



# The effect of the drug use prevention program Unplugged on alcohol use in the Slovak Republic

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## Background

Improving the implementation of evidence-based drug use prevention is an important task for both academics and practitioners. It is especially important to monitor the effectiveness of culturally adopted prevention programs among schoolchildren.

The aim of this study was to explore the effectiveness of the Unplugged program in the context of Slovak primary schools. This study focused specifically on the effect which the program had on alcohol consumption and the incidence of drunkenness (during the past month) between the baseline and two follow-ups.

## Unplugged

- Universal school-based program for preventing smoking, substance use and alcohol abuse among early adolescents adolescents ([www.eudap.net](http://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).

## Study design and sample description

A cluster randomized controlled trial was carried out in 2013/2014 with 678 pupils (M=13.09; 43.7% boys).

The schools were randomly selected and assigned to:

- the experimental group (30 schools, 289 pupils with intervention; 12 weekly classes of school-based drug use prevention program Unplugged)
- the control group (30 schools, 389 pupils without intervention).

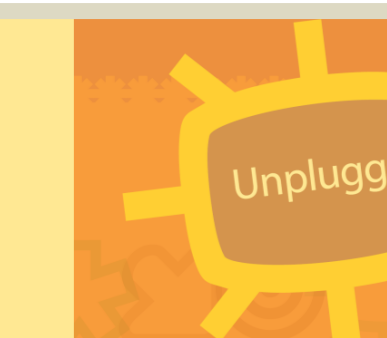
The data collection was carried out:

- at the baseline - immediately before the implementation of the program (T1)
- at the 3 month follow-up (T2)
- at the 18 month follow – up (T3)

## Statistical analyses

Logistic regression analyses at T2 and T3 follow-ups (adjusted for gender, baseline prevalence of alcohol use and the incidence of drunkenness) were performed to assess the effect of the program.

## Results



### Alcohol consumption

- The prevalence of alcohol consumption increased from 10% to 21.5% in both groups between T1 and T3.
- There was no significant effect of the program on decreasing alcohol consumption at T2 & T3 follow-ups (Table 1).

### Drunkenness

- The incidence of drunkenness increased from 1.7% to 2.7% in the experimental group and from 1.8% to 4.9% in the control group.
- The pupils who participated in the program were less likely to report the incidence of drunkenness than the pupils from the control group three-months after completing the program.

**Table 1** The effect of the Unplugged program on alcohol consumption (during the past month) between the baseline (T1), 3 months (T2) and 18 months (T3) after the implementation of the program among Slovak pupils

|                               | Alcohol consumption T2 |                    |       | Alcohol consumption T3 |                    |       |
|-------------------------------|------------------------|--------------------|-------|------------------------|--------------------|-------|
|                               | OR                     | 95% C.I.for EXP(B) |       | OR                     | 95% C.I.for EXP(B) |       |
|                               |                        | Lower              | Upper |                        | Lower              | Upper |
| <b>Alcohol consumption T1</b> | 5.751***               | 3.444              | 9.604 | 3.630***               | 2.090              | 6.305 |
| <b>Gender</b>                 | 0.847                  | 0.562              | 1.279 | 0.647*                 | 0.440              | 0.952 |
| <b>Unplugged</b>              | 1.062                  | 0.700              | 1.613 | 1.031                  | 0.698              | 1.522 |
| <b>R<sup>2</sup></b>          | 0.094                  |                    |       | 0.062                  |                    |       |

**Table 2** The effect of the Unplugged program on incidence of drunkenness (during the past month) between the baseline (T1), 3 months (T2), and 18 months (T3) after the implementation of the program among Slovak pupils

|                       | Drunkenness T2 |                    |         | Drunkenness T3 |                    |        |
|-----------------------|----------------|--------------------|---------|----------------|--------------------|--------|
|                       | OR             | 95% C.I.for EXP(B) |         | OR             | 95% C.I.for EXP(B) |        |
|                       |                | Lower              | Upper   |                | Lower              | Upper  |
| <b>Drunkenness T1</b> | 25.042***      | 5.464              | 114.767 | 13.745***      | 3.238              | 58.344 |
| <b>Gender</b>         | 0.492          | 0.153              | 1.580   | 0.833          | 0.356              | 1.950  |
| <b>Unplugged</b>      | 9.233*         | 1.158              | 73.629  | 2.217          | 0.851              | 5.780  |
| <b>R<sup>2</sup></b>  | 0.166          |                    |         | 0.068          |                    |        |

\*p<0.05, \*\*\*p<0.001

## Conclusion

A short-term effect of the Unplugged program on the incidence of drunkenness among Slovak pupils was found.

## Main messages:

Three months after completing the Unplugged program, there was a significant program effect on the incidence of drunkenness among Slovak pupils.

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