PRELIMINARY REPORT ON EVALUATION OF EFFECTIVENESS

OF UNPLUGGED IN SLOVENIA

SCHOOL YEAR 2010-2011

Baseline survey

Table 1. Schools and classes participants in baseline survey

study arm	Schools Allocated	Baseline participants schools		Baseline participants classes	Baseline participants pupils
	n	n	%	n	n
Unplugged	26	22	84.6	75	1422
Control	22	22	100.0	80	1515
overall	48	44	91.7	155	2937

48 schools accepted to participate in the study; however, 4 schools from intervention arm dropped out and did not participate in the study. All the schools allocated to control arm participated in the study (Table 1).

On overall 2937 pupils of 44 schools and 155 classes participated in the baseline survey between October and November 2010 (Table 1).

Among students participating in the survey at baseline 49.3% were boys, 27.5% were 12 years old, 50.4% 13 years old, and 21.5% 14 years old. 66.6% of pupils lived with both parents, and 83.6% had siblings. On overall, 98.0% of pupils declared their families have one car. The proportion of students having one computer at home was 99.0% (Table 2).

Table 2. Characteristics of baseline population

study arm	N	% boys	% Living with both parents	% having siblings	% "One family car"	% "One computer at home"
Control	1515	49.3	68.5	83.8	97.8	98.7
Unplugged	1422	50.9	64.6	83.3	98.3	99.4
overall	2937	50.1	66.6	83.6	98.0	99.0

On overall only 17.9% of Slovenian students declared to have smoked at least one cigarette in their life and only 2.8% smoked at least one cigarette in the last 30 days. Around 59% of pupils already drunk alcohol, and 26% drunk alcohol in the last 30 days. 15% percent of pupils had at least one episode of drunkenness in their life, whilst 4.3% had at least one episode of drunkenness in the last 30 days. Around 2% used cannabis in their life, and 0.5%

in the last 30 days. Less than 1% of pupils used other illicit drugs in their life, 0.3% in the last month (Table 3 and Table 4).

Table 3. ALO Lifetime use of cigarette, alcohol and cannabis as declared at baseline

study arm	N	ALO* cigarettes %	ALO* drinking %	ALO drunkenness %	ALO cannabis use %	ALO other drugs use %
Control	1515	17.9	58.9	13.8	2.5	1.1
Unplugged	1422	17.8	59.0	16.2	1.7	0.7
overall	2937	17.9	58.9	15.0	2.1	0.9

*ALO= at least once

Table 4. Last 30 days' cigarette, alcohol and cannabis use as declared at baseline

study arm	N	ALO* cigarettes %	ALO* drinking %	Regular° drinking %	ALO drunkenness %	Regular§ drunkenness %	ALO cannabis use %
Control	1515	2.5	26.5	4.3	4.4	1.0	0.7
Unplugged	1422	3.0	24.7	3.1	4.2	0.7	0.3
overall	2937	2.8	25.7	3.7	4.3	0.8	0.5

*ALO= at least once
° Regular drinking=at least 6 times in the last 30 days
§ Regular=at least 3 times in the last 30 days

As regards intention to use substances in the next year, at baseline 8.0% of Slovenian students declared they have intentions to smoke cigarette in the next year, 31.7% to drink alcoholic beverages, 10.5% to get drunk, 2.0% to smoke marijuana and 1.4% to use other illegal drugs (Table 5).

Table 5. Intentions to use cigarette, alcohol and cannabis in the next year as declared at baseline

study arm	N	Smoking cigarettes %	Drink alcoholic beverages %	Get drunk %	Smoke marijuana or hashish %	Take other illegal substances %
Control	1515	8.0	30.9	10.7	2.8	1.6
Unplugged	1422	7.9	32.5	10.3	1.2	1.0
overall	2937	8.0	31.7	10.5	2.0	1.4

Table 6 describes the perception of consequences of tobacco, alcohol and drugs use among Slovenian pupils at baseline.

As regards smoking cigarettes, a low proportion of pupils (82%) declared they would have troubles with parents if they smoked, and 72% they would become addicted to cigarettes. Few pupils declared they would have positive consequences from smoking.

The perception of negative consequences of drinking alcohol seems generally high, but a lower proportion of pupils (62%) declared they would become addicted to alcohol if they drunk. Alcohol use appears to be perceived as a risky behaviour causing problems with parents, school, police, money and job. Positive consequences of drinking were declared again only by few pupils, but 34% of them think they will have more fun if they will drink.

The use of cannabis was perceived as related to bad consequences by a high proportion of pupils for all kind of consequences, but the proportion of pupils declaring positive consequences like relaxation and forgetting troubles was higher than for cigarettes and alcohol, reaching 38%.

Table 6. Perception of likely consequences related to use of tobacco, alcohol and drugs

I will …	Smoking cigarettes % "yes"	Drinking alcohol % "yes"	Using cannabis or other drugs % "yes"
Negative consequences			
Have troubles with police	38.2	61.3	83.2
Do badly in school	61.2	73.5	83.6
Have troubles with parents	82.4	80.5	86.1
Be expelled from school	22.9	36.6	66.8
Have problems with friends	58.5	60.6	76.6
Become addict	72.3	62.1	80.2
Have money problems	58.1	56.3	73.0
Have problems finding work	38.7	57.0	72.8
Positive consequences			
Have more friends	17.4	15.6	17.1
Feel more relaxed	26.8	26.2	37.9
Have more fun	24.6	33.8	32.9
Be more popular	16.0	14.0	15.4
Forget my troubles	28.5	31.8	37.1
Be more confident	20.9	20.6	24.4

Unplugged effectiveness in reducing tobacco, alcohol and drugs use

To evaluate the effectiveness of Unplugged in reducing tobacco, alcohol, drunkenness episodes and cannabis use, data from questionnaires of follow-up survey matching with questionnaires of baseline survey were used. Due to absentees to the surveys and not

matching of codes, the analysis sample finally included 2218 pupils, 75.5% of the 2937 baseline eligible ones (Table 7).

Table 7. Pupils participants in baseline and follow-up surveys, available for effectiveness analysis

study arm	Baseline participants	Questionnaires matched with follow-up	baseline population available for effectiveness analysis %
Control	1515	1156	76.3
Unplugged	1422	1062	74.6
overall	2937	2218	75.5

At the present time, it was possible to estimate only unadjusted effect of the program. Due to non-random study design and to other source of bias, it is needed to read these data as preliminary. The real effect of the program will be estimated through complex appropriate statistical models in the next future. It is likely that the true effectiveness of the program evaluated through a multilevel adjusted model will be lower.

From the following graphs, results are very encouraging. The use of all substances appear to be reduced by the program (see figure 1 for smoking cigarettes, 2 for drinking alcohol, 3 for drinking alcohol regularly, 4 for drunkenness episodes, 5 for cannabis use, and 6 for use of illicit drugs).

Figure 1. Change in prevalence of pupils smoking cigarettes in the last 30 days before and after the program, by arm

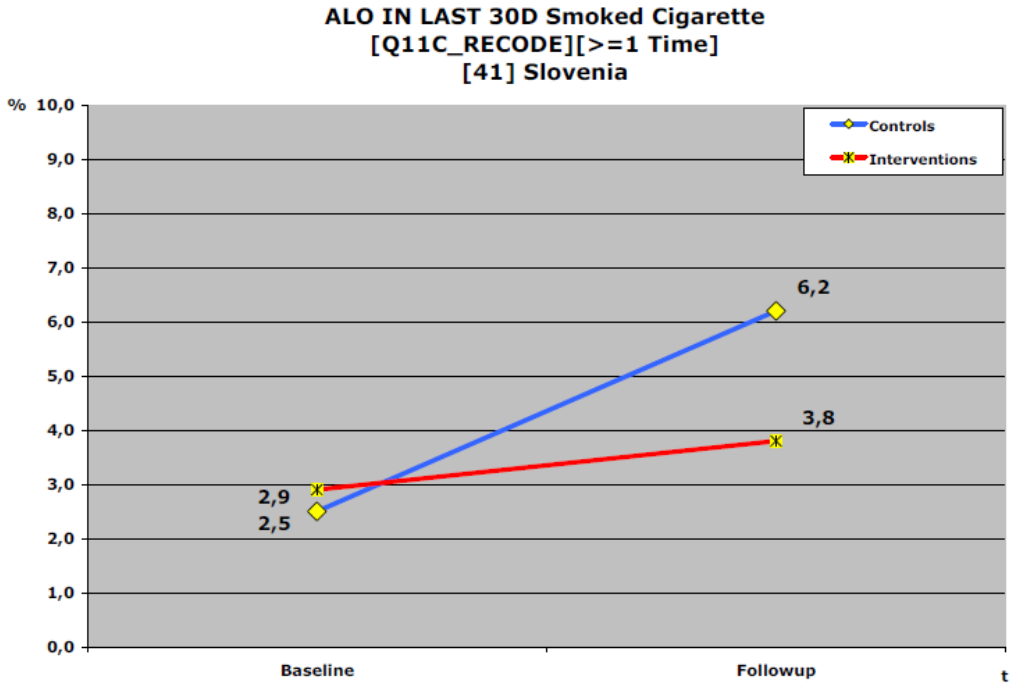

Figure 2. Change in prevalence of pupils drinking alcohol in the last 30 days before and after the program, by arm

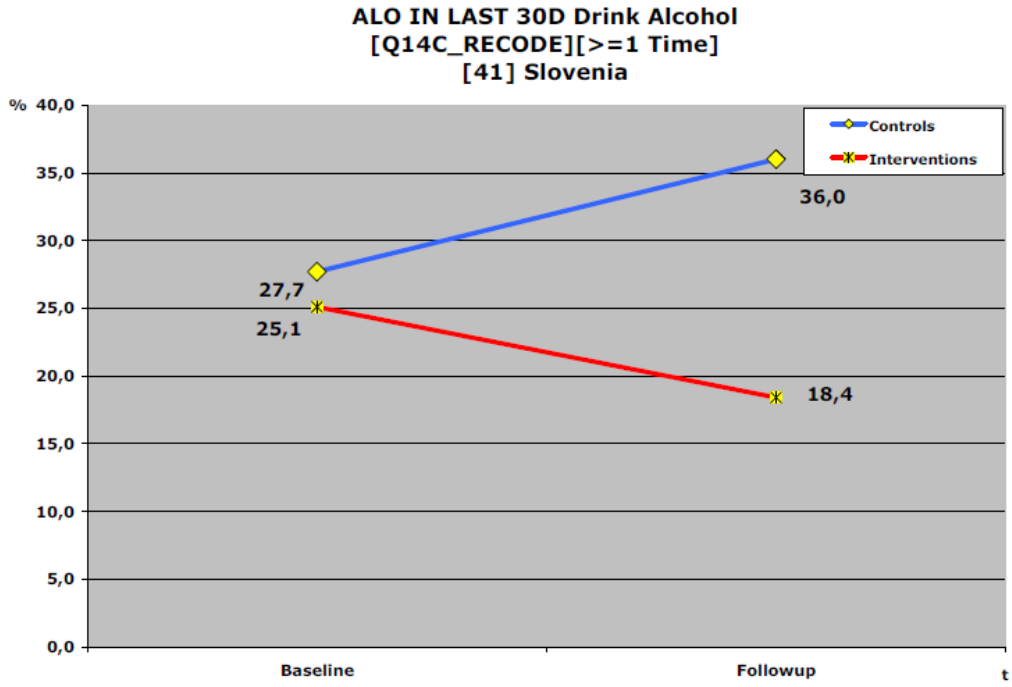

Figure 3. Change in prevalence of pupils regularly drinking alcohol in the last 30 days before and after the program, by arm

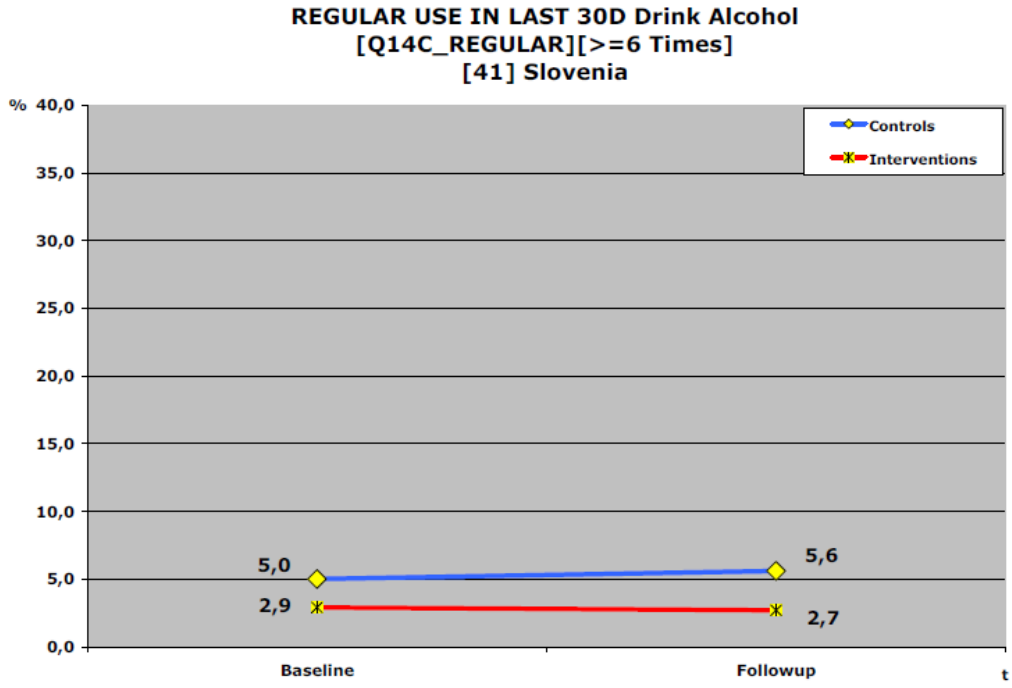

Figure 4. Change in prevalence of pupils having had drunkenness episodes in the last 30 days before and after the program, by arm

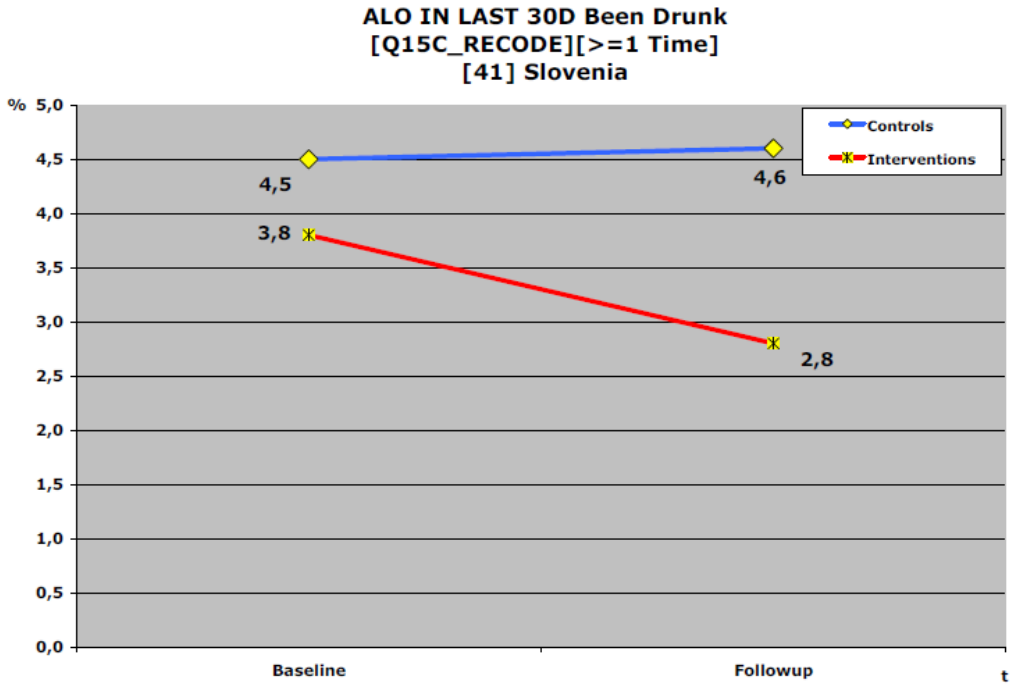

Figure 5. Change in prevalence of pupils smoking cannabis in the last 30 days before and after the program, by arm

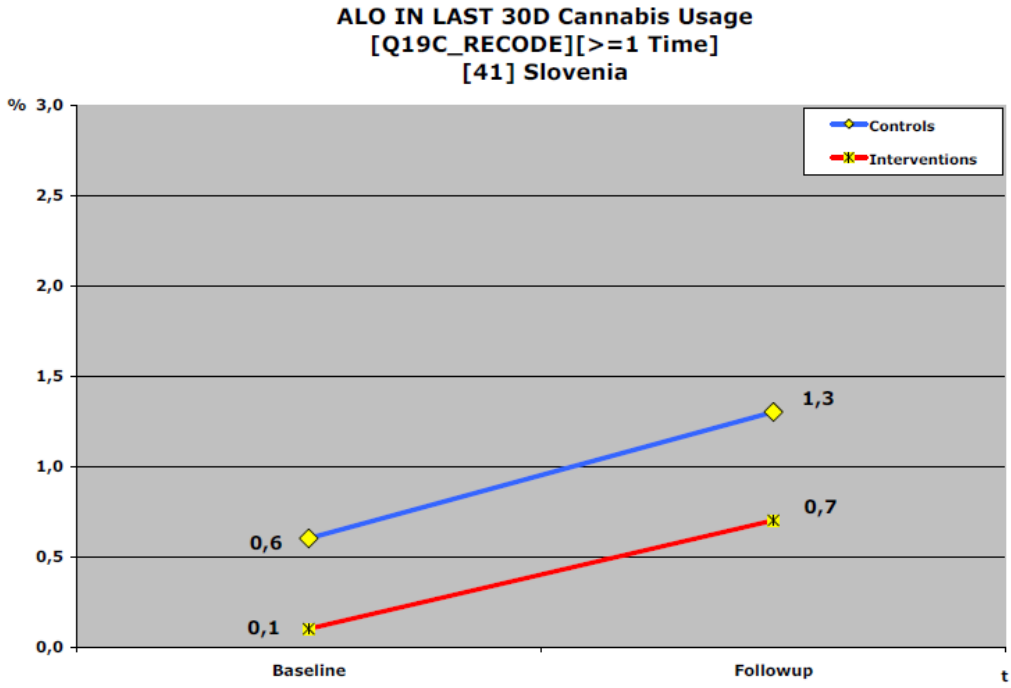

Figure 6. Change in prevalence of pupils using illicit drugs in the last 30 days before and after the program, by arm