

## Refusal/Resistance Skills Training

Article: 18K

Elias, J.J. et al. (1991). The promotion of social competence: Longitudinal study of a preventive school-based program. *American Journal of Ortho-Psychiatry*, 61(3), 409-417.

### 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 checked="" type="checkbox"/> Elementary   | <input checked="" type="checkbox"/> Middle School |
| <input checked="" 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?)

This study revealed that refusal/resistance training had a noticeable primary effect in preventing the early onset of drug use. However, the 2-year curriculum utilized in elementary schools did not show lasting effects into high school. Students who had undergone participation in earlier years exhibited delayed onset of drug use. These results indicate the necessity for a multi-year program of this nature that would serve as ongoing reinforcement through adolescent development.