

### **The results of the two-year alcohol prevention program**

**Abstract** – The paper presents results of the second stage of a longitudinal outcome evaluation study aimed mostly at the assessment of preventive intervention effect stability over time.

The two-year alcohol prevention program for 10-12-year-olds consisting of the “Home Detectives Program” and its continuation – “Amazing Alternatives” was submitted for evaluation. In the study carried out in a quasi-experimental design over 700 students participated of eight primary schools in Ursynów, the district of Warsaw. The schools were randomly assigned either to the intervention or reference conditions (four schools in each group). Self-report questionnaire was administered to students three times: 1) before the first part of the program; 2) before the second part of the program in the next year of education; 3) when the two-year program was completed. Beneficial effects of the two-year program have been identified for the whole group of the intermediating variables (MANOVA,  $F=4,50$ ;  $p<0,001$ ). In particular, significant favorable changes were identified in participants' pro-alcohol attitudes, knowledge about consequences of drinking and assertiveness beliefs. Other analyses indicated that participation in the two-year program was associated with less drunkenness and alcohol drinking with peers.

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