

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS PROJECT ALERT

Project ALERT is a school-based prevention program for middle or junior high school students that focuses on alcohol, tobacco, and marijuana use. It seeks to prevent adolescent nonusers from experimenting with these drugs, and to prevent youths who are already experimenting from becoming more regular users or abusers. Based on the social influence model of prevention, the program is designed to help motivate young people to avoid using drugs and to teach them the skills they need to understand and resist prodrug social influences. The curriculum is comprised of 11 lessons in the first year and 3 lessons in the second year. Lessons involve small-group activities, question-and-answer sessions, role-playing, and the rehearsal of new skills to stimulate students' interest and participation. The content focuses on helping students understand the consequences of drug use, recognize the benefits of nonuse, build norms against use, and identify and resist prodrug pressures.

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 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: Substance use (alcohol, tobacco, and marijuana)	4.0	4.0	4.0	4.0	4.0	4.0	4.0
Outcome 2: Attitudes and resistance skills related to alcohol, tobacco, and other drugs	4.0	4.0	4.0	4.0	4.0	4.0	4.0

Outcome 1: Substance use (alcohol, tobacco, and marijuana)

For alcohol, cigarettes, and marijuana, student questionnaires asked about lifetime use, frequency of use within the past month and year, and the amount used. Students were also asked if they had suffered negative consequences due to the use of these drugs (e.g., missed school, did something they later felt sorry for, got into trouble at home or at school). In multiple randomized control group studies, Project ALERT produced lasting outcomes for participants from a variety of ethnic and economic backgrounds who were at low, moderate, or high risk for alcohol, tobacco, or marijuana use. Overall, Project ALERT was equally effective when taught solely by classroom leaders and when teen leaders were included in classroom delivery. Analyses at the end of grade 8 (15 months after baseline) assessed students by risk level for future drug use. Among students who had tried neither cigarettes nor marijuana at the beginning of 7th grade, Project ALERT participants were nearly 50% less likely than other students to become current marijuana users by 8th grade. After incorporation of the 8th-grade booster sessions, this figure increased to more than 60%. Project ALERT participants were 30% less likely than other students to begin using marijuana. All of these findings were statistically significant ($p < .05$). For alcohol use, Project ALERT initially produced only modest, short-lived reductions. However, the revised Project ALERT, which incorporated additional material on alcohol, reduced the likelihood of alcohol use by 24%. Participants in the revised Project ALERT schools were also less likely to

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suffer alcohol-related consequences such as fighting and getting in trouble at home or school because of drinking ($p < .05$). These effects continued into the 8th grade. The revised Project ALERT curriculum also had preventive effects on alcohol, cigarette, and marijuana use among students who had tried these substances by 7th grade ($p < .05$).

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	4.0	4.0	4.0	4.0	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 one behavioral outcome related to tobacco use, alcohol and other drug use, disruptive behavior, and/or violence for Project ALERT. This behavioral outcome related to tobacco, alcohol, and other drug use is rated at or above the minimum standards on all criteria.
- NO**