

Process monitoring protocol

1. The importance of the process monitoring

Process monitoring, and consequent evaluation, is an essential component of any experimental setting, in particular in multicentric studies.

Monitoring the process can be seen as a quality assurance requirement both for the intervention program as such and for the study protocol as a whole. Moreover, it is important for the evaluation of effectiveness to know the level of exposure to the intervention (fidelity analysis). A thorough control on the field operations is of course unfeasible, because it would involve a constant surveillance of the activities in each single class, school, and country. Moreover, the surveillance itself would be part of the process, therefore differences in the surveillance system may account for different capability of detecting important pitfalls in the program application.

To be able to effectively accomplish a successful monitoring, the monitoring plan should:

- 1. tackle few relevant dimensions
- 2. be included in the activity package from the very beginning
- 3. employ as few and as easy instruments as possible.

When implementing the Unplugged program, some aspects of program implementation can be easily monitored at the level of the minimal unit (e.g. class, school). In the following pages a description of these aspects and a presentation of the tools to be used to perform the monitoring is provided.

The center staff will provide the teachers (and the trainers) with the necessary copies of the monitoring forms during the training course, or afterwards, according to the individual agreements.

2. Objectives of the process monitoring

The main objective of the process monitoring is to evaluate and when possible increase the quality of the implementation of the program.

Specific objectives are:

- 1. to evaluate the adherence to the program activities, i.e. whether each single activity takes place as planned;
- 2. to evaluate the attendance of the target population;
- 3. to make the deliverer rating of the success/usefulness of the units;
- 4. to record prevention activities implemented in the intervention classes;
- 5. to record prevention activities implemented in the control classes;
- 6. to record the deliverer rating of the success/usefulness of the parent workshops;
- 7. to evaluate students satisfaction of the programme;
- 8. to evaluate teachers satisfaction of the programme.



3. Tools to evaluate the adherence and the success of the Unplugged activities

Three dimensions deserve to be monitored at this level:

- The sessions application (i.e. if each single session and its suggested components have been implemented and when in the time course)
- The size of the exposed group (i.e. how many children were present in the class)
- Qualitative aspects (i.e. subjective judgment of children interest, of own performance, etc.)

To monitor these aspects, a process monitoring form (see Annex Unit 1- Unit 12) must be completed for each unit in each intervention class, i.e. The final number of forms should be equal to (12×12) number of classes) in all the intervention schools.

The teachers should be instructed to complete the form immediately after each session.

The center staff will be in constant contact with the teachers and will monitor the completion of the forms all along the program. Afterwards, he/she will collect all the forms and will input the data on a specific mask provided by OED.

4. Tools to register prevention activities in the intervention classes

A form reporting all health education activities ongoing in the classes implementing Unplugged should be also completed (see annex page 17) through a telephone interview or other direct contact between the local coordinator and the teachers. This form can be completed at the end of the school year.

5. Tools to register prevention activities in the control classes

The prevention activities implemented in the control (Usual Curriculum) classes in the study period have to be collected and registered filling a specific form (annex page 18).

Monitoring these activities is necessary in order to account for:

- 1. Contamination i.e. the adoption of programs similar to the one to be tested;
- 2. Intensity of exposure, i.e. control classes may theoretically have longer, even if not similar, exposure to health education curricula.

The most cost-effective procedure for monitoring class activities in the control schools seems to be the following:

- Obtain the name of a "contact teacher" for each class in the control arm
- Alert the contact person that information on the health education curricula in the class will be collected at the end of year by a structured telephone interview. Therefore he/she is to try to gather all relevant information on such activities during the semester.

6. Tools to evaluate the adherence and the success of parents workshops/seminars

Similarly to the form evaluating the application of the units, the parents workshops have to be evaluated recording:



- The workshop application (i.e. if each single workshop/seminar and its suggested components have been implemented)
- The size of the exposed group (i.e. how many parents were present in the seminar by class)
- Qualitative aspects (i.e. subjective judgment of success, of own performance, etc.)

To monitor these aspects, a process monitoring form (see Annexes pages 19-24) must be completed for each workshop.

The trainers should complete the form immediately after each workshop.

The forms will be entered on a specific mask provided by OED.

7. Tools to evaluate teachers' satisfaction

To evaluate teachers' satisfaction, a short questionnaire (see Annex pages 25-26) must be completed at the end of the program by each teacher who implemented the programme. The center staff will collect all the forms and will enter the data on a specific mask provided by OED.

8. Tools to evaluate students' satisfaction

To evaluate students' satisfaction, a short questionnaire (see Annex pages 27-28) must be completed at the end of the program by each student.

The center staff will collect all the forms and will input the data on a specific mask provided by OED.





UNIT 1: Opening "Unplugged"

COUNTRY		С	ODE L	Ш
SCHOOL		С	ODE L	Ш
CLASS		С	ODE L	Ш
Responsible teacher (name)				
Date of implementation of this unit (dd/mm/yy)		 	•••••	
This unit was carried on in approximately:	∐ hours	s LLLI min	utes	
Number of students participating in this unit: $lacksquare$	Ц			
The following activities were performed: pleas activities actually carried out during this particular skipping any activity among the free commentaries	unit. Pleas			
Activity Opening: introduction to Unplugged Brainstorm "Unplugged" Main activities: work in small groups: "what do Creating the class contract Closure: personal reflection		tivity code 1A 1B t?" 1C 1D 1E		
Your subjective rating on the work with this u	ınit:			
	None/ Not at all	Moderate/ Moderately	High/ Fairly	Veryhigh Very much
Students' interest Interactivity level How comfortable the teacher felt teaching this unit				
Anything you feel worth to report on the work skipping/modifying particular activities, etc)	with thi	s unit (incl	ude rea	sons for



UNIT 2: To be or not to be in a group

COUNTRY		С	ODE L	Ш	
SCHOOL	CODE L				
CLASS		C	ODE L	Ц	
Responsible teacher (name)					
			•••••	•••••	
Date of implementation of this unit (dd/mm/yy)	ا لـلـا				
This unit was carried on in approximately: $lacksquare$	∐ hours	min	utes		
Number of students participating in this unit: $lacksquare$	Ц				
The following activities were performed: pleas activities actually carried out during this particular skipping any activity among the free commentaries	unit. Pleas				
Activity	Ac	tivity code			
Opening: discussion on group pressure		2A			
Role play 1: "How groups sometimes act" Role play 2: "how groups should act"		2B 2C			
Evaluation of situation plays		2C 2D			
Closure on the student workbook		2E			
Your subjective rating on the work with this u	ınit:				
	None/ Not at all	Moderate/ Moderately		Veryhigh Very much	
Students' interest					
Interactivity level					
How comfortable the teacher felt teaching this unit					
Anything you feel worth to report on the work skipping/modifying particular activities, etc)	with this	s unit (incl	ude rea	sons for	



UNIT 3: Alcohol

COUNTRY		C	ODE L	Ш	
SCHOOL		C	ODE L	Ш	
CLASS	CODE LL				
Responsible teacher (name)					
Date of implementation of this unit (dd/mm/yy)	 ا للا	 	•••••		
This unit was carried on in approximately:	⊔ _{hours}	LLL min	utes		
Number of students participating in this unit:	Ц				
The following activities were performed: please activities actually carried out during this particular skipping any activity among the free commentaries Activity Opening: group discussion Collage Create a character	unit. Please		•	-	
Your subjective rating on the work with this u	nit:				
Students' interest Interactivity level How comfortable the teacher felt teaching this unit	•	Moderate/ Moderately	High/ Fairly	Veryhigh Very much	
Anything you feel worth to report on the work skipping/modifying particular activities, etc)	with this	unit (incl	ude rea	sons for	



UNIT 4: Reality check

COUNTRY	CODE L				
SCHOOL	CODE LL				
CLASS		С	ODE L	Ш	
Responsible teacher (name)					
Date of implementation of this unit (dd/mm/yy)	ا للا	ш ш	•••••		
This unit was carried on in approximately:	⊔ _{hours}	min	utes		
Number of students participating in this unit:					
The following activities were performed: please activities actually carried out during this particular skipping any activity among the free commentaries Activity Opening: discussion on information sources How many times Estimated figures about drug use Actual figures about drug use Closure: critical thinking	unit. Pleas		•	_	
Your subjective rating on the work with this u					
	None/ Not at all	Moderate/ Moderately	.	Veryhigh Very much	
Students' interest Interactivity level How comfortable the teacher felt teaching this unit					
Anything you feel worth to report on the work skipping/modifying particular activities, etc)	with this	s unit (incl	ude rea	sons for	



UNIT 5: Smoking the cigarette drug

COUNTRY		С	ODE L	Ш
SCHOOL		C	ODE L	ш
CLASS		C	ODE L	Ш
Responsible teacher (name)				
			•••••	
Date of implementation of this unit (dd/mm/yy)				
This unit was carried on in approximately:	∐ hours	s LLI min	utes	
Number of students participating in this unit:	Ш			
The following activities were performed: pleas activities actually carried out during this particular skipping any activity among the free commentaries	unit. Pleas		•	_
Activity	Ac	tivity code		
Opening: knowledge test on cigarettes		5A 5B		
☐ Pro and contra arguments☐ The court		5C		
☐ Closure: feedback on Unplugged programme		5D		
Your subjective rating on the work with this u				
	•	Moderate/ Moderately	•	Veryhigh Very much
Students' interest				
Interactivity level				
How comfortable the teacher felt teaching this unit				
Anything you feel worth to report on the worl skipping/modifying particular activities, etc)	c with thi	s unit (incl	ude rea	isons for



UNIT 6: Express yourself CODE LL COUNTRY _____ CODE LL SCHOOL CODE LL CLASS Responsible teacher (name) Date of implementation of this unit (dd/mm/yy) hours III minutes This unit was carried on in approximately: \Box Number of students participating in this unit: The following activities were performed: please, tick the boxes corresponding to the activities actually carried out during this particular unit. Please report the reasons for skipping any activity among the free commentaries. **Activity code Activity** Opening: working on emotion-word cards 6A Situations and emotion expression 6B 6C Closure: the telephone book Your subjective rating on the work with this unit: None/ Moderate/ High/ Veryhigh Not at all Moderately Fairly Very much Students' interest Interactivity level How comfortable the teacher felt teaching this unit Anything you feel worth to report on the work with this unit (include reasons for

skipping/modifying particular activities, etc)



UNIT 7: Get up, stand up CODE LL COUNTRY _____ CODE LL SCHOOL CODE LL CLASS Responsible teacher (name) Date of implementation of this unit (dd/mm/yy) hours III minutes This unit was carried on in approximately: \Box Number of students participating in this unit: The following activities were performed: please, tick the boxes corresponding to the activities actually carried out during this particular unit. Please report the reasons for skipping any activity among the free commentaries. **Activity Activity code** Opening: short review of the previous unit 7A Teacher-led discussion 7B Main activities: when am I assertive? 7C Main activities: practical refusal statements 7D Main activities: individual processing 7E Closure: assignment of tasks 7F Your subjective rating on the work with this unit: High/ Veryhigh None/ Moderate/ Very much Not at all Moderately Fairly Students' interest Interactivity level How comfortable the teacher felt teaching this unit Anything you feel worth to report on the work with this unit (include reasons for skipping/modifying particular activities, etc)



UNIT 8: Party tiger CODE LL COUNTRY _____ CODE LL SCHOOL CODE LL CLASS Responsible teacher (name) Date of implementation of this unit (dd/mm/yy) hours III minutes This unit was carried on in approximately: \Box Number of students participating in this unit: The following activities were performed: please, tick the boxes corresponding to the activities actually carried out during this particular unit. Please report the reasons for skipping any activity among the free commentaries. **Activity code Activity** Opening: short review of the previous unit 88 Main activities:role play - step by step 8B ☐ Closure: giving and receiving compliments 8C Your subjective rating on the work with this unit: None/ Veryhigh Moderate/ High/ Not at all Moderately Fairly Very much Students' interest Interactivity level How comfortable the teacher felt teaching this unit Anything you feel worth to report on the work with this unit (include reasons for skipping/modifying particular activities, etc)



UNIT 9: Drugs-get informed

COUNTRY		С	ODE L	Ш	
SCHOOL	CODE L				
CLASS		С	ODE L	Ш	
Responsible teacher (name)					
Date of implementation of this unit (dd/mm/yy)	اللا	ш ш	•••••	•••••	
This unit was carried on in approximately:	⊥ hours	s LLL min	utes		
Number of students participating in this unit:	Ш				
The following activities were performed: plea activities actually carried out during this particular skipping any activity among the free commentarie	unit. Pleas		•	-	
Activity Opening: group division Main activities: drug questions Main activities: scores and processing Closure: common feelings and findings	Ac	etivity code 9A 9B 9C 9D			
Your subjective rating on the work with this i	ınit:				
	None/ Not at all	Moderate/ Moderately	High/ Fairly	Veryhigh Very much	
Students' interest Interactivity level How comfortable the teacher felt teaching this unit					
Anything you feel worth to report on the wor skipping/modifying particular activities, etc)	k with thi	s unit (incl	ude rea	sons for	
Simplify mountying particular activities, etc.,					



UNIT 10: Coping competences

COUNTRY		C	ODE L	Ш
SCHOOL		C	ODE L	Ш
CLASS		C	ODE L	Ш
Responsible teacher (name)				
Date of implementation of this unit (dd/mm/yy)	ا ا للا	 	•••••	•••••
This unit was carried on in approximately:	⊔ _{hours}	min	utes	
Number of students participating in this unit: \Box				
The following activities were performed: pleas activities actually carried out during this particular skipping any activity among the free commentaries	unit. Pleas		•	-
Activity Opening: short review of the previous unit Main activities: ways people cope with problems Main activities: coping with diffi culties or limita Main activities: the story of Jacob Closure	5	10A 10B 10C 10D 10E		
Your subjective rating on the work with this u	nit:			
Students' interest Interactivity level How comfortable the teacher felt teaching this unit Anything you feel worth to report on the work	None/ Not at all	Moderate/ Moderately	Fairly	Veryhigh Very much
skipping/modifying particular activities, etc)				



UNIT 11: Problem solving and decision making

COUNTRY		C	ODE L	Ш
SCHOOL		c	ODE L	Ш
CLASS		С	ODE L	ш
Responsible teacher (name)				
			•••••	
Date of implementation of this unit (dd/mm/yy)				
This unit was carried on in approximately:	∐ hours	_s LLL _{min}	utes	
Number of students participating in this unit:	Ш			
The following activities were performed: pleas activities actually carried out during this particular skipping any activity among the free commentaries	unit. Pleas		•	-
Activity Opening: short review of the previous unit Amazon adventure Family problem Main activities: the five-step-plan to problem solving Group work Closure: assignment of tasks		11A 11B 11C 11D 11E 11F		
Your subjective rating on the work with this ι	ınit:			
Students' interest Interactivity level How comfortable the teacher felt teaching this unit Anything you feel worth to report on the work skipping/modifying particular activities, etc)		Moderate/ Moderately		Very much



UNIT 12: Goal setting and closure

COUNTRY		C	ODE L	Ш
SCHOOL		c	ODE L	Ш
CLASS	CODE LL			
Responsible teacher (name)				
			•••••	•••••
Date of implementation of this unit (dd/mm/yy)	الللا			
This unit was carried on in approximately: \Box	∐ hours	_s LLL _{min}	utes	
Number of students participating in this unit:	Ц			
The following activities were performed: pleas activities actually carried out during this particular skipping any activity among the free commentaries	unit. Pleas			
Activity Opening: short review of the previous unit A personal goal Working in small groups about short-term object Report in class Closure: individual evaluation of Unplugged		12A 12B 12C 12D 12E		
Your subjective rating on the work with this u	nit:			
	None/ Not at all	Moderate/ Moderately	High/ Fairly	Veryhigh Very much
Students' interest Interactivity level How comfortable the teacher felt teaching this unit				
Anything you feel worth to report on the work skipping/modifying particular activities, etc)	with thi	s unit (incl	ude rea	sons for
Students' interest Interactivity level How comfortable the teacher felt teaching this unit Anything you feel worth to report on the work	None/ Not at all	Moderately	Fairly	Very m



	TRY				CODE L
CHO	OL				CODE LL
_ASS	5				CODE LL
espor	nsible teacher (r	name)			
				for <u>school year 2009</u>	
#	Dates (from – to)¹		evention ivity?	If yes, specify:	Total duration ² (hr)
1	-	☐ No	Yes		
2	-	☐ No	Yes		
3	-	☐ No	Yes		
	-	☐ No	Yes		
;	-	☐ No	□Yes		
5	-	☐ No	□Yes		
5	-	☐ No	□Yes		
7	-	☐ No	Yes		
3	-	☐ No	Yes		
9	-	U No	Yes		
.0	-	∐ No	Yes		



					CODE L
	OL				CODE L
CLAS	s				CODE LL
lespo	nsible teacher (r	name)			
Please	e, complete the f		class form	for <u>school year 2009</u> If yes, specify:	/2010 Total
	(from – to) ¹		vity?	dura	duration ² (hr)
1	-	☐ No	Yes		
2	-	☐ No	Yes		
3	-	☐ No	□Yes		
4	-	☐ No	□Yes		
5	-	☐ No	□Yes		
5	-	☐ No	Yes		
6	-	☐ No	Yes		
7	-	U No	Yes		
8	-	∐ No	Yes		
9	-	U No	Yes		
LO	-	∐ No	Yes		



Report on parents' meeting seminars: 1. Understanding better the teen-ager CODE LL COUNTRY CODE LL SCHOOL _____ Conductor (name) _____ dd mm уу Date of implementation of the seminar **Attendance** Class 1 Class 2 Class 3 Class 4 Total nr. attendees LLIШ LLINr. of children with at least one \Box I I Ifamily member attending LLI hours LLI minutes **Duration of the meeting** Was the meeting successful? Please rate each of the following aspects separately, think particularly of participants' interest, communication in the groups, etc. Not at all Moderately Fairly Very Not much performed Lecture Role plays Group sessions Regarding the designed scenario of the meeting Something I was satisfied about during this meeting:

Something that concerned me during this meeting:



Something I would have rather done differently:	
Something I would like to be added to this meeting:	
Anything else you want to report?	

Report on parents' meeting seminars: 2. Parenting a teenager means growing up together CODE LL COUNTRY CODE LL SCHOOL _____ Conductor (name) _____ dd mm уу Date of implementation of the seminar **Attendance** Class 1 Class 2 Class 3 Class 4 Total nr. attendees Ш LLINr. of children with at least one I I Ifamily member attending ☐ hours ☐ minutes **Duration of the meeting** Was the meeting successful? Please rate each of the following aspects separately, think particularly of participants' interest, communication in the groups, etc. Not at all Moderately Fairly Very Not much performed Lecture Role plays Group sessions Regarding the designed scenario of the meeting Something I was satisfied about during this meeting: Something that concerned me during this meeting:

Something I would have rather done differently:	
Something I would like to be added to this meeting:	
Anything else you want to report?	



Report on parents' meeting seminars:

3. A good relationship with my child also means setting up rules CODE LL COUNTRY _____ CODE LL SCHOOL _____ Conductor (name) dd mm уу шшшш Date of implementation of the seminar **Attendance** Class 1 Class 2 Class 3 Class 4 Total nr. attendees I I IШ Ш \Box Nr. of children with at least one ш family member attending LLI hours LLI minutes **Duration of the meeting** Was the meeting successful? Please rate each of the following aspects separately, think particularly of participants' interest, communication in the groups, etc. Not at all Moderately Fairly Verv Not much performed Lecture Role plays Group sessions Regarding the designed scenario of the meeting Something I was satisfied about during this meeting: Something that concerned me during this meeting:



omething I would have rather done differently:	
Something I would like to be added to this meeting:	
Anything else you want to report?	



Teachers s	atisfaction	questionna	iire:					
COUNTRY _				С	ODE 📖			
SCHOOL			CODE LLL					
1. With one w	ord, how satisfic	ed are you over	all with th	ne implementation	of Unplugged?			
very satisfied	d satisfie	neither s		dissatisfied	very dissatisfied			
2. Can you ide	entify:							
two things you	liked most of	1						
the program		2						
3. Can you ide	entify:							
two things you	liked less of the	e 1						
program		2						
4. Did the pro-	gramme improv	e your knowled	ge and sk	kills about drug pr	evention?			
a lot	yes	neither yes, nor not	no	nothing	I don't know			
5. Do you thin	k that the imple	ementation of th	ne progra	mme enriched you	ur teaching skills?			
a lot	yes	neither yes, nor not	no	nothing	I don't know			
6. Do you thin	k that the prog	ramme improve	d the rela	ationship with you	r students?			
a lot	yes	neither yes, nor not	no	nothing	I don't know			
7. Do you thin	k that the prog	ramme improve	d the gro	up climate?				
a lot	yes	neither yes, nor not	no	nothing	I don't know			



a lot	yes	neither yes, nor not	no	no nothing		
	vas the training implement Un	you have participa plugged?	ated concernir	ng the skills and		
very useful	useful	neither useful, nor useless	useless	very useless		
). Was the help	desk service ι					
very useful	useful	neither useful, nor useless	useless	very useless		
. Do you think	you will condu	ict Unplugged agair I don't know	n in the next s	chool year?		
, 00	110	I don't know				
2. Do you have		ns to improve the p	orogramme?			
			orogramme?			
2. Do you have	any suggestion		orogramme?			
2. Do you have	any suggestion no		orogramme?			
2. Do you have yes	any suggestion no		orogramme?			
2. Do you have yes	any suggestion no		orogramme?			
2. Do you have yes If yes, ple	any suggestion no ase tell us comment you	ns to improve the p				
If yes, ple	any suggestion no ase tell us comment you	ns to improve the p				

Thank you for your participation!!



Students sati	sfaction que	estio	nnaire:				
COUNTRY					•	CODE LL	
SCHOOL					(CODE LL	
CLASS		_				CODE LL	
1. How much did	you like to partic	cipate	to Unplugged?	?	•••••	•••••	• • • • • • • • • • • • • • • • • • • •
I liked it very much	I liked it much	I neither liked it, nor disliked it		I didn't like it		I didn't like it at all	
2. Can you identi	-	1					
the program3. Can you identi	fy:	2					
two things you liked less of the program		1 2					
4. Which unit did	you like more?						
1 OPENING UNPLUGGED			5 SMOKING THE CIGARETTE DRUG INFORM YOURSEL		9 DRUGS - GET INFORMED		
2 TO BE OR NOT TO BE	IN A GROUP		6 EXPRESS YOURSELF		10 COPING COMPETENCES		
3 CHOICES - ALCOHOL, PROTECTION	RISK AND		7 GET UP, STAND UP		11 PROBLEM SOLVING AND DECISION MAKING		
4 YOUR BELIEFS, NORM: - DO THEY REFLECT REA			8 PARTY TIGER	☐ 12 GOAL SETTING			
5. Which unit did	you like less?						
1 OPENING UNPLUGGED			5 SMOKING THE CIGARETTE DRUG INFORM YOURSEL	_	9 DRUGS - GET INFORMED		
2 TO BE OR NOT TO BE	IN A GROUP		6 EXPRESS YOURSELF		10 COPIN		
3 CHOICES - ALCOHOL,	RISK AND		7 GET UP, STAND			EM SOLVING	



4 YOUR BELIEFS, NO - DO THEY REFLECT	ORMS AND INFORMATI REALITY?	ON	8 PAR	RTY TIGER		12 GOAL SETTIN	GOAL SETTING		
6. Do you think that the programme helped you to answer questions you had about yourself and your choices?									
a lot	yes	neither yes, nor not		no		nothing I don't		know	
7. Do you thir	7. Do you think that the program changed the way you see yourself?								
a lot	yes	neither yes, nor not		no		nothing	thing I don't kno		
	ipating to the pronces of using ciga	_	,			_	ne		
a lot	yes	neither y nor no		no		nothing	I don't	I don't know	
9. Do you thir	nk that the overa	II program	ıme i	mproved th	e relat	ionship with	your ma	tes?	
a lot	yes	neither yes, nor not		no		nothing	I don't know		
10. Do you thir	nk that the overa	II program	nme i	mproved th	e relat	cionship with	your tea	chers?	
a lot	yes	neither y nor no		no		nothing	I don't	know	
11. Would you like to have a programme like Unplugged in the next school years?									
yes	no								
12. Do you have any suggestions or comments about the programme?									

Thank you for your participation!!