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Overview

The programme is named “xkpts.com” (reader: “perquèpetes.com”). The subtitle is cannabis consumption prevention programme in youth. The original name is referred to the possible two meanings that “peta” has in Catalan at present: on one side, is the colloquial name that joint receive among catalan youth; on the other side the verb “petar” means in Catalan to explode. The idea is that the consumption of “petes” cant take you to the failure and the interrogation mark included in the name pretend that young people consider if this is really convenient.

Quality level

Quality level : 2

Executive summary

School-based preventive programme to face the beginning of cannabis consumption. It is recommended in Secondary school, during the last two years of compulsory school, preferably in 9th grade (3° ESO, in the Spanish educational system). The programme contains four units, with 16 activities, to be implemented in 6-10 class hours. The responsible of implementation is the teacher who takes care of each group. The Public Health Agency of Barcelona finance the materials and give training for teachers and technical support trough the reference health teams in each district of the town. Materials are: a flyer with information for subscribing the school in each school-year; a teacher guide with the main instructions about how implement the programme; a DVD with a story that will permit give the context to cannabis consumption in the student environment; a little brochure with cannabis information and prevention for parents; a web addressed to students (www.xkpts.com) and protocol guide for teachers explaining how combine and order the different intervention parts. Participant teachers have to full a process evaluation sheet. A training course of 6 hours is offered to new implementers.

Type of intervention	prevention
Sub-area	universal

Setting	family,school
Type of approach	training for professionals
Target group (universal)	family/parents,children/young people
Age group	the target group is 14 to 16 year old students.
Target group (specific)	family/parents,children/young people
Annual coverage	12500
Substances addressed	tobacco,cannabis,alcohol
Evaluation type	outcome evaluation (how far are the specific objectives achieved),process evaluation (how far are the operational objectives achieved)
Country	Spain
Start date	08/01/2006
End date	19/06/2006

Overall objective

To develop an intervention to prevent the onset and the progress of the experimental cannabis consumption to regular consumption during the adolescence (14-16 year old) . The way to get this goal consisted of influencing the main intermediate variables that determine cannabis consumption with the programme, it is: favourable expectancies about the drug, group pressure and to have consumer friends, self-efficacy to refuse offers of the substance and the intention to consume in the future.

Abstract

“xkpts.com” is a cannabis preventive programme, addressed to 14 to 16 year old adolescents. It is applied at school, mainly by the responsible teacher of each classroom of the 3rd grade of compulsory secondary education (14-15 year old) in Barcelona. The programme supposes four different sessions to be implemented in 6-10 class hours, depending on the level of involvement of each school. The first and fourth sessions contained general issues related to drug dependence, as main concepts related to addiction and other characteristics of addictive substances and also the consequences of drug consumption in other risk behaviours during the adolescence as driving vehicles or sexual relationships. The second and third sessions are cannabis specific sessions and consider group and social pressure to consume cannabis and skill training to cope with cannabis offers. Parents are involved with a guide containing instructions about how speak about cannabis consumption and the consequences with their children, at home. A web with other different prevention contents, from those considered at school, can be used by teenagers at home. The effectiveness evaluation of the programme showed that adolescents exposed to a good implementation have half a risk of becoming regular cannabis consumers (at last 30 days), related to unexposed pupils.

Context and theory

Initial situation

During the period 2000-2005 the prevalence of cannabis experimental consumption progressed from 17,9% in boys (2000) and 17,3 in girls (2000) to 36,5% in boys (2005) and 37,2 in girls (2005), respectively, in Barcelona. In this period, teachers and school staffs also noticed an increase of cannabis consumption and trade in the school surroundings and asked the design of a preventive intervention to municipal health services.

Basic assumptions/theory

The programme assumes the model ASE (De Vries, 1995) as a theoretical model. (Reference: De Vries H, Backvler E, Kok G, Dijkstra M The impact of social influences in the context of attitude, self efficacy, intention and previous behavior as predictors of smoking onset. J Applied Soc Psychol 1995;25:237-57). This is a hybrid model that integrates the most important and current theories about the learning process of healthy and unhealthy behaviours, mainly the social learning theory and self-efficacy theory (Bandura,1986), the planned action theory (Fishbein, Ajzen), and the trans-theoretical model of stages of change (Prochaska). The model has been applied to different risk factors and risk behaviours in teenagers, with the best outcomes in smoking prevention. Summarily, the model states that the learning of a healthy or unhealthy behaviour is influenced by the intention to do this action in the future, favourable attitudes or expectancies, social influences (modelling, social pressure, subjective norms) and self-efficacy. All these variables were considered as intermediate variables in our intervention and the different sessions of the programme work specifically each one of these variables.

Objectives and indicators

Process evaluation

Operational objectives

Operational objectives: To design a DVD session to cope with group pressure and social influences that determine cannabis consumption in the adolescence. To list different cannabis consumption situations, involving adolescents similar to the target group, to be performed and discussed with role playing techniques (to increase self-efficacy and abilities of participants when they cope with cannabis offers). To edit a booklet with information about cannabis properties, risks and possible effects in the human body and how speak about it with their sons and daughters, addressed to parents and families. To design a specific web related to cannabis prevention, addressed to youth, containing information and preventive resources that weren't possible to find or cover in the classroom. To produce different merchandising objects (t-shirts, mobile phone covers, mouse mats....) with messages and the logo of the programme to reinforce the image and the importance to participate in it. As a consequence, the materials of the programme were: - A DVD to be used for teachers in the classroom, named "xkpts.com" in Catalan and in Spanish; - A teacher guide with instructions and recommendations about how conduct and apply the fourth sessions (6-10 class hours) included in the programme. - A parent guide with information and recommendations about how to speak about cannabis with their children at home. - A web with the name of the programme www.xkpts.com, who includes different graphic and written resources for pupils. Teachers who implement the intervention the first time have to attend to a 6 hours training journey. During the evaluation phase

(2005-06), the programme was implemented in 39 schools in Barcelona reaching 2812 students and 117 teachers. From 2006-07 school-year, the programme was spread to Catalunya region. At the end of 2008-09 school-year, the programme had been implemented in 196 Catalan schools by 519 teachers, reaching in the four years 46877 students. The programme coverage in that moment was approximately 30% of schools and 15 year old students in Catalunya.

Process indicators

Completeness of the intervention (number of implemented activities in his/her classroom)

Completeness of the intervention (number of implemented activities in his/her classroom) Fidelity (activities really implemented related to the purposed in the previous protocol)

Completeness of the intervention (number of implemented activities in his/her classroom)

Instruments used

Name of instrument (modified standardised instrument)

A new self-reported questionnaire, addressed to teachers participating in the intervention, was elaborated and used for process evaluation. Completeness and fidelity to the programme were explored with it.

Type of evaluation carried out

Evaluation design

outcome evaluation (how far are the specific objectives achieved), process evaluation (how far are the operational objectives achieved)

Specific objectives and outcome indicators

Specific objective 1

To decrease the incidence of new cannabis consumers in last 30 days in the intervention schools, a year later from the programme implementation.

Outcome indicator 1

Incidence of cannabis consumers at last 30 days.

Specific objective 2

To show differences in last 30 days cannabis consumer incidence, according with the intensity of the intervention, a year later from the programme implementation.

Outcome indicator 2

Incidence of cannabis consumers at last 30 days.

Specific objective 3

To modify the risk of becoming cannabis consumers in last 30 days, after being exposed to the programme implementation.

Outcome indicator 3

Relative risk of being cannabis consumer at last 30 days, according you had been exposed to the intervention or not.

Instruments used

Name of instrument (modified standardised instrument)

Questionnaire “El estilo de vida de los jóvenes” (Youth lifestyle). It is a questionnaire that contains a group of questions about socio-demographic variables and smoking and alcohol consumption, previously validated in Barcelona. On the other hand, a second group of questions related to cannabis consumption was elaborated and used in the evaluation study of this intervention by first time.

Type of qualitative instrument

Action

The programme consisted of 4 sessions to implement in 6-10 hours. Schools and teachers who will implement the intervention receive a guide with instructions about the sessions and the DVD that will use at classroom. The first session is based in information (main concepts about drugs and drug dependence and the different substances, mainly cannabis, and the effects in the human body) and making decisions. Different activities are offered to teachers who will spent 1-2 hours in this first session. The second session started with the DVD showing and a later discussion, arguing about the main components of group and social pressure that appears in the film related to cannabis consumption by youth. Teachers usually will spent 2 hours in this session. The third session is about cannabis skills training. With the role playing technique, teachers will invite students to perform different usual situations where cannabis offers could appear in their normal life. The programme includes 10 different situations, classified according the previous level of experience with cannabis of a majority of group members: No experimental use, some experimental use and a majority with experimental use. Each group will work with a minimum of 3 situations, spending 2-3 hours for this session. In the fourth and last session, students will work with activities that present consequences of cannabis consumption, as the influence in driving and in sex relationship and how will affect other people. After the second session in the school, families receive at home the guide with material to speak about this topic with boys and girls. In this moment, too, teachers invite to students to enter in the web www.xkpts.com and try to find other complementary resources related to the topic.

Results

Process evaluation

Results

Data about 76 self-reported teacher questionnaires (response rate, 65%) showed that 97,4% of them completed the first session, 97,4% the second, 81,6% the third and 67,1% the fourth. Discussion techniques, at 100%, were the most applied techniques and DVD, at 93,4%, the most used resource. Skill training were applied in 72,4% of classrooms. Implementation time average was 5 hours and 40 minutes, decreasing the time dedicated to each session according to the programme was advancing. A total of 59,2% of teachers developed the intervention on acceptable way (completing 8 of 16 purposed activities) (completeness), while 38,2% of teachers implement the program in a qualified way (1 hour for each general session and 2 hours for each cannabis specific session) (fidelity to protocol). Students showed good attention and the majority of teachers expressed satisfaction with the purposed methods and materials. Teacher's satisfaction score was 7,4 over 10, saying 81'6% of them they would apply the programme in the future. Teachers of acceptable or qualified programme implementation showed greater intention to repeat the intervention in the future than teachers belonging to schools with poor implementation.

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Contact

Responsible organisation	Health organisation, depending from Barcelona Council and also from Generalitat de Catalunya, the Catalan Regional Government.
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Partner organisation(s)	The Social Work of Caixa Catalunya, a local bank, was involved and financed the project of intervention.
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Additional information

Number of staff involved	The programme is applied by teachers of registered schools. To implement the programme is voluntary in Catalunya. In Barcelona the coverage programme is 42% of schools and 199 teachers have been involved.
Status/profession of staff involved	The programme is implemented by teachers. In each of ten districts of Barcelona town, there are a health team of nurses who give support to teachers, with training and materials.
Type of evaluator	Internal evaluator
Name of external institution(s)	
Full reference to evaluation report	A complete evaluation report of the intervention was done and send to Spanish Drug National Plan in April 2009.

Budget

Annual budget	Over 100 000 to 500 000
Sources of funding	Local authorities
Percentage from each source	Local authorities=100%

Additional remarks

Continuation of List any interesting references, links, and literature relating to the intervention Related to the effect of the programme to other drug consumption (smoking, alcohol consumption, cocaine consumption): Presentation: At XIII Congreso de la Sociedad Española de Salud Pública y Administración Sanitaria (SESPAS), held in Sevilla from 4 to 6 March 2009: Diseño de intervenciones escolares en drogodependencias: ¿mensajes globales o específicos? Carles Ariza, Francesca Sánchez-Martínez, Anna Pérez, Marta Diéguez, Manel Nebot. Related to materials of the programme: a) Ariza C, Pérez A, Nebot M, Juárez O, Rodríguez-Martos A. Programa de prevención del consumo de cannabis “xkpts.com” (protocol, DVD and teacher guide). Agencia de Salud Pública de Barcelona. Ed. Fundación Viure i Conviure de la Obra Social de Caixa Catalunya. Barcelona; 2006. b) Ariza C, Rodríguez-Martos A, Vecino C, Guitart A. Cannabis: Hablemos en casa. (Family guide) Agencia de Salud Pública de Barcelona. Ed. Fundación Viure i Conviure de la Obra Social de Caixa Catalunya. Barcelona, 2006. c) Web: <http://www.xkpts.com>.