Long-Term Outcomes from Blueprints Model Programs: Life Skills Training

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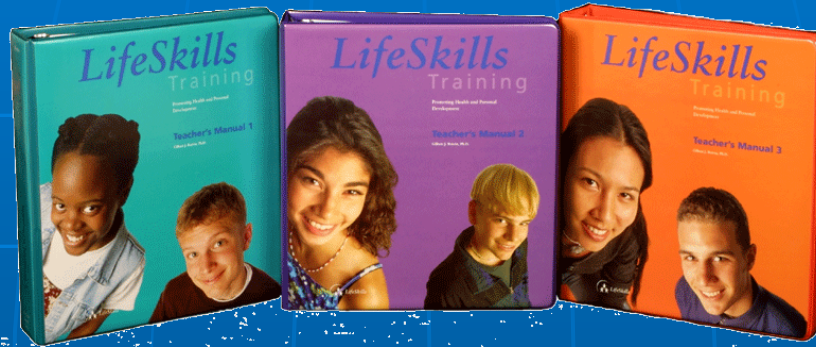
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Overview

- LST Approach
- Summary of LST Research
- Long-Term Follow-Up
- Sample and Methods
- Long-Term Effects on Illicit Drugs

Life Skills Training: Conceptual Model and Brief Description

Model of Adolescent Drug Use and Focus of LST Program
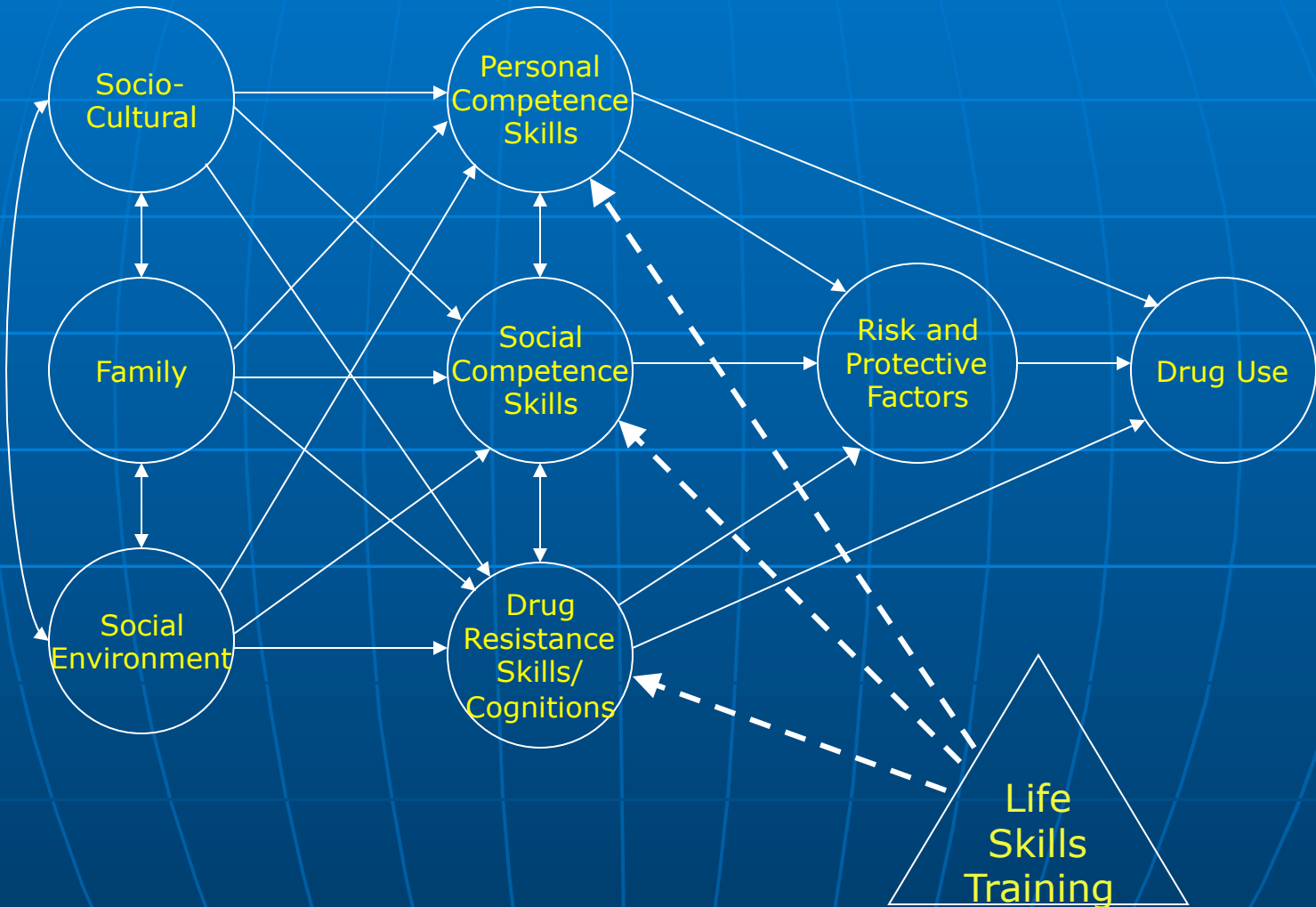
Life Skills Training

- Middle/Junior High School Curriculum
- 15 Sessions (Year 1), 15 Boosters (Years 2-3)
- Drug Resistance Skills and Norms
- Personal Coping Skills
- General Social Skills
- Taught by Teachers and/or Peer Leaders

Content of *Life Skills Training* Prevention Program

Session Content	Number of Classes per Grade Level		
	6/7th	7/8th	8/9th
Substance Use Information	4	1	0
Decision making	2	1	1
Media influences	1	1	0
Self-directed behavior change	1	0	0
Anxiety management	2	2	1
Communication skills	1	1	0
Social skills	2	1	1
Assertiveness	2	3	2
TOTAL	*15*	*10*	*5*

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Effectiveness

- Over 30 Peer-Reviewed RCTs
- White, African-American, and Latino Youth
- Sizeable and Sustained Effects
- ATOD, Meth, Violence, Risky Driving
- Replication by Spoth and others
- $25 Benefit for Each $1 Spent

Long-Term Follow-Up Overview

- Randomized Trial (56 schools)
- LST vs. Control
- 5- Year Follow Up
  - End of High School
  - N = 3,597
- 12-Year Follow Up
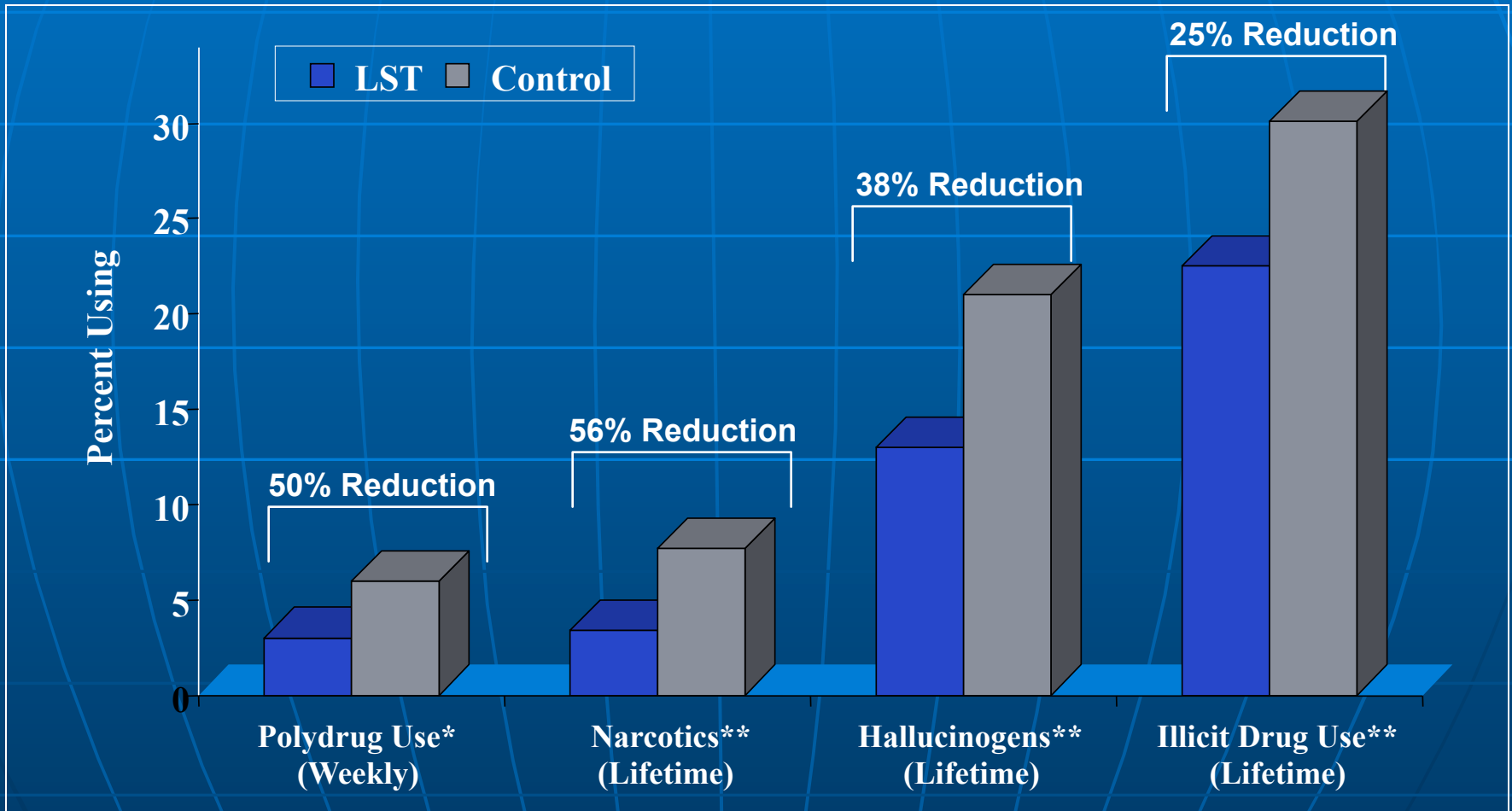 - Young Adulthood (Age 24)
  - N = 2,042

Long-Term Effects:
5-Year Follow Up
(Grade 12)

Research Design

Grade	7th	8th	9th	10th	12th		Young Adult Follow-Up
LST	O X O	X O	X O	O	O		O
Controls	O O	O	O	O	O		O
Note: X = preventive intervention (LST) O = observation point (self-report survey)							Mean age of sample = 24

Life Skills Training

Long-Term Effects: Gateway Poly-drug Use & Illicit Drug Use

Percent Using

- LST
- Control

25% Reduction

38% Reduction

56% Reduction

50% Reduction

Polydrug Use*
(Weekly)

Narcotics**
(Lifetime)

Hallucinogens**
(Lifetime)

Illicit Drug Use**
(Lifetime)

*Source: *Botvin et al. (1995), ** Botvin et al. (2000)*

LST Plus Family Approach

- Spoth et al. (2006, 2008)
- 1,677 students, 36 schools
- Grades 7 to 12
- LST alone and LST + SFP
- 5-year effects on ATOD use
- Meth Use

Prevention of Meth Use:
Lifetime and Past-Month Use
6 ½ Years after Baseline

Spoth et al. (2006), Archives of Pediatrics and Adolescent Medicine
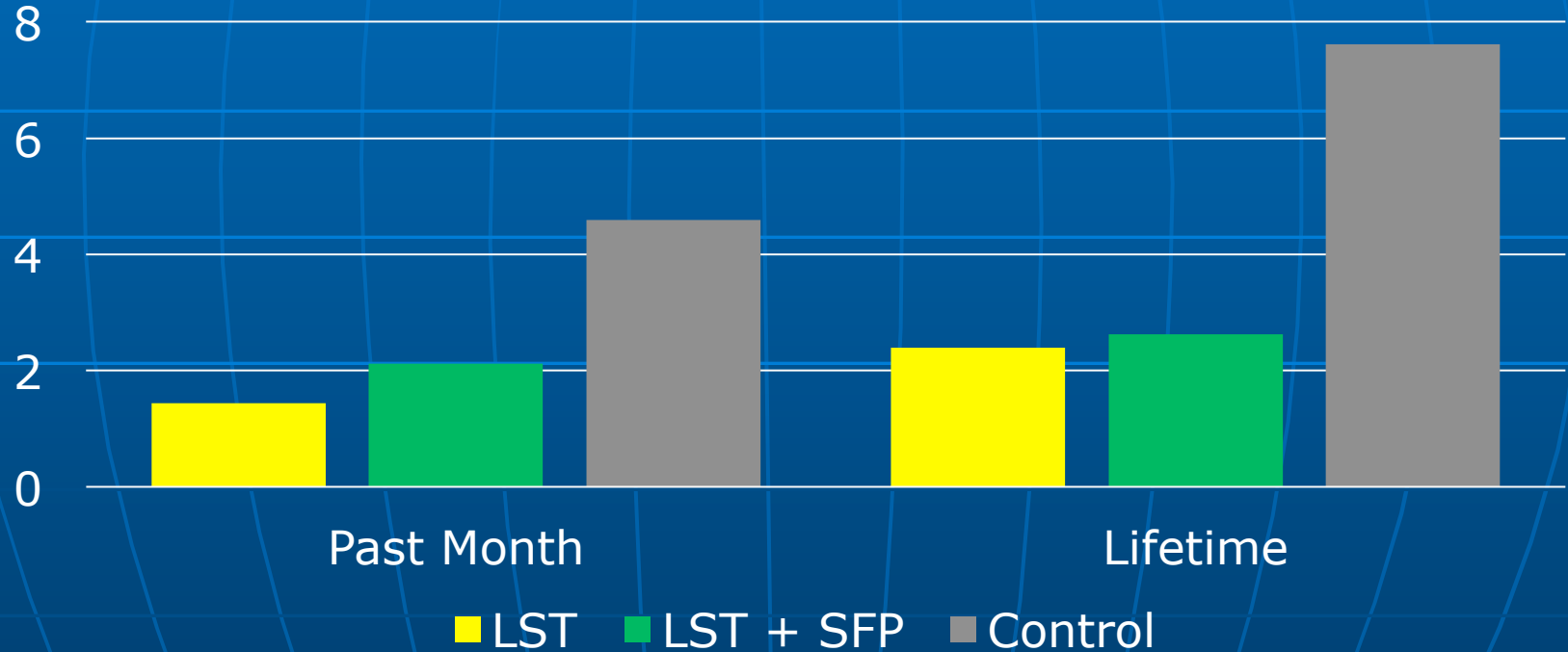
Long-Term Effects: 12-Year Follow-Up (Young Adult) Illicit Drug Use

Research Design

Grade	7th	8th	9th	10th	12th		Young Adult Follow-Up
LST	O X O	X O	X O	O	O		O
Controls	O O	O	O	O	O		O
Note: X = preventive intervention (LST) O = observation point (self-report survey)							Mean age of sample = 24

Follow Up Procedures

- Updated and Confirmed Contact Info
  - Directory assistance searches
  - Telephone matching services
  - DMV databases
  - Mailed with address correction request
  - Searches of credit databases
- Confirmed addresses: 3,108
- Mailed surveys, $20 incentive
- N = 2,042 completed surveys

Comparability of Final Sample

- No pretest differences
  - Demographics (gender, race/ethnicity)
  - Baseline substance use
  - Academic performance (grades)
- No differences in follow up sample
  - Marital or cohabitation status
  - College graduation rates
  - Income status
- No attrition differences by condition

Demographic Characteristics of Young Adult Follow-Up Sample

|	Intervention Group (N = 1,420)	Control Group (N = 622)
% Male	46.5%	48.6%
% Minority	8.7%	9.0%
% Married	28.6%	27.2%
% Cohabitating	11.5%	11.3%
% College Graduate	48.5%	52.2%
% Income < $15,000/year	24.2%	26.2%
Note: None of the differences across condition were statistically significant.		

Lifetime Illicit Drug Use by Condition

|	**Intervention Group**	**Control Group**	**Odds Ratio**	**95% CI**	**p**
Marijuana Use	62.0%	67.8%	.78	.63, .96	.018
Marijuana Intoxication	57.1%	60.1%	.81	.66, .99	.044
Non-Medical Pill Use	13.2%	17.0%	.74	.58, .96	.022
Narcotics Use	5.8%	6.2%	.94	.59, 1.47	.778
Illicit Drug Use	63.4%	69.3%	.77	.63, .95	.014

Note: Proportions adjusted for covariates including baseline lifetime marijuana use, gender, minority status, grades in school during junior high, college graduation status, and income; p-values are adjusted for school level clustering effects; Non-medical pill use includes amphetamines, barbiturates, Quaaludes, and tranquilizers.

Long-Term Follow-Up by Condition
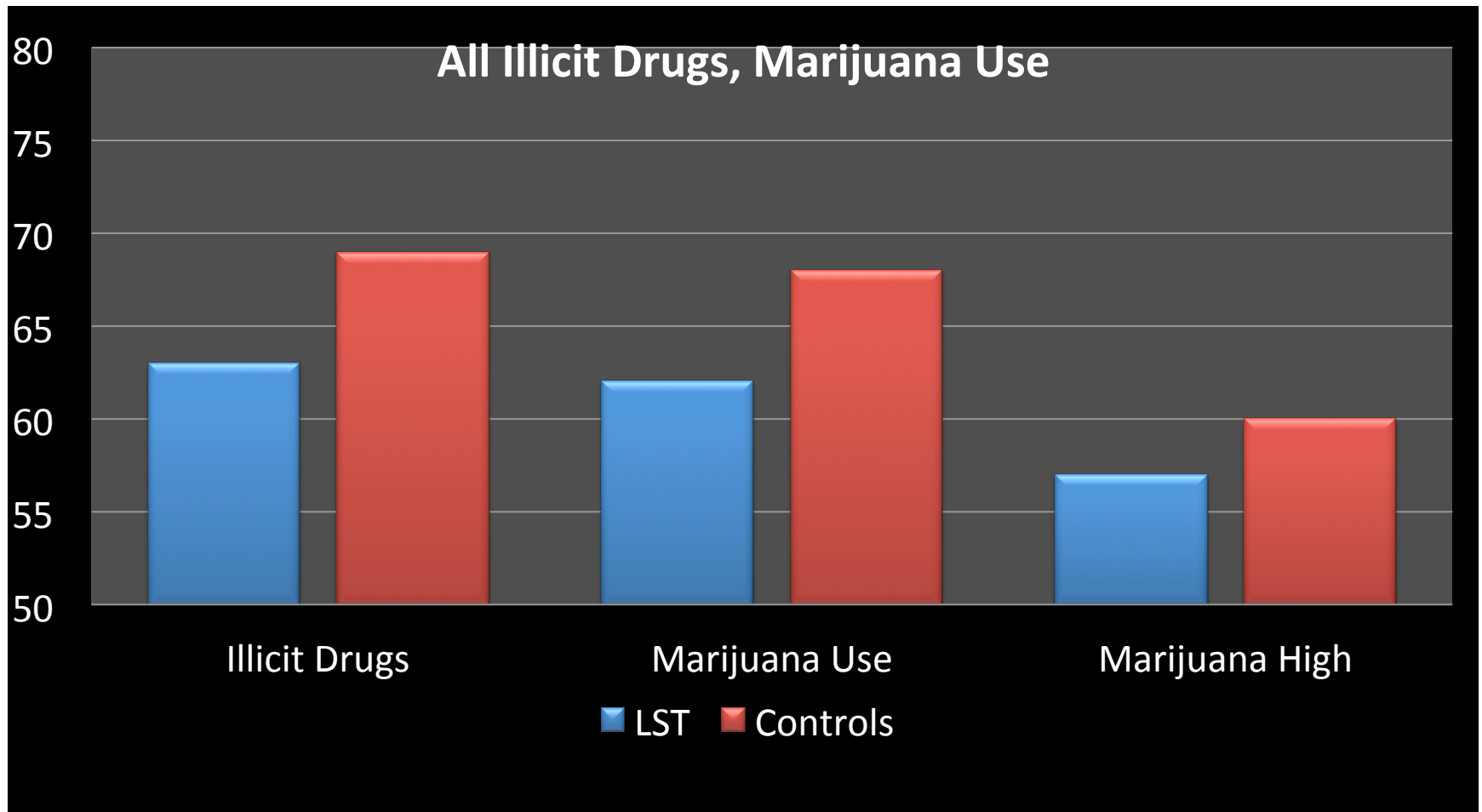
Long-Term Follow-Up by Condition
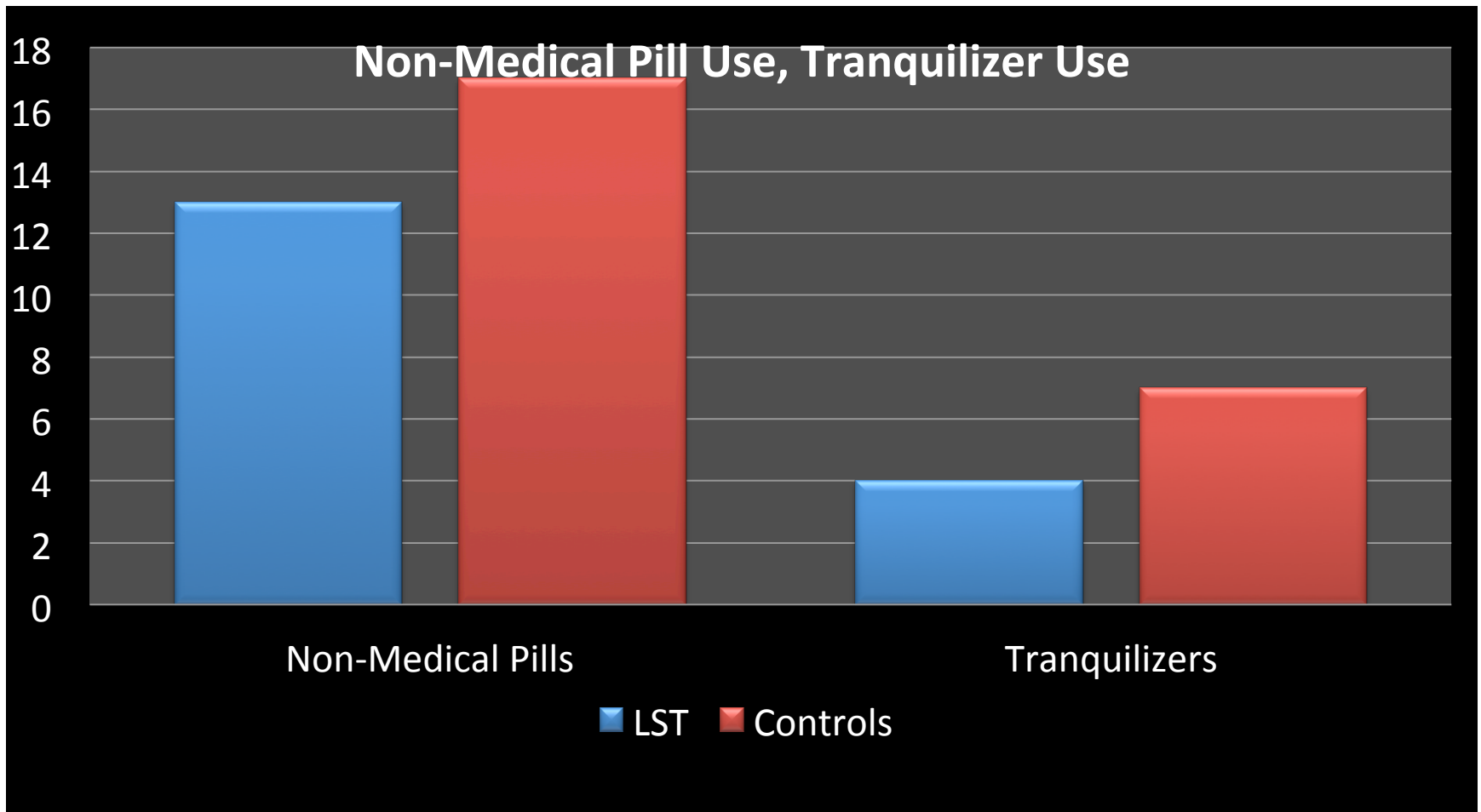
Long-Term Effectiveness

- Randomized Trial
- LST in Grade 7
- 12-Year Follow Up
- Young Adults (24 Years Old)
- Illicit Drug Use
- Marijuana Use
- Non-Medical Pill Use
- Tranquilizer Use

Summary

- Over 30 Peer-Reviewed Studies
- White, African-American, and Latino Youth
- Sizeable and Sustained Effects
- ATOD, Meth, Violence, Risky Driving
- Replication by Other Researchers
- $25 Benefit for Each $1 Spent

Thank You

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