

Long Term Multi-Year Programming

Article: 4K

Botvin, G.J. et al. (1990). A Cognitive-behavioral approach to substance abuse prevention: one year follow up. *Addictive Behaviors*, 15(1), 47-63

Research Checklist

- The strategy (or program) produced the desired changes in the target population.
- The research was conducted by reputable researchers and published in a reputable journal.
- The study used a rigorous evaluation design.
- The study shows few negative side effects.
- The study was replicated at more than one site.
- The program was implemented by school staff in the study.
- The study is a meta-analysis.

Check all that apply:

- | | | |
|---|--|---|
| <input checked="" type="checkbox"/> Prevention | <input type="checkbox"/> Intervention | <input type="checkbox"/> Treatment |
| <input checked="" type="checkbox"/> Substance abuse | <input type="checkbox"/> Violence | <input type="checkbox"/> Problem Behavior |
| <input type="checkbox"/> Preschool | <input type="checkbox"/> Elementary | <input checked="" type="checkbox"/> Middle School |
| <input type="checkbox"/> High School | <input checked="" type="checkbox"/> School Staff | <input type="checkbox"/> Parents |

Summary: (Give your opinion about the quality and outcome of this study. Would you recommend use of this strategy based on this article?)

The results of this study indicated that peer-led interventions (in the form of social skills training) were significantly more effective in preventing drug use than interventions led by teachers. This difference was accounted for by a diffusion of treatment whereby teachers did not follow the protocol that such an intervention called for.

Peer-led interventions are recommended over traditional teacher-led curriculums.