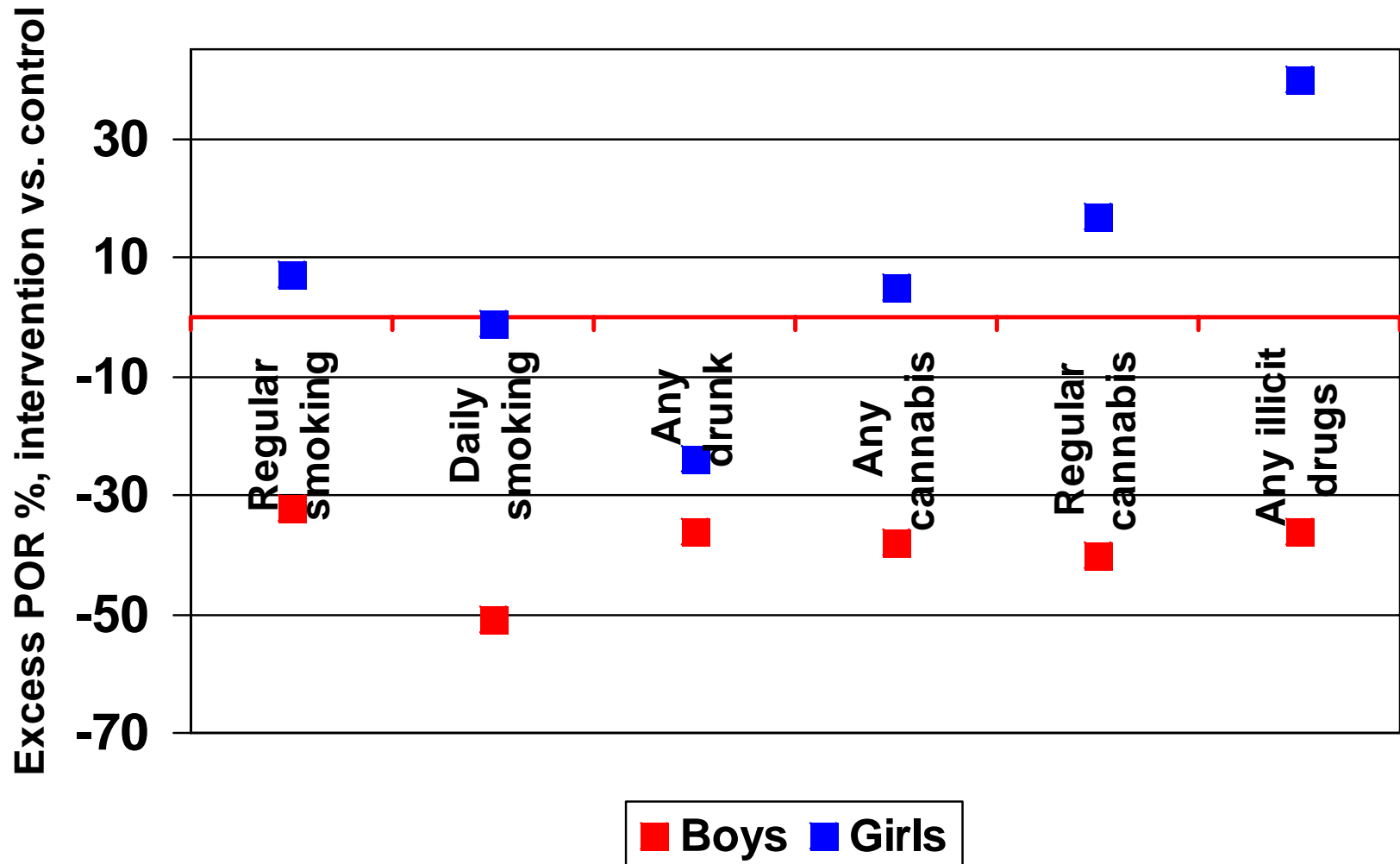
Program must be applied to

In order to avoid





# EU-DAP 1: gender differences in program effects, 3-months follow-up

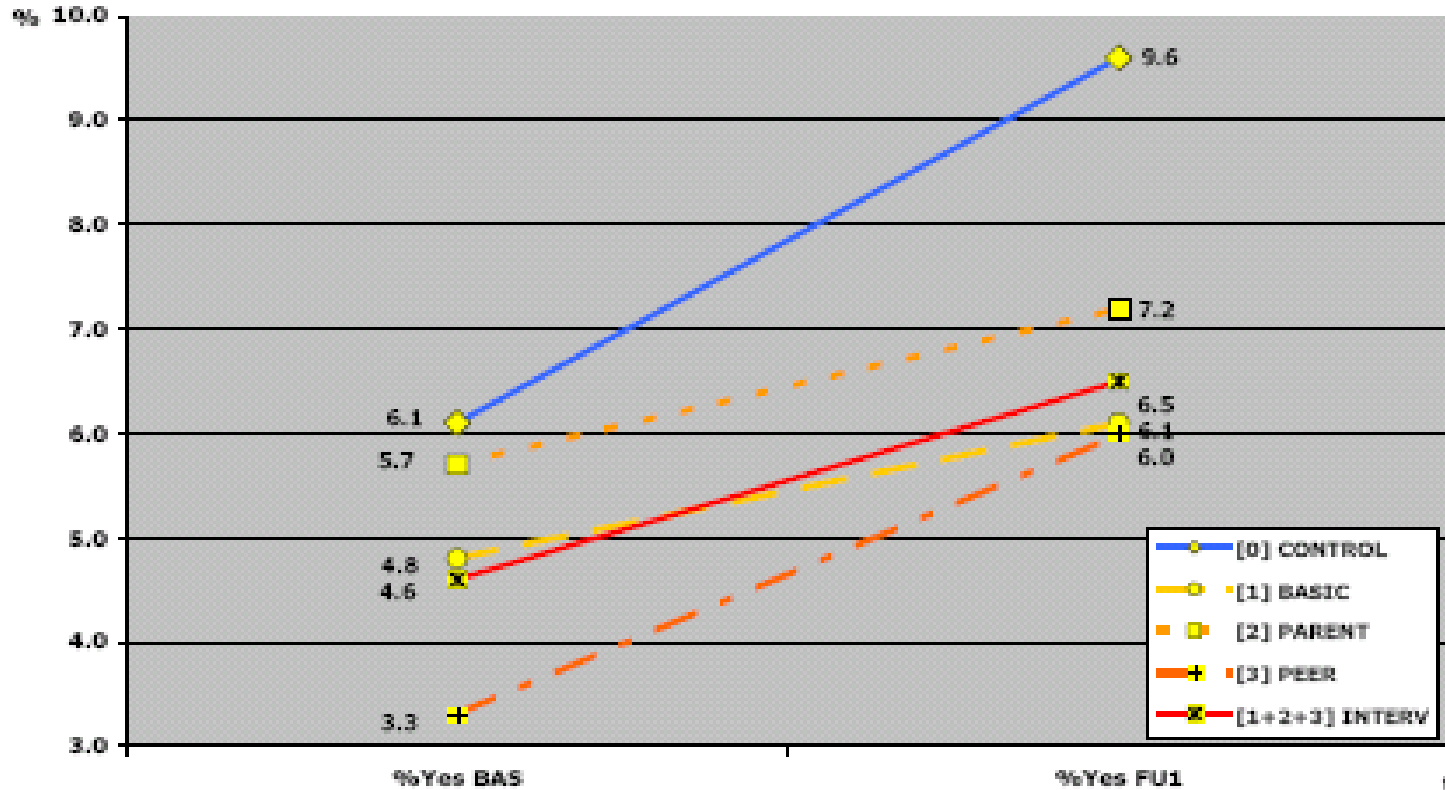


## **EU-DAP 1: Did involvement of parents and peers make any difference?**

- No significant effect differences
- Low statistical power to be detected
- Low level of implementation in all centres

# EU-DAP 1: Program effects by arm, 3-months follow-up

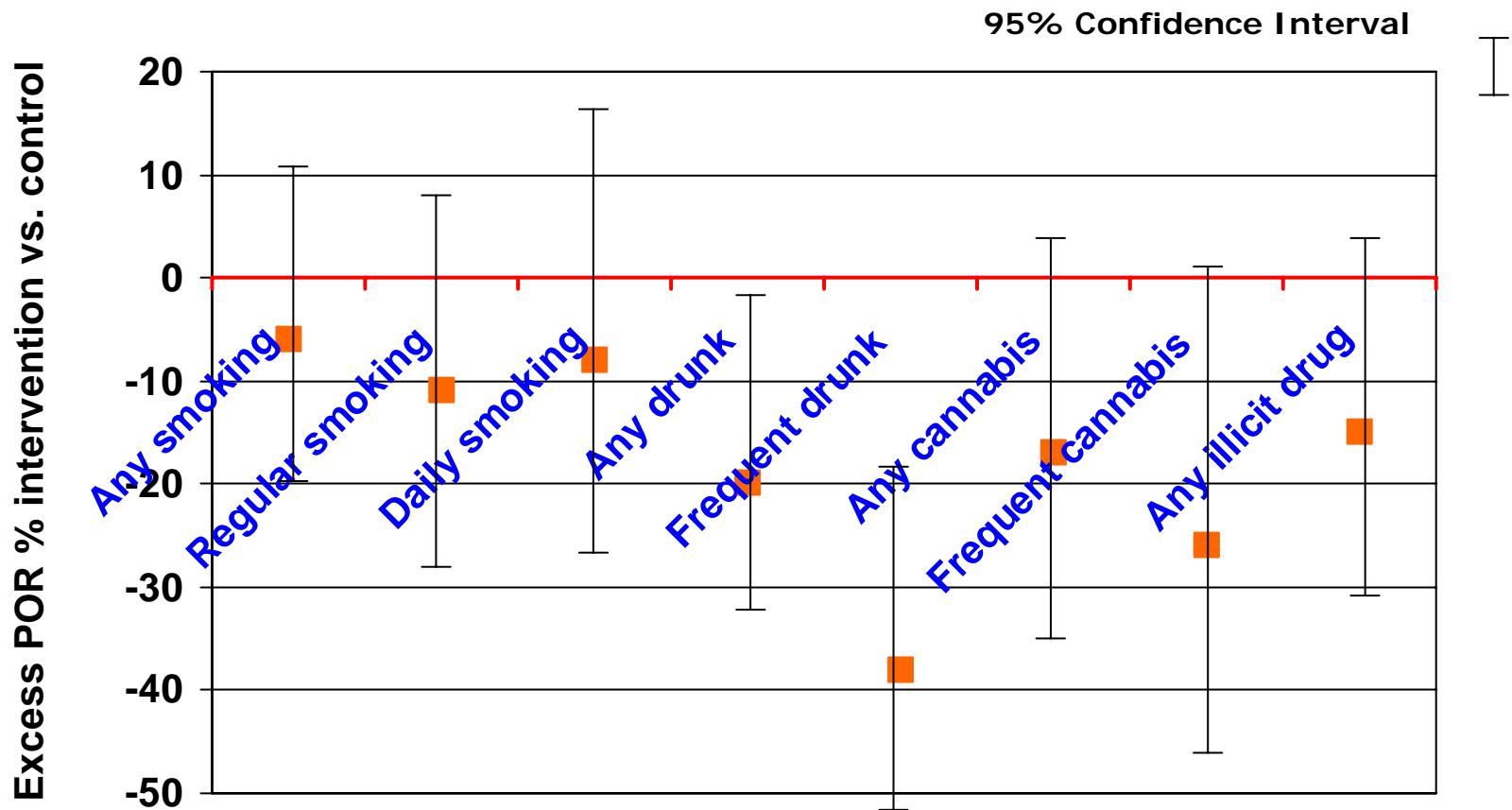
DAILY CIGARETTES USE in LAST 30Days  
 [≥20 Times][Q05C\_DAILY]  
 [99] All Countries



## EU-DAP 1: One-year later....

- Results substantially confirmed
- Effect on smoking weaker and no longer statistically significant
- Effects on alcohol and illicit drugs as strong, if not stronger

# EU-DAP 1: Program effects on substance use in the past 30 days, one year follow-up



# EU-DAP 1-Process evaluation: what did we learn?

- Teachers' training very appreciated
- Complete program implementation in 57% of classes
- Particular program units were only partially implemented
- Teacher's time a critical factor

# EU-DAP 1-Process evaluation: what did we learn?

- Differences between centres not explained by application fidelity...
- ... nor by population rates of substance use
- Probably explained by diffusion of skill-enhancing programs

# EU-DAP 1-Process evaluation: what did we learn?

- Low parental participation
  - 12 parents per seminar
  - < 28% students "coverage"
  - Parental overload?
  
- Very low implementation of P2P
  - 71% of classes no meetings
  - 8% all meetings
  - Insufficient task definition/training?



## The EU-DAP lesson:

- Structured school drug prevention curricula are applicable across different socio-cultural contexts
- Comprehensive social influence model effective
- Quality assurance: monitoring program implementation and delivery process

# EU-DAP 2 and the future

- “Unplugged” revised and restyled
- Model dissemination
- Evaluation of the dissemination

# Who said that working is no fun?



Thanks to all partners and co-workers!



[www.eudap.net](http://www.eudap.net)