

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS ALL STARS

All Stars is a multiyear school-based program for middle school students (11 to 14 years old) designed to prevent and delay the onset of high-risk behaviors such as drug use, violence, and premature sexual activity. The program focuses on five topics important to preventing high-risk behaviors: (1) developing positive ideals that do not fit with high-risk behavior; (2) creating a belief in conventional norms; (3) building strong personal commitments; (4) bonding with school, prosocial institutions, and family; and (5) increasing positive parental attentiveness. The All Stars curriculum includes highly interactive group activities, games and art projects, small group discussions, one-on-one sessions, a parent component, and a celebration ceremony. The All Stars Core program consists of 13 45-minute class sessions delivered on a weekly basis by teachers, prevention specialists, or social workers. The All Stars Booster program is designed to be delivered 1 year after the core program and includes nine 45-minute sessions reinforcing lessons learned in the previous year. Multiple program packages are available to support implementation by either regular teachers or prevention specialists.

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 and universal substance use prevention program targets middle school students.
- 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: Personal commitment not to use drugs	2.5	2.0	2.5	2.1	1.8	2.5	2.2
Outcome 2: Lifestyle incongruence	2.5	2.0	2.5	2.1	1.8	2.5	2.2
Outcome 3: School bonding	2.5	2.0	2.5	2.1	1.8	2.5	2.2
Outcome 4: Normative beliefs	2.5	2.0	2.5	2.1	1.8	2.5	2.2
Outcome 5: Cigarette use	2.3	1.8	2.5	2.5	1.8	2.5	2.2
Outcome 6: Alcohol use	2.3	1.8	2.5	2.5	1.8	2.5	2.2
Outcome 7: Inhalant use	2.3	1.8	2.5	2.5	1.8	2.5	2.2

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Outcome 5: Cigarette use

Lifetime use of cigarettes (yes or no), past 30-day use (yes or no), and frequency of use in the past 30 days (not at all, 1-2 times, 3-9 times, 10-19 times, 20 or more times) was assessed by 4 survey items. When the program was delivered by a teacher, All Stars participants reported lower average levels of cigarette use at posttest compared with students who did not receive the program ($p < .05$).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	2.3	1.8	2.5	2.5	1.8	2.5	Experimental
Meets Minimum:	✓		✓	✓			✓

Outcome 6: Alcohol use

Lifetime use of alcohol (yes or no), past 30-day use (yes or no), and frequency of use in the past 30-days (not at all, 1-2 times, 3-9 times, 10-19 times, 20 or more times) was assessed by 8 survey items. When the program was delivered by a teacher, All Stars participants reported lower average levels of alcohol use at posttest compared with students who did not receive the program ($p < .05$).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	2.3	1.8	2.5	2.5	1.8	2.5	Experimental
Meets Minimum:	✓		✓	✓			✓

Outcome 7: Inhalant use

Lifetime use of inhalants (yes or no), past 30-day use (yes or no), and frequency of use in the past 30 days (not at all, 1-2 times, 3-9 times, 10-19 times, 20 or more times) was assessed by 4 survey items. When the program was delivered by a teacher, All Stars participants reported lower average levels of inhalant use at posttest compared with students who did not receive the program ($p < .05$).

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	2.3	1.8	2.5	2.5	1.8	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 for All Stars. However, these behavioral outcomes related to substance use are not rated at or above the minimum standards on all criteria.