PAS – Preventing heavy alcohol use in adolescents

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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

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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
CRT
19 schools, 3368
M age T0 = 12.68

Conditions

Parent
Student
Combination
Control

Respons rates

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
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</thead>
<tbody>
<tr>
<td>Adolescents</td>
<td>3368</td>
<td>94%</td>
<td>88%</td>
<td>80%</td>
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<tr>
<td>Parents</td>
<td>80%</td>
<td>71%</td>
<td>66%</td>
<td>66%</td>
</tr>
</tbody>
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Timeline

12 years
T0
September 2006

13 years
T1
March 2007

14 years
T2
September 2007

15 years
T3
March 2008

16 years
T4
September 2008

Universiteit Utrecht
T1: 13 years

- % weekly drinkers: 12.6, 16.1, 11.8, 16.6

T2: 14 years

- % weekly drinkers: 33.2, 36.1, 31.5, 41.5

Note: ** indicates statistical significance.
30-11-16

T3: 15 years

Koning et al., 2009; 2011

19,1
15,2
9,7
19,6

T4: 16 years

% heavy weekly drinkers

19.1
15.2
9.7
19.6
Moderation

Have specific groups more benefits?

- Sekse
- Alcohol use parents (> 14 glasses p/w)
- Level of education
- Externalising behavior
- Rules about alcohol
- Self-control

Heavy weekly drinking

Implementation

- Healthy School and Drug programme
- Prevention professionals
- Train-the-trainer
- Vocational education
- Parent-student combination
Thank you for your attention

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