

Background

The investigation of protective factors and intervention effects on health are important issues of prospective studies. The effectiveness of “Unplugged,” a European school-based program for substance use prevention among adolescents, has been explored in some EU counties (Vigna-Taglianti et al., 2014).

The aims of this study were to explore the changes in schoolchildren’s satisfaction with their health and themselves following their participation in the Unplugged program.

Unplugged

- Universal school-based program for preventing smoking, substance use and alcohol abuse among early adolescents (www.eudap.net)
- Based on the Comprehensive Social Influence model
- Consisted of twelve 45-minute lessons for pupils in primary schools
- Administered by teachers trained in Unplugged (3-day course).

Method

- A cluster randomized controlled trial was carried out in 2013/2014 with 1195 participating schoolchildren (M=11.52; 47.4% boys).
- The schools were randomly assigned to either experimental (EG, n=540) or control group (CG, n=655). EG was exposed to the program Unplugged.
- Data collection conducted immediately before PU implementation^{T1}, immediately after the implementation^{T2} then 3 months^{T3}, 12 months^{T4}, and 18 months after the implementation^{T5}

The effect of:

- participating in the Unplugged program
- gender
- self-efficacy (T1) – General self-efficacy scale (Košč et al., 1993). 10 items, responses are made on a 4-point scale, response categories ranged from 1= Not at all true to 4 = Exactly true. Cronbach's Alpha = 0.90^{T1}.
- were explored in relation to changes in schoolchildren’s satisfaction (ESPAD, 2012): Two questions (“How satisfied are you usually with your health?” “How satisfied are you usually with yourself?”) were on a 5-point scale, ranging from 'very satisfied' to 'not at all satisfied'. The answers were recoded (Graphs 1-4), so that a higher score indicates higher level of satisfaction. The Spearman-Brown Coefficient = 0.74^{T1}.

- GLM Repeated Measures were used for the data analyses.

References:

Hibell, B., Guttormsson, U., Ahlström, S., Balakireva, O., Bjarnason, T., Kokkevi, A., & Kraus, L. (2012). The 2011 ESPAD report. Substance use among students in 36 European countries. Stockholm, Modintryckoffset AB, ISBN 978-91-7278-233-4. Košč, M., Heftyová, E., Schwarzer, R., Jerusalem, M. (1993). Slovakian Adaptation of the General Self- Efficacy Scale. <http://userpage.fu-berlin.de/~health/slovak.htm>. Vigna-Taglianti, F. D., Galanti, M. R., Burkhart, G., Caria, M. P., Vadrucchi, S., & Faggiano, F. (2014). “Unplugged,” a European school-based program for substance use prevention among adolescents: Overview of results from the EU-Dap trial. *New directions for youth development*, 2014(141), 67-82.

Results

There was a significant main effect of time on *schoolchildren’s satisfaction*, $F=6.685$, $p<0.001$.

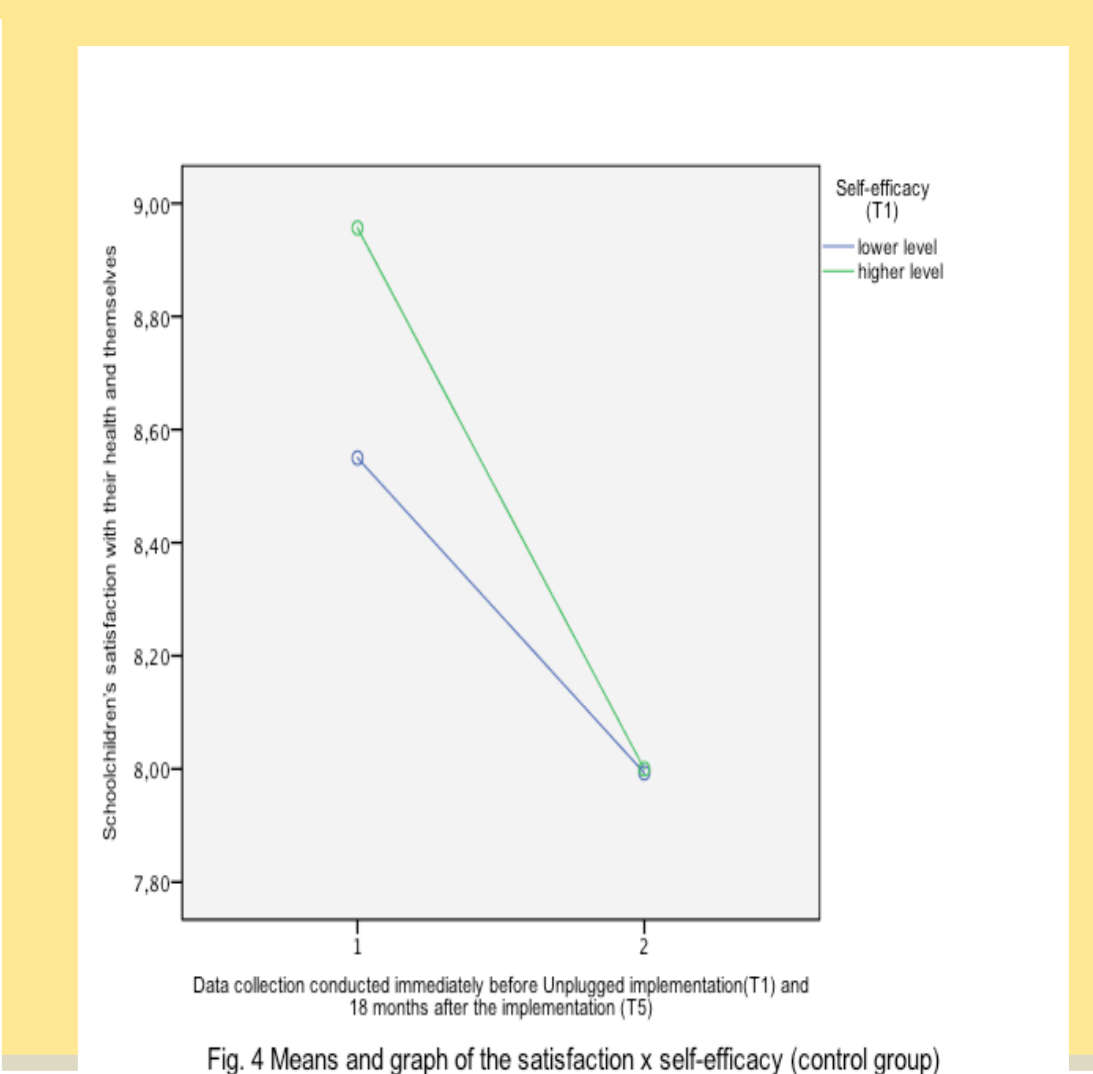
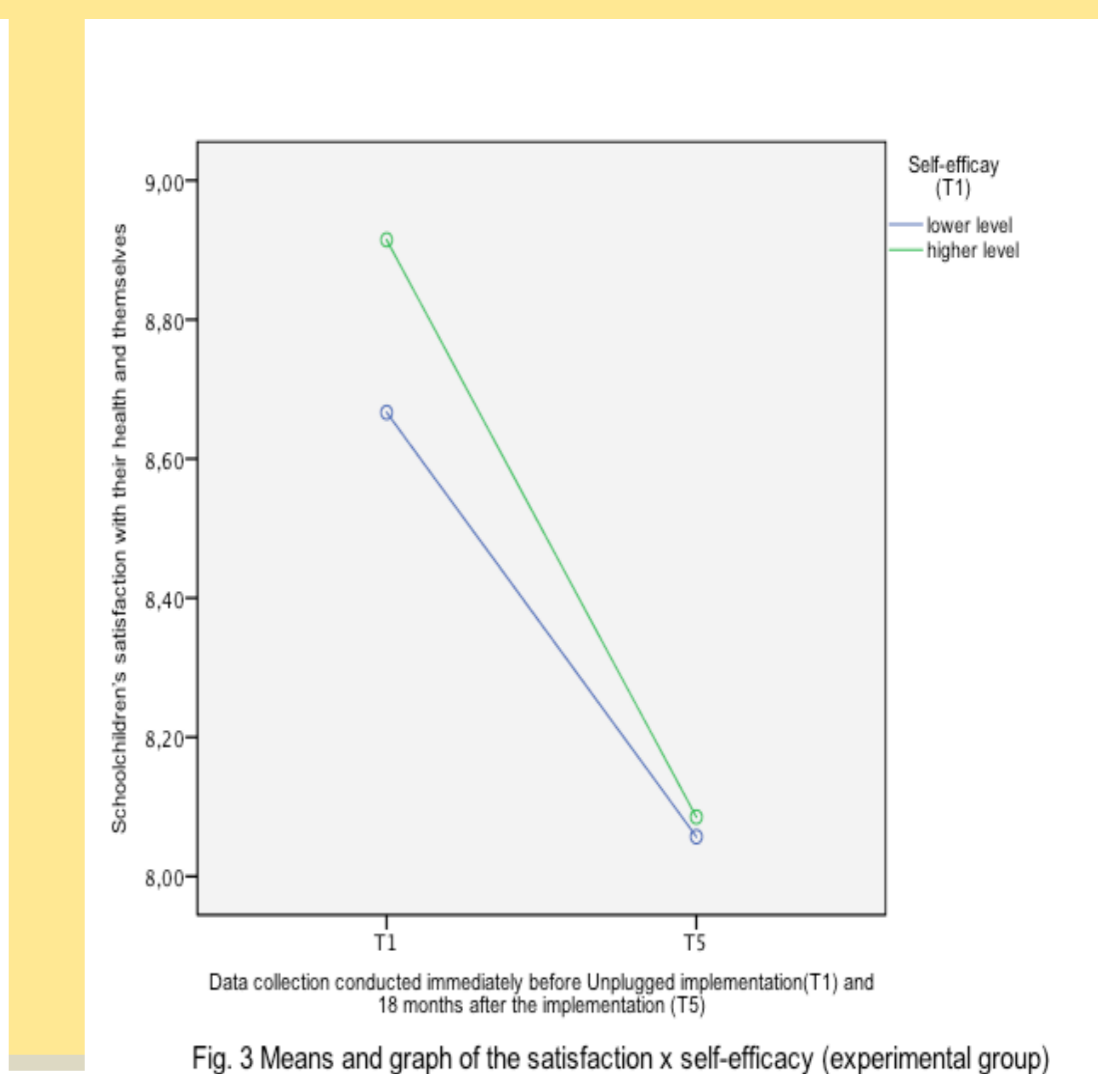
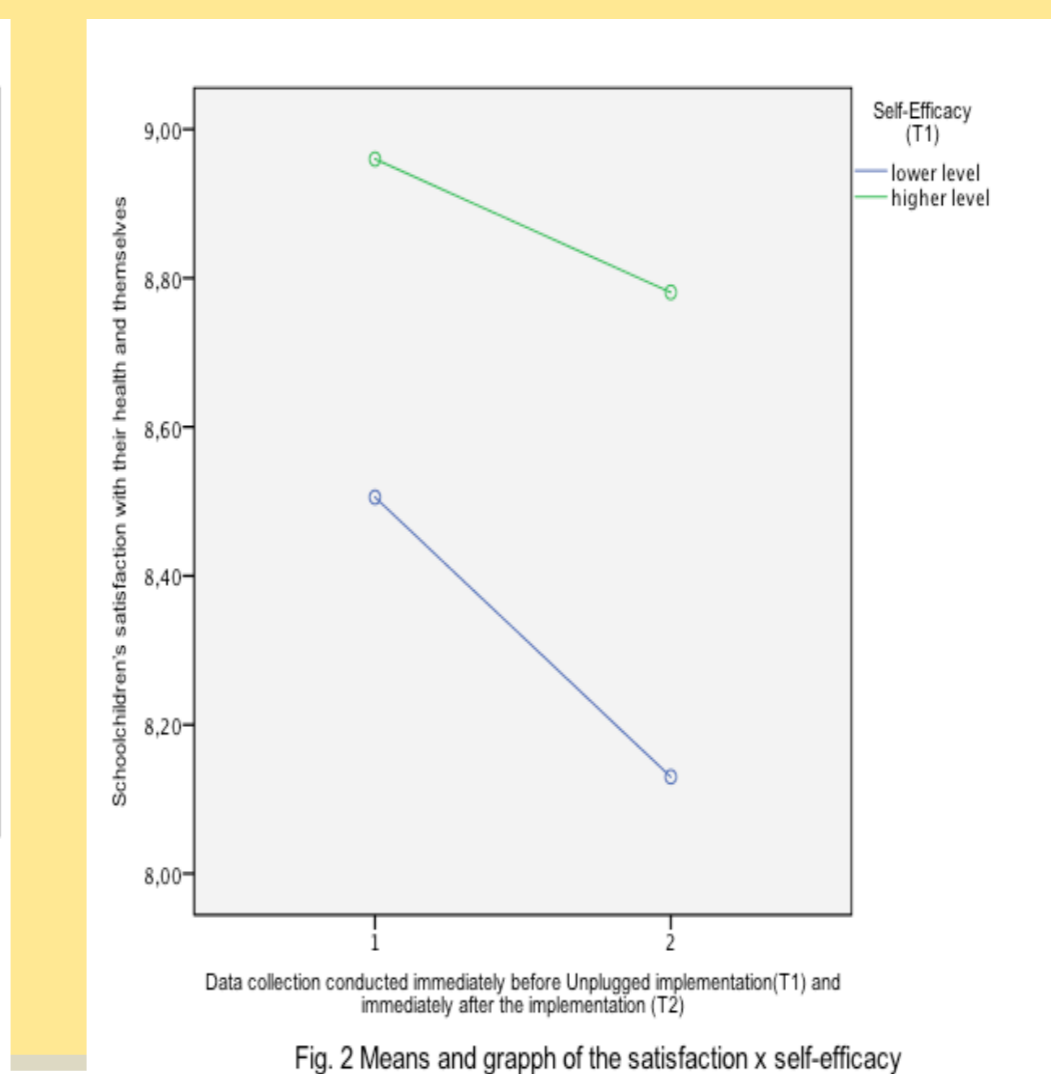
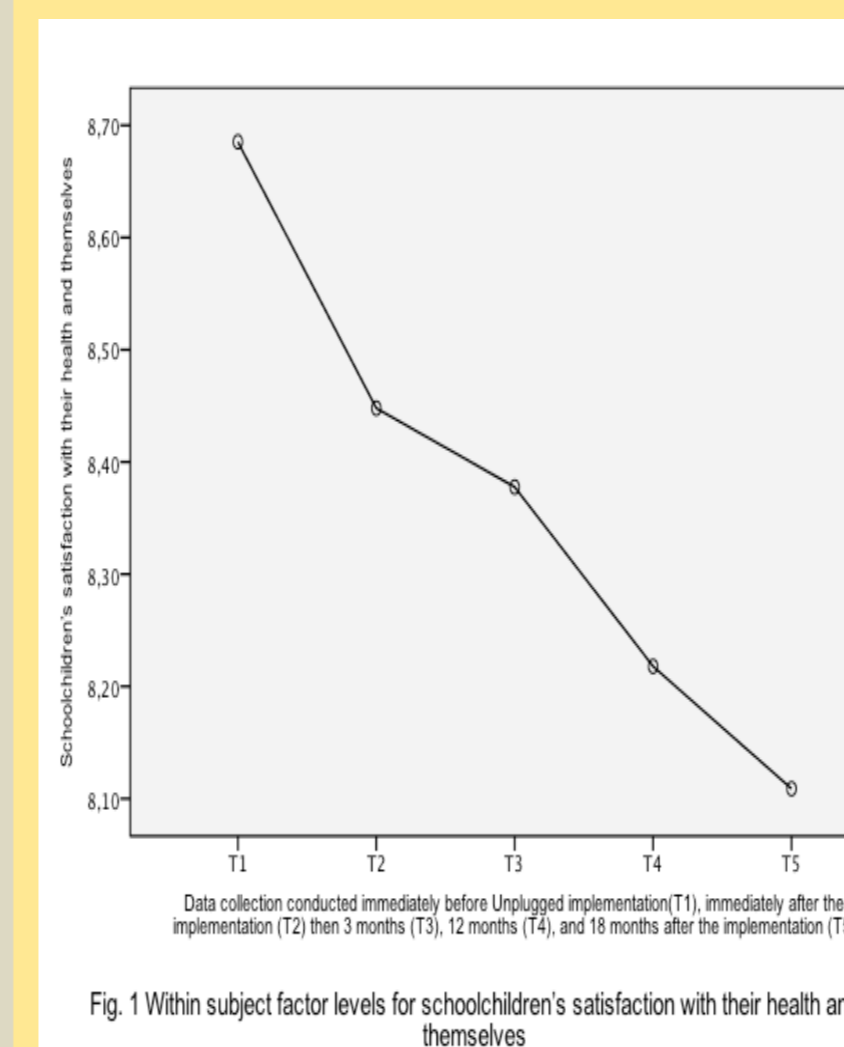
The contrast analysis revealed that *schoolchildren’s satisfaction* was significantly lower at every follow-up when compared to schoolchildren’s satisfaction with their health and themselves at T1 (Fig. 1).

There was a significant interaction effect *satisfaction x self-efficacy*, $F=2.868$, $p<0.05$.

The contrast analysis revealed that *schoolchildren’s satisfaction* was significantly lower at T2 than at T1 among the schoolchildren with a lower level of *self-efficacy* (Fig. 2).

Finally, *the schoolchildren’s satisfaction x self-efficacy x the Unplugged program* interaction was significant $F=2.779$, $p<0.05$ and

the contrast analysis revealed that *schoolchildren’s satisfaction* was significantly higher at T5 than at T1 among those participants of *the Unplugged program* with a higher level of *self-efficacy* (Fig. 3, 4).



Conclusion:

The findings generally suggest that while there was a decrease of *satisfaction with their health and themselves* among schoolchildren between T1 and T5 a long-term effect^{T5} of *the Unplugged program* was found among the program participants with higher levels of *self-efficacy* who were able to maintain higher level of *satisfaction with their health and themselves*.

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