

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS

KEEPIN' IT REAL

Keepin' it REAL is a multicultural, school-based substance use prevention program for students aged 12-14 years. Keepin' it REAL uses a 10-lesson curriculum taught by trained classroom teachers in 45-minute sessions over 10 weeks, with booster sessions delivered in the following school year. The curriculum is designed to help students assess the risks associated with substance abuse, enhance decisionmaking and resistance strategies, improve antidrug normative beliefs and attitudes, and reduce substance use. The narrative and performance-based curriculum draws from communication competence theory and a culturally grounded resiliency model to incorporate traditional ethnic values and practices that protect against substance use. The curriculum places special emphasis on resistance strategies represented in the acronym "REAL" (Refuse offers to use substances, Explain why you do not want to use substances, Avoid situations in which substances are used, and Leave situations in which substances are used).

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 use 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: Alcohol, cigarette, and marijuana use	3.0	3.0	2.0	2.8	2.5	3.0	2.7
Outcome 2: Anti-substance use attitudes	2.5	3.0	2.0	2.8	2.5	3.0	2.6
Outcome 3: Normative beliefs about substance use	2.5	2.5	2.0	2.8	2.5	3.0	2.5
Outcome 4: Substance use resistance	0.0	0.5	2.0	2.5	2.3	3.0	1.7

Outcome 1: Alcohol, cigarette, and marijuana use

Substance use was compared using self-reported quantity and frequency of use before the program and at 2, 8, and 14 months after students completed the curriculum. Questionnaires asked how often and how much students used alcohol, cigarettes, and marijuana (e.g., "On how many of the past 30 days did you use alcohol?" "How many drinks have you had in the past 30 days?"). Curriculum participants reported lower alcohol, marijuana, and cigarette use than students who did not receive the program. Effects lasted up to 14 months for alcohol use and marijuana use and up to 8 months for cigarette use. Matching students' language preference to a particular version of the curriculum (i.e., Spanish or English curriculum) did not improve outcomes for reported substance use. Intervention

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students who received the Mexican American or the multicultural versions of the curriculum reported lower alcohol use than control students ($p = .0018$ and $p = .0001$, respectively). Students who received the multicultural version of the curriculum also reported a slower increase in marijuana use over time compared with control students ($p = .0061$). Forty percent of participants who used alcohol at baseline reported reductions in alcohol use after receiving the curriculum, compared with 30% of control students who were baseline users ($p < .001$). Thirty-two percent of intervention students who used alcohol at baseline reported discontinuation of use, compared with 24% of control students who were baseline users ($p < .01$). Positive outcomes occurred primarily among students who saw four or five of the curriculum videos. For example, compared with control students, intervention students who saw four or more intervention videos reported fewer days of alcohol use ($p < .001$), fewer drinks consumed ($p = .029$), fewer days of marijuana use ($p = .007$), and fewer "hits" of marijuana ($p = .007$). Curriculum participants who saw fewer than four videos did not report lower rates of substance use.

Criteria:	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating:	3.0	3.0	2.0	2.8	2.5	3.0	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 substance use for keepin' it REAL. This behavioral outcome related to alcohol, cigarette, and marijuana use is rated at or above the minimum standards on all criteria.
- NO**