

OCENA SKUTECZNOŚCI PROGRAMU WCZESNEJ PROFILAKTYKI ALKOHOLOWEJ „PROGRAM DOMOWYCH DETEKTYWÓW”

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OUTCOME EVALUATION OF THE ALCOHOL PRIMARY PREVENTION PROGRAM „PROGRAM DOMOWYCH DETEKTYWÓW”.

ABSTRACT – The article presents outcome evaluation of an alcohol prevention program called „Program Domowych Detektywów”. The program is an adaptation of the US „Slick Tracy Home Team Program” for 10-to 11-year-olds and their parents. Changes in the students' frequency of alcohol use and in some other variables related to the program contents were analyzed. A quasi-experimental paradigm was used. The study sample (N=440) consisted of fifth grade students from 10 Warsaw schools. (All the schools were from the same residential district and willing to participate in the research). The schools were randomly assigned either to the intervention (five schools) or reference condition (five schools). Self-report questionnaires were administered to students directly before and after the program implementation. The final sample analyzed consisted of 203 students in the intervention (54% boys) and 179 in the reference group (48% boys), which accounted for 87% of the entire study sample. There were no baseline differences between the intervention and reference group in the main demographic and outcome variables. Outcome analyses were based on the analysis of variance for repeated measures (MANOVA). The findings indicate that the program had a positive impact on the frequency of the students' alcohol use, their intention to drink, the frequency of parent/child communication about alcohol-related subjects, alcohol-related knowledge, and the frequency of cigarette smoking. Positive changes on peer norms did not reach the significance level. Positive immediate outcomes of the intervention allow recommending this program for a routine implementation in Polish schools.

Key words: evaluation, alcohol, school-based prevention program

WSTĘP

W literaturze przedmiotu podkreśla się znaczenie odpowiednich procedur i zasad konstruowania interwencji profilaktycznych przeznaczonych do szerokiego stosowania.

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