

## NREPP RATING ANALYSIS BY THE CALIFORNIA HEALTHY KIDS RESOURCE CENTER PROJECT TOWARDS NO TOBACCO USE

### Program Abstract Posted on NREPP

Project Towards No Tobacco Use (Project TNT) is a classroom-based curriculum that aims to prevent and reduce tobacco use by students in grades 5-9 (10-14 years old). The intervention was developed for a universal audience and has served students with a wide variety of risk factors. Designed to counteract multiple causes of tobacco use simultaneously, Project TNT is based on the theory that youth will be better able to resist tobacco use if they are aware of misleading information that facilitates tobacco use (e.g., pro-tobacco advertising, inflated estimates of the prevalence of tobacco use), have skills that counteract the social pressures to obtain approval by using tobacco, and appreciate the physical consequences of tobacco use. Project TNT comprises 10 core lessons and 2 booster lessons, all 40-50 minutes in duration. The core lessons are designed to be taught over a 2-week period but may be spread out over as long as 4 weeks. Booster lessons, which are taught 1 year afterward, are intended to be delivered over 2 consecutive days but may be taught 1 week apart. The curriculum uses a wide variety of activities to encourage student involvement and participation. Activities include games, videos, role-plays, large and small group discussion, use of student worksheets, homework assignments, activism letter writing, and a videotaping project. The two-lesson booster program summarizes previously learned material and discusses how this material might be used in daily living.

### A. Does this program meet the minimum program requirements for inclusion on the Science-Based Programs List?

- YES This universal tobacco-use prevention program targets middle school aged children.  
 NO

#### 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

### B. 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 for Project TNT. This behavioral outcome is rated at or above the minimum standards on all criteria.  
 NO

#### NREPP's 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	3.5	3.5	2.5	3.5	3.5	3.5	3.3
Outcome 2: Cost effectiveness	3.5	3.5	3.0	3.5	3.5	3.5	3.4

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### Behavioral Outcome(s) Reported by NREPP

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

Tobacco use was measured using a self-report questionnaire assessing lifetime tobacco use and frequency of use. The study assigned 48 junior high schools to one of four Project TNT treatment conditions or a usual-care control condition. One Project TNT treatment condition exposed students to the full Project TNT curriculum. The other treatment conditions tested independent implementations of three Project TNT curriculum components targeting factors that influence tobacco use: normative social influence (e.g., peer offers to use tobacco as a form of acceptance), informational social influence (e.g., advertising or pro-tobacco-use statements by peers), and knowledge of the physical consequences of tobacco use. Students in the usual-care control condition were exposed to the typically occurring anti-tobacco efforts implemented in their schools.

From posttest to 1-year follow-up:

Although tobacco use generally increased in the sample, students in the physical consequences, informational social influence, and full curriculum conditions showed smaller increases in trial cigarette use (6.1%, 7.1%, and 7.3%, respectively) than students in the control and normative social influence conditions (9.3% and 10.2%, respectively) ( $p < .05$ ).

- Students in the full curriculum, physical consequences, and informational social influence conditions showed smaller increases in weekly cigarette use (2.0%, 2.6%, and 3.2%, respectively) than students in the normative social influence and control conditions (5.3% and 5.6%, respectively) ( $p < .05$ ).
- Students in the full curriculum, physical consequences, and normative social influence conditions showed smaller increases in trial smokeless tobacco use (1.7%, 2.4%, and 2.6%, respectively) than students in the informational social influence and control conditions (3.5% and 4.1%, respectively) ( $p < .05$ ).
- While students in the full curriculum condition showed a decrease in weekly smokeless tobacco use (0.4%), use increased among students in the normative social influence, informational social influence, control, and physical consequences conditions (0.3%, 0.5%, 0.5%, and 0.6%, respectively) ( $p < .05$ ).

From posttest to 2-year follow-up:

- Although tobacco use generally increased in the sample, students in the physical consequences, informational social influence, full curriculum, and normative social influence conditions showed smaller increases in trial cigarette use (13%, 15%, 16%, and 17%, respectively) than students in the control condition (23%) ( $p < .05$ ).
- Students in the full curriculum condition also showed smaller increases in weekly cigarette use (4%) than students in the control group (9%) ( $p < .05$ ).
- While students in the physical consequences condition showed no change in trial use and a decrease in weekly use (1%) of smokeless tobacco, students in the control condition showed an increase in use (7% and 1%, respectively) ( $p < .05$ ).

NREPP Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
NREPP Ratings for Project TNT	3.5	3.5	2.5	3.5	3.5	3.5	Experimental
CDE Minimum Ratings	2.0	2.0	2.0	2.0	2.0	3.0	Experimental or Quasi-experimental
Meets Minimum?	✓	✓	✓	✓	✓	✓	✓

**Outcome meets minimum standard for all criteria**