

## SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS PROJECT TOWARDS NO DRUG ABUSE

Project Towards No Drug Abuse (Project TND) is a drug use prevention program for high school youth. The current version of the curriculum is designed to help students develop self-control and communication skills, acquire resources that help them resist drug use, improve decision-making strategies, and develop the motivation to not use drugs. It is packaged in 12 40-minute interactive sessions to be taught by teachers or health educators. The TND curriculum was developed for high-risk students in continuation or alternative high schools. It has also been tested among traditional high school 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, selective, and universal substance abuse prevention program targets 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: Alcohol and tobacco use	3.5	3.0	3.3	2.5	3.8	3.8	<b>3.3</b>
Outcome 2: Marijuana and "hard drug" use	4.0	3.0	3.3	2.5	3.8	3.8	<b>3.4</b>
Outcome 3: Risk of victimization	2.5	2.0	3.3	2.5	3.5	4.0	<b>3.0</b>
Outcome 4: Frequency of weapons-carrying	2.0	2.0	3.3	2.5	3.5	4.0	<b>2.9</b>

#### **Outcome 1: Alcohol and tobacco use**

Self-reported frequency of alcohol and tobacco use in the past 30 days was measured at pretest, immediately after the Project TND intervention, and yearly for up to 5 years after the intervention. In some analyses, students who were high alcohol users at pretest were compared across conditions, and the data from males and females were analyzed separately when interactions were found. At 1-year follow-up across three studies, students in Project TND schools who used alcohol prior to the intervention exhibited reduction in alcohol use prevalence of between 7% and 12% ( $p < .05$ ) relative to similar students in control schools. At 1-year follow-up of a study using an expanded 12-session TND curriculum, students in Project TND schools exhibited reduction in cigarette use of 27% ( $p < .05$ ) relative to students in control schools. At 2-year follow-up, students in Project TND schools were about half as likely to use tobacco ( $p = 0.016$ ), compared with students in control schools.

**SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS  
PROJECT TOWARDS NO DRUG ABUSE**

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	3.5	3.0	3.3	2.5	3.8	3.8	Experimental
Meets Minimum	✓	✓	✓	✓	✓	✓	✓

**Outcome meets minimum standard for all criteria**

**Outcome 2: Marijuana and hard drug use**

Self-reported frequency of marijuana and hard drug use in the past 30 days was measured at pretest, immediately after the Project TND intervention, and yearly for up to 5 years after the intervention. In some analyses presented, the measures were coded as "user" or "nonuser," high pretest users were examined separately, and males and females were examined separately. At 1-year follow-up across three studies, students in Project TND curriculum schools exhibited a 25% reduction in rates of hard drug use relative to students in control schools ( $p < .05$ ). At 1-year follow-up of a study using an expanded 12-session TND curriculum, students in Project TND schools exhibited a reduction in marijuana use of 22% ( $p < .05$ ) relative to students in control schools. At 2-year follow-up, students in Project TND schools were about one fifth as likely to use hard drugs ( $p = .02$ ) and, among males who were nonusers at pretest, about one tenth as likely to use marijuana (odds ratio = 0.12,  $p = .03$ ), relative to similar students in control schools. At 4- to 5-year follow-up, students in Project TND schools were less likely to report using hard drugs than students in control schools ( $p = .02$ ).

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	4.0	3.0	3.3	2.5	3.8	3.8	Experimental
Meets Minimum	✓	✓	✓	✓	✓	✓	✓

**Outcome meets minimum standard for all criteria**

**Outcome 4: Frequency of weapons-carrying**

This outcome was measured by self-reported frequency of weapons-carrying in the past 12 months. Six response options ranged from "never" to "five or more times." In two studies, male students who participated in Project TND exhibited a 19%-21% relative reduction in weapons-carrying at 1-year follow-up.

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	2.0	2.0	3.3	2.5	3.5	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 Project TND. Of these behavioral outcomes related to tobacco use, alcohol and other drug use, and violence, at least one is rated at or above the minimum standards on all criteria.

**NO**