



Effectiveness of universal drug prevention program with respect to self-control



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Fidelity of prevention programs -the way how prevention activities are implemented and their quality

The aim

- to study the effectiveness of a prevention program on adolescent self-control with regard to its fidelity.

Methods

- UNPLUGGED – a school-based randomized controlled prevention trial
- **497 adolescents in 5 waves** of data collection
- T1 mean age **11.52**; T5 **13.09**; **59.4% girls**
- Fidelity - the level of instructors' feedback and cooperation - *control group* (N=254), experimental group with *low fidelity* (N=83), exp. group with *good fidelity* (N=160).
- **Self-control scale** (Finkenauer, Engels, Baumeister, 2005)
- Linear mixed models SPSS

Sample

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Main messages

- The level of self-control decreases with age during early adolescence.
- The prevention program UNLUGGED implemented with good fidelity prevents the decrease in self-control.

Table: Decrease in **self-control** in time - Linear mixed models

		estimate	t	sig.
UNPLUGGED - high fidelity	gender	.97	1.383	.168
	time	-.32	-1.810	.072
UNPLUGGED - low fidelity	gender	.30	.252	.801
	time	-.71	-3.215	.002
control group	gender	-.10	-.171	.864
	time	-.36	-2.784	.006