

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS LIONS QUEST SKILLS FOR ADOLESCENCE

Lions Quest Skills for Adolescence (SFA) is a multicomponent, comprehensive life skills education program designed for schoolwide and classroom implementation in grades 6-8 (ages 10-14). The goal of Lions Quest programs is to help young people develop positive commitments to their families, schools, peers, and communities and to encourage healthy, drug-free lives. Lions Quest SFA unites educators, parents, and community members to utilize social influence and social cognitive approaches in developing the following skills and competencies in young adolescents: (1) essential social/emotional competencies, (2) good citizenship skills, (3) strong positive character, (4) skills and attitudes consistent with a drug-free lifestyle and (5) an ethic of service to others within a caring and consistent environment. The learning model employs inquiry, presentation, discussion, group work, guided practice, service-learning, and reflection to accomplish the desired outcomes. Lions Quest SFA is comprised of a series of 80 45-minute sequentially developed skill-building sessions, based on a distinct theme, that may be adapted to a variety of settings or formats.

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 universal substance abuse 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: Social functioning | 2.0 | 1.0 | 2.0 | 2.0 | 3.0 | 4.0 | 2.3 |
| Outcome 2: Success in school | 3.9 | 3.9 | 1.5 | 2.4 | 1.9 | 2.5 | 2.7 |
| Outcome 3: Misconduct | 0.5 | 2.0 | 2.0 | 2.0 | 2.0 | 4.0 | 2.1 |
| Outcome 4: Attitudes and knowledge related to alcohol and other drugs (AOD) | 3.5 | 3.5 | 2.0 | 3.5 | 3.0 | 3.0 | 3.1 |
| Outcome 5: Tobacco use | 4.0 | 4.0 | 0.0 | 2.0 | 1.0 | 3.0 | 2.3 |
| Outcome 6: Alcohol use | 3.8 | 3.8 | 2.0 | 2.3 | 2.5 | 4.0 | 3.0 |
| Outcome 7: Marijuana use | 3.5 | 3.5 | 2.5 | 3.5 | 4.0 | 4.0 | 3.5 |

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Outcome 3: Misconduct

Misconduct was measured through teachers' daily logs of individual students' low-level aggressive acts (e.g., insubordination, verbal abuse, loitering or trespassing, refusal to identify self, smoking in school or on school property, gambling, demonstration, truancy, disruptive conduct, and unauthorized use of materials or equipment). SFA participants had half the number of negative behaviors in the intervention and follow-up periods compared with other students ($p < .022$). SFA participants also received comparatively lower misconduct ratings from their teachers during the intervention.

| Criteria | Reliability | Validity | Fidelity | Missing Data/Attrition | Confounding Variables | Data Analysis | Study Design |
|---------------|-------------|----------|----------|------------------------|-----------------------|---------------|--------------------|
| Rating | 0.5 | 2.0 | 2.0 | 2.0 | 2.0 | 4.0 | Quasi-experimental |
| Meets Minimum | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Outcome 5: Tobacco use

Tobacco use was measured by asking students, in a survey called "Drug Use," about how often in the past month they chewed tobacco or smoked cigarettes. Response options ranged from "not at all" to "every day." Participants in the Living Healthy and Drug-Free unit of SFA had lower levels of current chewing tobacco use than other students, after controlling for preintervention use ($p < .001$). No statistically significant effects were found for cigarette smoking.

| Criteria | Reliability | Validity | Fidelity | Missing Data/Attrition | Confounding Variables | Data Analysis | Study Design |
|---------------|-------------|----------|----------|------------------------|-----------------------|---------------|--------------------|
| Rating | 4.0 | 4.0 | 0.0 | 2.0 | 1.0 | 3.0 | Quasi-experimental |
| Meets Minimum | ✓ | ✓ | | ✓ | | ✓ | ✓ |

Outcome 6: Alcohol use

In one study, current alcohol use was measured by asking students, in a survey called "Drug Use," how often in the past month they drank beer or wine coolers, or liquor. Response options ranged from "not at all" to "every day." Students were also asked how much they thought they would drink beer or wine coolers, or liquor in the next month. Response options were "not at all," "more than this month," "about the same as this month," and "less than this month." In a second study, alcohol use prevalence rates were assessed through a set of standard items that was modified, when necessary, following pretesting with the target population. Participants in the Living Healthy and Drug-Free unit of SFA had lower levels of current beer use, lower predicted future use of beer, and lower predicted use of liquor than comparison groups, after controlling for preintervention use ($p < .02$). In schools using SFA, 27% of students with a history of binge drinking reported binge drinking at the end of the 8th grade, compared with 37% of binge drinking students in other schools ($p < .01$).

| Criteria | Reliability | Validity | Fidelity | Missing Data/Attrition | Confounding Variables | Data Analysis | Study Design |
|---------------|-------------|----------|----------|------------------------|-----------------------|---------------|-------------------------------------|
| Rating | 3.8 | 3.8 | 2.0 | 2.3 | 2.5 | 4.0 | Quasi-experimental and Experimental |
| Meets Minimum | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Outcome meets minimum standard for all criteria

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Outcome 7: Marijuana use

Recent and lifetime marijuana use was assessed using standard questions adapted from the Monitoring the Future survey. About 27% of SFA participants and 30% of a comparison group reported lifetime use of marijuana following the intervention ($p = .05$). About 11% of SFA participants and 14% of the comparison group reported use during the past 30 days, after controlling for preintervention use and demographic and psychosocial variables ($p = .03$).

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|---------------|-------------|----------|----------|------------------------|-----------------------|---------------|--------------|
| Criteria | Reliability | Validity | Fidelity | Missing Data/Attrition | Confounding Variables | Data Analysis | Study Design |
| Rating | 3.5 | 3.5 | 2.5 | 3.5 | 4.0 | 4.0 | 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, disruptive behavior, and/or violence for Lions Quest Skills for Adolescence. Of these behavioral outcomes related to tobacco, alcohol and other drug use, and violence, at least one is rated at or above the minimum standards on all criteria.
- NO**