

## SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS PROJECT EX

Project EX is a school-based smoking-cessation clinic program for adolescents that stresses motivation, coping skills, and personal commitment. Consisting of eight 40- to 45-minute sessions delivered over a 6-week period, the program curriculum includes strategies for coping with stress, dealing with nicotine withdrawal, and avoiding relapses. Project EX uses engaging and motivating activities such as games and yoga to reduce or stop smoking among adolescents and teach self-control, anger management, mood management, and goal-setting techniques. Adolescents are provided with accurate information about the social, emotional, environmental, and physiological consequences of tobacco use. The first four sessions are intended to prepare students for an attempt at quitting smoking, which should take place between sessions 4 and 6. The remaining sessions are designed to maintain quit status and enhance quit attempts. Project EX clinics operate during school hours. Each clinic group can accommodate 8 to 15 students.

### 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 indicated smoking cessation program targets middle and high 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: Tobacco use	2.8	3.3	2.5	4.0	3.0	2.8	<b>3.0</b>
Outcome 2: Motivation to quit tobacco use	2.0	2.0	3.8	4.0	4.0	4.0	<b>3.3</b>

#### **Outcome 1: Tobacco use**

Thirty-day use of cigarettes, smokeless tobacco, and cigars was measured at baseline and again at follow-up using time-anchored rating scales, the Nicotine Dependence Scale, and carbon monoxide measurement in expired breath samples. Participants were asked to rate their use of cigarettes, cigars, and smokeless tobacco over the prior 30 days. Participants were coded either as "quitters" (had not used at all over the prior 30 days) or "nonquitters" (had used at all over that period). The outcome of interest was the proportion of participants in the conditions categorized as "quitters" versus "nonquitters" at the follow-up time-point (about 3 months postintervention). At follow-up about 3 months postintervention, the 30-day abstinence rate for Project EX participants completing the clinic was 30%, compared with 16% for the control group ( $p < .05$ ). Using a more conservative intent-to-treat analysis that included those who dropped out of the clinic yielded similar results (30% and 16% for the clinic and control groups, respectively;  $p < .05$ ). Using the most conservative approach and counting all those not contacted at follow-up as still using tobacco produced a 30-day quit rate of 19% across all clinic participants, compared with the 10% found in the control group.

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PROJECT EX**

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	2.8	3.3	2.5	4.0	3.0	2.8	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 at least one behavioral outcome related to tobacco use, alcohol and other drug use, disruptive behavior, and/or violence for Project EX. However, this behavioral outcome related to tobacco is not rated at or above the minimum standards on all criteria.