

"ME AND OTHERS" PROGRAMME – OUTCOME EVALUATION:

LISBON AND TAGUS VALLEY
REGION SAMPLE – 2015 TO
2017 - PRE, POST AND
FOLLOW UP"

SPEAKER: CARLA FRAZÃO

PREVENTION - COORDINATION TEAM OF DICAD-ARSLVT

CO-AUTHOR'S: ALCIDIA LIMA (ARSLVT), ELSA LAVADO (SICAD), RAUL MELO (SICAD) AND SUSANA PINTO (ARSLVT).

PAPER 3 - STRUCTURED SESSION 39 - OCTOBER 26th

PREVENTION: FROM EVIDENCE TO ACTION
HOW WE ARE WORKING



OUTCOME AND PROCESS EVALUATION: METHOD

METHOD

DATA COLLECTION METHODOLOGY



DATA COLLECTED BY
PREVENTION REGIONAL
STAFF– PRE, POST AND
FOLLOW UP (6 MONTHS)

PROCESS

TRAINING FIDELITY - 54 HOURS

IMPLEMENTATION FIDELITY –AT
LEAST 10 HOURS PER GROUP

TRAINEES SATISFACTION
EVALUATION

TRAINEES EVALUATION
REPORT

PLAYERS SATISFACTION
QUESTIONNAIRE

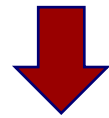
OUTCOME

PLAYERS QUESTIONNAIRE –
PRE, POST AND FOLLOW UP
DATA COLLECTION

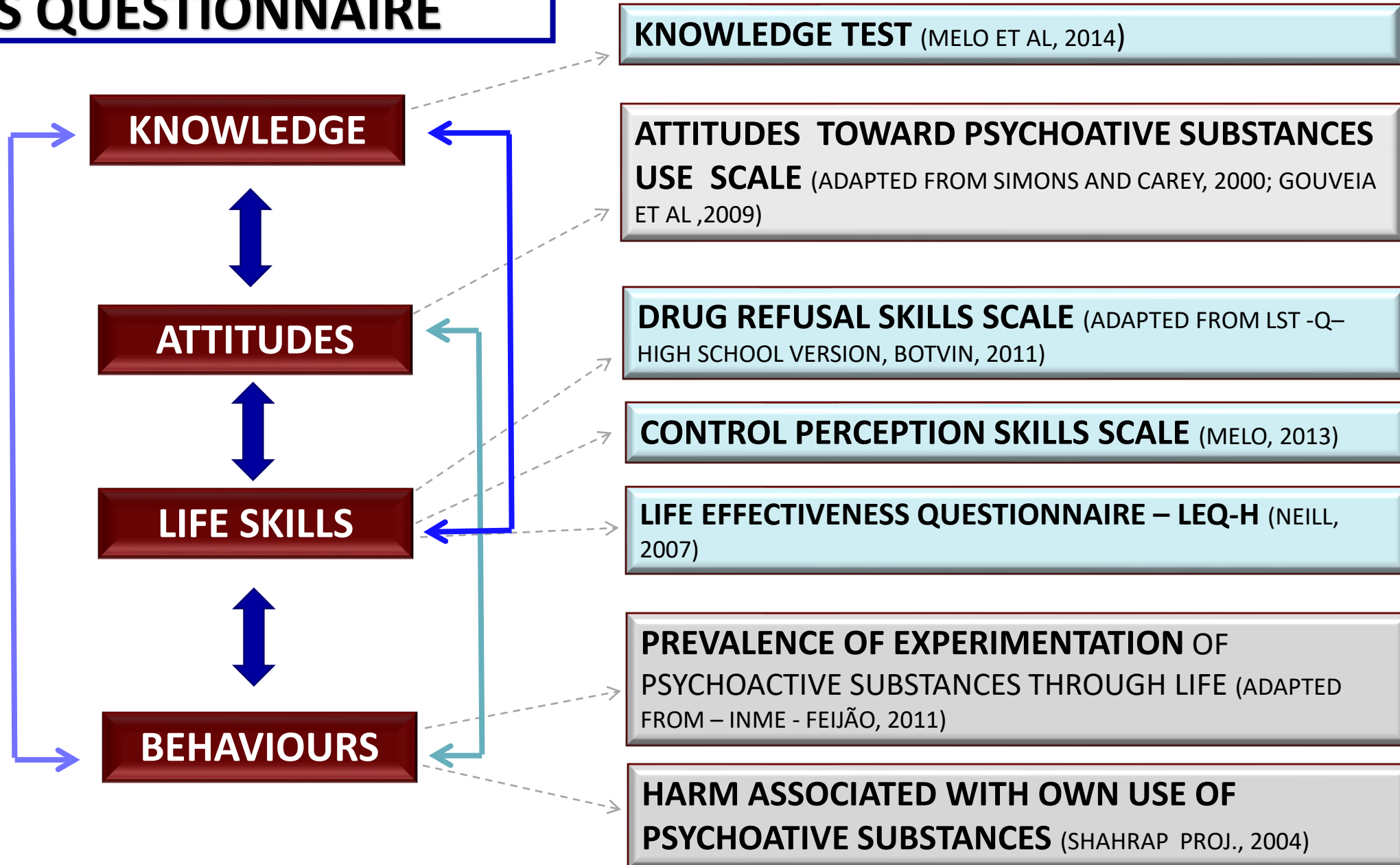
TRAINEES EVALUATION
REPORT
CONTENT ANALYSIS

OUTCOME EVALUATION: PLAYERS QUESTIONNAIRE

EVALUATION
AREAS:
PRE, POST AND
FOLLOW UP
DATA
COLLECTION





STUDY OF
INTERNAL
CONSISTENCY
OF THE SCALES





SAMPLE PRE + POST + FOLLOW UP

• EXPERIMENTAL GROUP – PRE+POST

- N= 144 (RETENTION RATE 83%)
- 9 GROUPS
- 65% - 7TH GRADE
- MEAN AGE: 13,5 YEARS
- 51%  49% 
- 89% SELECTIVE PREVENTION

• CONTROL GROUP – PRE+POST

- N=50 (RETENTION RATE 91%)
- 3 GROUPS
- 74% - 9TH GRADE
- MEAN AGE: 14 YEARS
- 50%  50% 
- 66% SELETIVE PREVENTION

• EXPERIMENTAL GROUP – FOLLOW UP

- N= 64 (RETENTION RATE 44%)
- 100% - 7TH GRADE MEAN AGE: 13 YEARS 52%  48%  100% SELECT. PREV.

KNOWLEDGE TEST

BINARY ESCALE (MELO ET AL, 2014) TRUE OR FALSE - WITH 20 ITEMS

EXPERIMENTAL GROUP

PRE  POST

16 SENTENCES RAISED %
CORRECT ANSWER

SCORE MEAN

PRE = 13,8
POST = 15,1  (p=0,000)

CONTROL GROUP

PRE  POST

12 SENTENCES RAISED %
CORRECT ANSWER

SCORE MEAN

PRE = 14,4
POST = 15,4  (p=0,015)

KNOWLEDGE TEST

PRE → POST
KNOWLEDGE SCORE: MEAN ↑

EXPERIMENTAL GROUP



($p=0,000$)

AGE: 12 YEARS OR LESS RAISED MORE MEAN KNOWLEDGE SCORE

NARRATIVES: 3 - 2 - 1

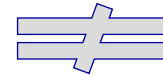
KNOWLEDGE SCORE MEAN ↑

TOBACCO SENTENCES - ↑ ($p=0,013$)

ALCOHOL SENTENCES - ↑ ($p=0,000$)

CANNABIS SENTENCES - =

CONTROL GROUP



AGE: NO DIFFERENCES BETWEEN AGE SCALE (12 OR -; 13/14; 15 OR +)

TOBACCO SENTENCES - ↑ ($p=0,003$)

ALCOHOL SENTENCES - ↓

CANNABIS SENTENCES - =

ATTITUDES

SEMANTIC DIFFERENTIAL SCALE

(ADAPTED FROM SIMONS AND CAREY, 2000; GOUVEIA ET AL ,2009)

4 BIPOlar ADJECTIVES: POSITIVE-NEGATIVE, PLEASANT - UNPLEASANT, GOOD-BAD, AND DESIRABLE-UNDESIRABLE
RATING IN A SCALE OF 9-POINTS. MEAN MINIMUM 4 MAXIMUM 36

EXPERIMENTAL GROUP

PRE M= 31,57 ↓ POST M=30,70



AGE ↑
12 years or less

NARRATIVES: 3 ↑ (p=0,001)
1

CONTROL GROUP

PRE M= 31 ,96 ↓ POST M= 30,81



AGE ↑
12 years or less

LIFE SKILLS

DRUG REFUSAL SKILLS ESCALE

(ADAPTED FROM LST QUESTIONNAIRE – HIGH SCHOOL VERSION, BOTVIN, 2011)

**4 ITEMS - TOBACCO, ALCOHOL, CANNABIS OR OTHER DRUGS – 1
FACTOR**

**SCALE OF 5 ITEMS, RATING IN A SCALE OF 5-POINTS - FROM ONE
- VERY UNLIKELY TO SAY NO - TO FIVE - MOST LIKELY SAY NO**

CONTROL PERCEPTION SKILLS SCALE (MELO, 2013)

**6 ITEMS – 3 SELF CENTERED AND 3 HETERO CENTERED – 1
FACTOR**

**LIFE EFFECTIVENESS QUESTIONNAIRE – LEQ-H (NEILL, 2007) - 24
ITEMS - 8 FACTORS**

LIFE SKILLS

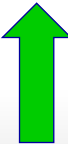
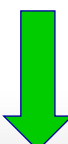
CONTROL PERCEPTION SKILLS SCALE (CPSS) (MELO, 2013)

6 ITEMS – 3 SELF CENTERED AND 3 HETERO CENTERED. RATING IN A SCALE OF 6-POINTS - 1 LOWER CONTROL PERCEPTION, 6 HIGHER CONTROL PERCEPTION


EXPERIMENTAL GROUP

	PRE		POST
SELF:	M= 3,46		M= 3,50
HETERO:	M= 3,62	=	M= 3,64



		SELF		AGE: 12 OR -
		HETERO		

LIFETIME SUBSTANCE USE			
SELF	YES		NO 
HETERO			(p=0,027)

CONTROL GROUP

	PRE		POST
SELF	M= 3,85		M= 3,75
HETERO	M= 3,97		M= 3,89

		SELF		AGE: 12 OR -
		HETERO		

LIFETIME SUBSTANCE USE			
SELF	YES		NO 
HETERO			=

LIFE SKILLS

LIFE EFFECTIVENESS QUESTIONNAIRE – LEQ-H (NEILL, 2007) - 24 ITEMS - 8 FACTORS – 5 FACTORS CONTRIBUTE MORE TO PROGRAM OBJECTIVES: TIME MANAGEMENT, SOCIAL COMPETENCE, INTELLECTUAL FLEXIBILITY, EMOTIONAL CONTROL, SELF CONFIDENCE. RATING IN A SCALE OF 8-POINTS: 1 DON'T DESCRIBE ME; 8 DESCRIBE ME VERY WELL

EXPERIMENTAL GROUP

	PRE		POST
TIME MANAG.	5,4	=	
SOCIAL COMP.	5,6	=	
INT. FLEXIB.	5,6	=	
EMOT. CONT.	4,6	↓	4,5
SELF CONFID.	6,0	=	



AGE



NARRATIVE 3/2



CONTROL GROUP

	PRE		POST
TIME MANAG.	5,6	↓	5,5
SOCIAL COMP.	5,8	=	
INT. FLEXIB.	5,9	↓	5,7
EMOT. CONT.	5,0	↓	4,7
SELF CONFID.	6,3	=	



AGE



BEHAVIOURS

PREVALENCE OF EXPERIMENTATION OF PSYCHOACTIVE SUBSTANCES THROUGH LIFE: TOBACCO, ALCOHOL, CANNABIS, ECSTASY, NSP, MEDICATION WITHOUT PRESCRIPTION (ADAPTED FROM ESPAD, 2011)

EXPERIMENTAL GROUP

PRE (44%) ↑ POST (49%)



**POLY SUBSTANCE
USE – 16% to 23%**



AGE ONSET - MEAN: ALC-13; TB-13; CN-15

LIFETIME USE

ALCOHOL - 42% TO 47%
TOBACCO – 17% TO 23%
CANNABIS – 5% TO 7%

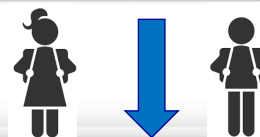
AGE:

12 years -

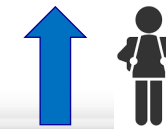


CONTROL GROUP

PRE (56%) ↑ POST (60%)



**POLY SUBSTANCE
USE – 38% to 34%**



AGE ONSET - MEAN: ALC-13,5; TB-13; CN-14

LIFETIME USE

ALCOHOL - 56% TO 56%
TOBACCO – 32% TO 30%
CANNABIS – 10% TO 10%

AGE

12 years -



20%

BEHAVIOURS

HARM ASSOCIATED WITH OWN USE OF PSYCHOACTIVE SUBSTANCES – FREQUENCY. RATING IN A SCALE OF 6-POINTS: 1 NEVER; 6 12 TIMES OR MORE. (SHAHRAP PROJ., 2004)

EXPERIMENTAL GROUP

PRE (N=64)
53%




POST (N=71)
58%

Planned to drunk or be stoned	20%
Used more than planned	40%
Hangover after use	32%
Didn't remember what happened	21%
Someone complained about your behavior	16%

CONTROL GROUP

PRE (N= 28)
32%



POST (N=30)
43%

Planned to drunk or be stoned	27%
Used more than planned	33%
Hangover after use	30%
Didn't remember what happened	17%
Someone complained about your behavior	13%

PRE – POST – FOLLOW UP

EXPERIMENTAL GROUP N=64

OBJETIVES EVALUATION

PRE

POS

FOLLOW UP

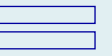
KNOWLEDGE TEST

M= 13,39

M=15,06



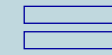
M= 15,53



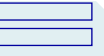
ATTITUDES

M= 32,5

M=32,0



M= 32,2



LIFE SKILLS

SELF M=3,6

HETERO M= 3,7

LEQ - M= 5,5

SELF M=3,4



HETERO- M= 3,6



LEQ - M=5,4



SELF M= 3,6

HETERO M= 4,0



LEQ - M= 5,7



BEHAVIOURS

LIFETIME USE – 36%

LIFETIME USE -36%



LIFETIME USE- 42%



CONCLUSIONS

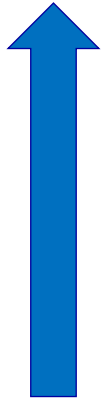
KNOWLEDGE



12 YEARS OR LESS

UNIVERSAL LEVEL

NARRATIVES: 3 / 2 / 1



ATTITUDES



12 YEARS OR LESS

UNIVERSAL LEVEL

NARRATIVES: 3 / 1



LIFE SKILLS



12 YEARS OR LESS

NARRATIVES: 1 / 3 / 2

UNIVERSAL AND
SELETIVE LEVEL



BEHAVIOURS



12 YEARS OR LESS

UNIVERSAL LEVEL

NARRATIVES: 3 / 1



LIMITS AND CHALLENGES FOR THE FUTURE

- Necessary to review Knowledge Test, Drug Refusal Skills
- No Scale Evaluates directly Taking Decisions – it's important to use and validate one
- Reduce the number of questions and reduce time of fulfilment of this questionnaire
- Evaluate an Higher sample, with control group and experimental group more balanced
- Guarantee a higher follow up retention rate in both groups

Thank you

carla.frazao@arslvt.min-saude.pt