

## SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS ATLAS

Athletes Training and Learning To Avoid Steroids (ATLAS) is a school-based drug prevention program. ATLAS was designed for male high school athletes to deter drug use and promote healthy nutrition and exercise as alternatives to drugs. The curriculum consists of 10 45-minute interactive classroom sessions and three exercise training sessions facilitated by peer educators, coaches, and strength trainers. Program content includes (1) discussion of sports nutrition; (2) exercise alternatives to anabolic steroids and sports supplements; and (3) the effects of substance abuse in sports, drug refusal role-playing, and the creation of health promotion messages.

### 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 male 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: Intent to use anabolic steroids	2.7	2.5	3.3	3.0	2.6	3.2	<b>2.9</b>
Outcome 2: Anabolic steroid use	3.0	3.0	3.3	3.0	2.0	3.2	<b>2.9</b>
Outcome 3: Alcohol and other illicit drug use	3.0	3.2	3.3	3.0	2.6	3.2	<b>3.0</b>

#### **Outcome 2: Anabolic steroid use**

Anabolic steroid use was measured by a self-report instrument primarily using 5- to 7-point agreement scales. Athletes participating in ATLAS were compared with athletes who were given commercially produced materials that emphasized the adverse effects of anabolic steroids and the benefits of a sports nutrition diet. At the end of the football season, 7 new anabolic steroid users were reported in the ATLAS group, while 18 were reported in the comparison group ( $p < .04$ ).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.0	3.0	3.3	3.0	2.0	3.2	Experimental
Meets Minimum:	✓	✓	✓	✓	✓	✓	✓

**Outcome meets minimum standard for all criteria**

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### Outcome 3: Alcohol and other illicit drug use

Alcohol and other illicit drug use (marijuana, amphetamines, and narcotics) were measured by a self-report instrument primarily using 5- to 7-point agreement scales. Athletes participating in ATLAS were compared with athletes who were given commercially produced materials that emphasized the adverse effects of anabolic steroids and the benefits of a sports nutrition diet. Compared with athletes in the comparison group, athletes in the ATLAS group typically reported lower use of alcohol and illicit drugs, both at the end of the football season ( $p = .009$ ) and at 1-year follow-up ( $p < .04$ ).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.0	3.2	3.3	3.0	2.6	3.2	Experimental
Meets Minimum:	✓	✓	✓	✓	✓	✓	✓

**Outcome meets minimum standard for all criteria**

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

- YES** NREPP reports at least one behavioral outcome related to tobacco use, alcohol and other drug use, and/or violence for ATLAS. Of these behavioral outcomes related to alcohol and other drug use, at least one is rated at or above the minimum standards on all criteria.
- NO**