

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS ATHENA

The ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) program uses a school-based, team-centered format that aims to reduce disordered eating habits and deter use of body-shaping substances among middle and high school female athletes. The intervention includes a balanced presentation concerning the consequences of substance use and other unhealthy behaviors and the beneficial effects of appropriate sport nutrition and effective exercise training. In addition to its learning goals related to nutrition, ATHENA incorporates cognitive restructuring appropriate to a sport team setting to address mood-related risk factors for diet pill use.

PROGRAM REQUIREMENTS

- Universal, selective, and/or indicated prevention program
- Targets one or more alcohol, tobacco, drug, disruptive behavior, and/or violence outcomes
- Targets students in one or more grades K-12

Does this program meet the minimum program requirements for inclusion on the Science-Based Programs List?

- YES** This selective substance use prevention program targets female adolescent athletes.
- NO**

RESEARCH RATINGS FOR BEHAVIORAL OUTCOMES

Quality of Research Ratings by Criteria (0.0-4.0 scale)

Outcome	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Overall Rating
Outcome 1: Diet pill use	3.5	3.5	3.5	1.5	2.5	3.0	2.9
Outcome 2: Use of body-shaping substances	3.5	3.5	3.5	1.5	2.5	3.0	2.9
Outcome 3: Behaviors and beliefs related to nutrition	2.5	2.5	3.5	1.5	2.3	2.5	2.5
Outcome 4: Risk and protective factors	2.5	2.5	3.5	1.5	2.5	3.0	2.6
Outcome 5: Alcohol and other drug use	3.5	2.5	3.5	1.5	1.5	2.5	2.5
Outcome 6: Tobacco use	3.5	2.5	3.5	1.5	1.5	2.5	2.5
Outcome 7: Knowledge of curriculum content	2.5	2.5	3.5	1.5	2.5	3.0	2.6

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Outcome 1: Diet pill use

Use of diet pills and other supplements was assessed using a self-report question format similar to the Monitoring the Future survey and the 2001 Youth Risk Behavior Survey. When compared with students who did not receive the intervention, students who participated in ATHENA reported reduced diet pill use during the past 3 months ($p < .05$). Although initiation of any substance use during the sport season was rare among both groups, intervention athletes were less likely than members of the comparison group to report starting use of diet pills ($p < .05$).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.5	3.5	3.5	1.5	2.5	3.0	Experimental
Meets Minimum:	✓	✓	✓		✓	✓	✓

Outcome 2: Use of body-shaping substances

Use of body-shaping substances was assessed using a question format similar to the Monitoring the Future survey and the 2001 Youth Risk Behavior Survey. Although initiating drug use during the sport season was infrequent, the ATHENA intervention group had fewer new users of body-shaping substances (i.e., amphetamines, anabolic steroids, muscle-building supplements) than did the comparison group ($p < .05$).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.5	3.5	3.5	1.5	2.5	3.0	Experimental
Meets Minimum:	✓	✓	✓		✓	✓	✓

Outcome 5: Alcohol and other drug use

The study assessed 3-month, 1-year, and lifetime alcohol and illicit drug use. Alcohol and drug use measures were recoded into dichotomous variables (e.g., < 5 days of marijuana use in the past 3 months, < 10 days of marijuana use in the past year, < 10 days of marijuana use in lifetime). At follow-up 1 year after the intervention (1-3 years following high school graduation), compared with students in schools without the intervention, graduates who participated in ATHENA reported significant reductions in lifetime ($p < .05$), 1-year ($p < .05$), and 3-month ($p < .001$) marijuana use; and significantly less lifetime ($p < .05$), 1-year ($p < .005$), and 3-month ($p < .001$) alcohol use.

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.5	2.5	3.5	1.5	1.5	2.5	Experimental
Meets Minimum:	✓	✓	✓				✓

Outcome 6: Tobacco use

The study assessed 3-month, 1-year, and lifetime tobacco use. Tobacco use measures were recoded into dichotomous variables (e.g., < 20 days of cigarette use in the past 3 months, < 20 days of cigarette use in the past year, < 20 days of cigarette use in lifetime). At follow-up 1 year after the intervention (1-3 years following high school graduation), compared with students in schools without the intervention, graduates who participated in ATHENA reported significantly less lifetime cigarette use ($p < .05$).

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Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.5	2.5	3.5	1.5	1.5	2.5	Experimental
Meets Minimum:	✓	✓	✓				✓

Do this program’s NREPP ratings meet the minimum research ratings for inclusion on the Science-Based Programs List?

YES

NO NREPP reports more than one behavioral outcome related to tobacco use, alcohol and other drug use, disruptive behavior, and/or violence for ATHENA. However, these behavioral outcomes related to substance use are not rated at or above the minimum standards on all criteria.