

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS PROJECT NORTHLAND

Project Northland is a multilevel intervention involving students, peers, parents, and community in programs designed to delay the age at which adolescents begin drinking, reduce alcohol use among those already drinking, and limit the number of alcohol-related problems among young drinkers. Administered to adolescents in grades 6-8 on a weekly basis, the program has a specific theme within each grade level that is incorporated into the parent, peer, and community components. The 6th-grade home-based program targets communication about adolescent alcohol use utilizing student-parent homework assignments, in-class group discussions, and a communitywide task force. The 7th-grade peer- and teacher-led curriculum focuses on resistance skills and normative expectations regarding teen alcohol use, and is implemented through discussions, games, problem-solving tasks, and role-plays. During the first half of the 8th-grade Powerlines peer-led program, students learn about community dynamics related to alcohol use prevention through small group and classroom interactive activities. During the second half, they work on community-based projects and hold a mock town meeting to make community policy recommendations to prevent teen alcohol use.

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 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: Tendency to use alcohol	3.5	3.8	2.8	3.5	3.0	3.8	3.4
Outcome 2: Past-week alcohol use	3.5	3.8	2.8	3.5	3.0	3.8	3.4
Outcome 3: Past-month alcohol use	3.5	3.8	2.8	3.5	3.0	3.8	3.4
Outcome 4: Peer influence to use alcohol	3.0	3.0	2.3	3.0	2.5	3.5	2.9
Outcome 5: Reasons not to use alcohol	3.0	3.0	2.3	3.0	2.5	3.5	2.9
Outcome 6: Parent-child communication about alcohol	3.0	3.0	2.3	3.0	2.5	3.5	2.9

Outcome 2: Past-week alcohol use

Alcohol use over the past week was assessed with an item from the Monitoring the Future survey: "On how many occasions have you had alcoholic beverages to drink during the last 7 days?" Students responded using a 7-point Likert scale ranging from 1 (0 occasions) to 7 (40 or more occasions). By the end of the

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intervention, fewer students who participated in Project Northland reported any alcohol use during the past week than comparable students (10.5% vs. 14.8%, $p < .05$). This finding was especially strong among students who never used alcohol before participating in Project Northland (5.9% vs. 9.8%, $p < .01$).

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	3.5	3.8	2.8	3.5	3.0	3.8	Experimental
Meets Minimum	✓	✓	✓	✓	✓	✓	✓

Outcome meets minimum standard for all criteria

Outcome 3: Past-month alcohol use

Alcohol use over the past month was measured using an item from the Monitoring the Future survey: "On how many occasions have you had alcoholic beverages to drink during the last 30 days?" Students responded using a 7-point Likert scale ranging from 1 (0 occasions) to 7 (40 or more occasions). By the end of the intervention, fewer students who participated in Project Northland reported any alcohol use during the past month than comparable students (23.6% vs. 29.2%, $p < .05$). This finding was equally strong among students who never used alcohol before participating in Project Northland (15.3% vs. 21.2%, $p < .05$).

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	3.5	3.8	2.8	3.5	3.0	3.8	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 Project Northland. Of these behavioral outcomes related to alcohol use, at least one is rated at or above the minimum standards on all criteria.
- NO**