

## Annexes

### Tables: results baseline and follow up

#### Participants

Table 3: sex per type of school

		Sex			Total
		Boy	Girl	Missing	
Type of school	HS	33	48	0	81
	PRU	9	8	0	17
	SEN	27	8	1	36
	ADM	41	38	1	80
Total		110	102	2	214

Table 4: General characteristics of pupils

	Male N=154		Female N=135		Total N=296		
	n	%	n	%	n	%	
<b>Age</b>							
	10-12 years	27	17.5	10	7.4	36	12.8
	13 years	67	43.5	48	35.6	120	40.5
	14 years	55	35.7	68	50.4	124	41.9
	15-16 years	5	3.3	9	6.7	14	4.7
<b>Family composition</b>							
	Living with both parents	48	31.2	41	30.4	92	31.1
	Living with just one parent	88	57.1	77	57.0	168	56.8
	Other	18	11.7	16	11.9	34	11.5
<b>Siblings</b>	Yes	128	83.1	123	91.1	257	86.8
<b>Father's schooling</b>							
	Completed primary or less / Some secondary school	18	11.7	10	7.4	28	9.5
	Completed secondary / Some college or university	31	20.1	22	16.3	54	18.2
	Completed college or university	32	20.8	25	18.5	58	19.6
	Don't know	67	43.5	71	52.6	142	48.0
<b>Mother's schooling</b>							
	Completed primary or less/some secondary school	10	6.5	11	8.1	21	7.1
	Completed secondary / Some college or university	43	27.9	33	24.4	77	26.0
	Completed college or university	30	19.5	26	19.3	57	19.3
	Don't know	68	44.2	61	45.2	133	44.9
<b>Car or van</b>							
	None	35	22.7	35	25.9	72	24.3
	One family car or van	68	44.2	63	46.7	133	44.9
	Two or more	51	33.1	36	26.7	89	30.1

<b>Bedroom to yourself</b>							
	Yes	118	76.6	88	65.2	211	71.3
<b>Vacation with family</b>							
	Not at all	22	16.3	26	19.3	49	16.6
	Once	60	39.0	51	37.8	113	38.2
	Twice	29	18.8	28	20.7	58	19.6
	More than twice	41	26.6	26	19.3	69	23.3
<b>Computers</b>							
	None	0	0.0	1	0.7	1	0.3
	One	6	3.9	1	0.7	7	2.4
	Two	3	2.0	4	3.0	7	2.4
	More than two	143	92.9	127	94.1	276	93.2
<b>Grades during last school year (self-declared)</b>							
	High	41	26.6	28	20.7	70	23.7
	Medium	89	57.8	91	67.4	184	62.2
	Low	12	7.8	7	5.2	19	6.4
<b>Feelings about school at present</b>							
	I like it	106	68.8	75	55.6	184	62.2

## Knowledge on substances

Table 5 BASELINE: Knowledge on cigarettes, alcohol and drug use

	Male N=154		Female N=135		Total N=296		
	n	%	n	%	n	%	
<b>Nicotine is the substance in cigarettes that causes lung cancer</b>							
	Yes	104	67.5	98	72.6	208	70.3
	No (correct)	18	11.7	8	5.9	26	8.8
	Don't know	29	18.8	27	20.0	56	18.9
<b>One needs to smoke several cigarettes per day during many years to become addicted</b>							
	Yes	44	28.6	47	34.8	93	31.4
	No (correct)	70	45.5	50	37.0	123	41.6
	Don't know	36	23.4	34	25.2	71	24.0
<b>Women have lower tolerance to alcohol than men</b>							
	Yes (correct)	48	31.2	43	31.8	95	32.1
	No	29	18.8	27	20.0	57	19.3
	Don't know	74	48.1	63	46.7	138	46.6
<b>It takes about half an hour to eliminate from the body the amount of alcohol contained in a can of strong beer</b>							
	Yes	31	20.1	23	17.0	56	18.9
	No (correct)	43	27.9	23	17.0	66	22.3
	Don't know	76	49.4	86	63.7	166	56.1
<b>Smoking cannabis does not cause physical dependence</b>							
	Yes	25	16.2	24	17.8	51	17.2
	No (correct)	38	24.7	23	17.0	62	21.0
	Don't know	88	57.1	85	63.0	176	59.5
<b>High consumption of hash or cannabis decreases the production of sexual hormones</b>							

	Yes (correct)	37	24.0	17	12.6	56	18.9
	No	17	11.0	15	11.1	34	11.5
	Don't know	98	63.6	99	73.3	199	67.2
<b>Score of exact answers (0-2): cigarettes (mean+-DS)</b>		<b>0.58 (0.63)</b>		<b>0.44 (0.58)</b>		<b>0.51 (0.61)</b>	
<b>Score of exact answers (0-2): alcohol (mean+-DS)</b>		<b>0.60 (0.71)</b>		<b>0.50 (0.61)</b>		<b>0.55 (0.66)</b>	
<b>Score of exact answers (0-2): cannabis (mean+-DS)</b>		<b>0.49 (0.71)</b>		<b>0.30 (0.51)</b>		<b>0.41 (0.63)</b>	
<b>Score of exact answers (0-6): overall (mean+-DS)</b>		<b>1.66 (1.43)</b>		<b>1.23 (1.00)</b>		<b>1.47 (1.27)</b>	

Table 13 FOLLOW-UP: Knowledge on cigarettes, alcohol and drug use at follow up

Knowledge on cigarettes, alcohol and drug use		Sex					
		Male N=110		Female N=102		Total N=212	
		n	%	n	%	n	%
Nicotine is the substance in cigarettes that causes lung cancer	Yes	63	57,3%	63	61,8%	126	59,4%
	No (correct)	18	16,4%	16	15,7%	34	16,0%
	Don't know	27	24,5%	22	21,6%	49	23,1%
One needs to smoke several cigarettes per day during many years to become addicted	Yes	26	23,6%	29	28,4%	55	25,9%
	No (correct)	54	49,1%	46	45,1%	100	47,2%
	Don't know	27	24,5%	26	25,5%	53	25,0%
Women have lower tolerance to alcohol than men	Yes (correct)	51	46,4%	59	57,8%	110	51,9%
	No	20	18,2%	8	7,8%	28	13,2%
	Don't know	37	33,6%	34	33,3%	71	33,5%
It takes about half an hour to eliminate from the body the amount of alcohol contained in a can of strong beer	Yes	21	19,1%	23	22,5%	44	20,8%
	No (correct)	27	24,5%	17	16,7%	44	20,8%
	Don't know	56	50,9%	61	59,8%	117	55,2%
Smoking cannabis does not cause physical dependence	Yes	24	21,8%	14	13,7%	38	17,9%
	No (correct)	31	28,2%	25	24,5%	56	26,4%
	Don't know	52	47,3%	62	60,8%	114	53,8%
High consumption of hash or cannabis decreases the production of sexual hormones	Yes (correct)	44	40,0%	29	28,4%	73	34,4%
	No	6	5,5%	6	5,9%	12	5,7%
	Don't know	55	50,0%	65	63,7%	120	56,6%

## Beliefs, attitudes and risk perceptions

Table 6 BASELINE: Beliefs on consequences of tobacco and alcohol use

	Male N=154		Female N=135		Total N=296	
	n	%	n	%	n	%
<b>TOBACCO USE</b>						
<b>Negative beliefs: I will...</b>						
Get into trouble with police	81	52.6	55	40.7	142	48.0
Do badly in school	87	56.5	55	40.7	146	49.3
Get into trouble with parents	128	83.1	120	88.9	252	85.1
Be expelled from school	75	48.7	57	42.2	137	46.3
Have problems with my friends	82	53.3	59	43.7	144	48.7
Become an addict	97	63.0	80	59.3	180	60.8
Have money problems	86	55.8	76	56.3	164	55.4

Have problems finding work	61	39.6	57	42.2	120	40.5
<b>Score on negative beliefs (1-4: higher score higher risk): mean (+-DS)</b>	2.31 (0.70)		2.41 (0.63)		2.36 (0.67)	
<b>Positive beliefs: I will...</b>						
Have more friends	27	17.5	33	24.4	61	20.6
Feel more relaxed	51	33.1	42	31.1	95	32.1
Have more fun	33	21.4	36	26.7	72	24.3
Be more popular	29	18.8	34	25.2	65	22.0
Forget my troubles	40	26.0	38	28.2	81	27.4
Be more confident and outgoing	29	18.8	29	21.5	61	20.6
<b>Score on positive beliefs (1-4: higher score higher risk): mean (+-DS)</b>	1.95 (0.64)		2.02 (0.67)		1.99 (0.66)	
<b>ALCOHOL USE</b>						
<b>Negative beliefs: I will...</b>						
Get into trouble with police	104	67.5	83	61.5	193	65.2
Do badly in school	113	73.4	90	66.7	208	70.3
Get into trouble with parents	124	80.5	112	83.0	240	81.1
Be expelled from school	83	53.9	64	47.4	151	51.0
Have problems with my friends	74	48.1	70	51.9	148	50.0
Become an addict	89	57.8	77	57.0	170	57.4
Have money problems	85	55.2	82	60.7	171	57.8
Have problems finding work	88	57.1	82	60.7	175	59.1
<b>Score on negative beliefs (1-4: higher score higher risk): mean (+-DS)</b>	2.21 (0.83)		2.21 (0.76)		2.20 (0.79)	
<b>Positive beliefs: I will...</b>						
Have more friends	26	16.9	23	17.0	50	16.7
Feel more relaxed	32	20.8	41	30.4	75	25.3
Have more fun	62	40.3	60	44.4	124	41.9
Be more popular	24	15.6	32	23.7	59	19.9
Forget my troubles	53	34.4	50	42.9	106	35.8
Be more confident and outgoing	41	26.6	39	28.9	82	27.7
<b>Score on positive beliefs (1-4: higher score higher risk): mean (+-DS)</b>	2.03 (0.70)		2.06 (0.73)		2.04 (0.72)	

Table 7 BASELINE: Beliefs on consequences of use and attitudes towards marijuana or other drugs use

	Male N=154		Female N=135		Total N=296	
	n	%	n	%	n	%
<b>Negative beliefs: I will...</b>						
Get into trouble with police	128	83.1	115	85.2	249	84.1
Do badly in school	127	82.5	113	83.7	245	82.8
Get into trouble with parents	134	87.0	126	93.3	263	88.9
Be expelled from school	123	79.9	111	82.2	237	80.1
Have problems with my friends	106	68.8	94	69.6	204	68.9
Become an addict	115	74.7	104	77.0	223	75.3
Have money problems	108	70.1	101	74.8	212	71.6

	Have problems finding work	113	73.4	103	76.3	221	74.7
<b>Score on negative beliefs (1-4: higher score higher risk): mean (+-DS)</b>		1.72 (0.87)		1.68 (0.69)		1.70 (0.79)	
<b>Positive beliefs: I will...</b>							
	Have more friends	23	14.9	26	19.3	50	16.9
	Feel more relaxed	64	41.6	60	44.4	125	42.2
	Have more fun	45	29.2	45	33.3	93	31.4
	Be more popular	24	15.6	31	23.0	58	19.6
	Forget my troubles	59	38.3	42	31.1	102	34.5
	Be more confident and outgoing	38	24.7	36	26.7	76	25.7
<b>Score on positive beliefs (1-4: higher score higher risk): mean (+-DS)</b>		2.04 (0.77)		2.08 (0.84)		2.06 (0.81)	
<b>Negative attitudes:</b>							
	A young person should never try drugs	131	85.1	110	81.5	243	82.1
	Everyone who tries drugs eventually regrets it	113	73.4	102	75.6	219	74.0
	The laws about drugs should be made stronger	115	74.7	108	80.0	225	76.0
	Drug use is one of the biggest evils in the country	102	66.2	86	63.7	191	64.5
	Schools should teach about the real hazards of taking drugs	132	85.7	117	86.7	253	85.5
	To experiment with drugs is to give away control of your life	100	64.9	86	63.7	188	63.5
<b>Score on negative attitudes (1-4: higher score higher risk): mean (+-DS)</b>		1.88 (0.65)		1.83 (0.52)		1.86 (0.59)	
<b>Positive attitudes:</b>							
	Using drugs can be a pleasant activity	34	22.1	26	19.3	61	20.6
	Using drugs is fun	18	11.7	12	8.9	30	10.1
	Many things are much more risky than trying drugs	63	40.9	56	41.5	121	40.9
	Drugs help people to have experience life in full	32	20.8	21	15.6	55	18.6
	The police should not be annoying young people trying drugs	27	17.5	15	11.1	45	15.2
<b>Score on positive attitudes (1-4: higher score higher risk): mean (+-DS)</b>		1.83 (0.69)		1.90 (0.59)		1.88 (0.66)	

Table 8 BASELINE: Risk perceptions on cigarettes, alcohol and drug use

	Male N=154		Female N=135		Total N=296		
	n	%	n	%	n	%	
<b>Smoke cigarettes occasionally</b>							
	No risk	10	6.5	12	8.9	23	7.8
	Slight risk	66	42.9	77	57.0	144	48.7
	Great risk	45	29.2	26	19.3	72	24.3
	Don't know	30	19.5	19	14.1	52	17.6
<b>Smoke one or more packs of cigarettes per day</b>							
	No risk	4	2.6	3	2.2	9	3.0
	Slight risk	24	15.6	25	18.5	50	16.9
	Great risk	102	66.2	90	66.7	195	65.9
	Don't know	19	12.3	15	11.1	34	11.5
<b>Have one or two drinks nearly each week</b>							
	No risk	46	29.9	42	31.1	91	30.7
	Slight risk	60	39.0	58	43.0	119	40.2
	Great risk	24	15.6	14	10.4	39	13.2
	Don't know	21	13.6	16	11.9	38	12.8
<b>Drink alcohol every day</b>							

	No risk	4	2.6	4	3.0	10	3.4
	Slight risk	17	11.0	18	13.3	35	11.8
	Great risk	114	74.0	103	76.3	219	74.0
	Don't know	16	10.4	9	6.7	27	9.1
<b>Smoke marijuana regularly</b>							
	No risk	8	5.2	5	3.7	14	4.7
	Slight risk	19	12.3	19	14.1	39	13.2
	Great risk	99	64.3	89	65.9	191	64.5
	Don't know	20	13.0	21	15.6	42	14.2
<b>Use other drugs occasionally</b>							
	No risk	5	3.3	3	2.2	10	3.4
	Slight risk	21	13.6	39	28.9	60	20.3
	Great risk	98	63.6	65	48.2	165	55.7
	Don't know	25	16.2	26	19.3	53	17.9

Table 17 FOLLOW UP: Risk perceptions on cigarettes, alcohol and drug use at follow up

Risk perceptions on cigarettes, alcohol and drug use - Follow up survey		Sex					
		male N=110		female N=102		Total N=212	
		n	%	n	%	n	%
Smoke cigarettes occasionally	no risk	9	8,2%	8	7,8%	17	8,0%
	slight risk	45	40,9%	53	52,0%	98	46,2%
	great risk	36	32,7%	26	25,5%	62	29,2%
	don't know	18	16,4%	13	12,7%	31	14,6%
Smoke one or more packs of cigarettes per day	no risk	5	4,5%	0	0,0%	5	2,4%
	slight risk	16	14,5%	29	28,4%	45	21,2%
	great risk	73	66,4%	64	62,7%	137	64,6%
	don't know	14	12,7%	7	6,9%	21	9,9%
Have one or two drinks nearly each week	no risk	27	24,5%	21	20,6%	48	22,6%
	slight risk	51	46,4%	62	60,8%	113	53,3%
	great risk	12	10,9%	12	11,8%	24	11,3%
	don't know	17	15,5%	5	4,9%	22	10,4%
Drink alcohol every day	no risk	6	5,5%	2	2,0%	8	3,8%
	slight risk	15	13,6%	8	7,8%	23	10,8%
	great risk	71	64,5%	86	84,3%	157	74,1%
	don't know	15	13,6%	4	3,9%	19	9,0%
Smoke cannabis regularly	no risk	6	5,5%	2	2,0%	8	3,8%
	slight risk	13	11,8%	16	15,7%	29	13,7%
	great risk	73	66,4%	75	73,5%	148	69,8%
	don't know	14	12,7%	7	6,9%	21	9,9%
Use other drugs occasionally	no risk	6	5,5%	1	1,0%	7	3,3%
	slight risk	21	19,1%	27	26,5%	48	22,6%
	great risk	63	57,3%	59	57,8%	122	57,5%
	don't know	17	15,5%	12	11,8%	29	13,7%

Personal skills

Table 9 BASELINE: Self-esteem, decision making, refusal skills and communication skills

	Male N=154		Female N=135		Total N=296	
	n	%	n	%	n	%
<b>SELF-ESTEEM</b>						
<b>Positive</b>						
I feel that I have a number of good qualities	134	87.0	113	83.7	253	85.5
I am able to do things as well as most other people	18	76.6	103	76.3	226	76.4
I am quite good at sports	112	72.7	83	61.5	199	67.2
Me being happy is important to my parents/ guardians	134	87.0	123	91.1	262	88.5
I have plenty of interests and hobbies	125	81.2	103	76.3	233	78.7
On the whole, I am satisfied with myself	121	78.6	90	66.7	216	73.0
I feel that I'm a valuable person at least at the same level than others	112	72.7	95	70.4	211	71.3
I have a positive attitude toward myself	117	76.0	95	70.4	216	73.0
<b>Positive self-esteem score (1-4: higher score higher risk): mean (+-DS)</b>	12.78 (0.50)		2.03 (0.48)		1.89 (0.52)	
<b>Negative</b>						
At times I think I am no good at all	67	43.5	88	65.2	159	53.7
Most boys and girls of my age are smarter than I am	68	44.2	85	63.0	156	52.7
I feel very embarrassed when I have to say something in class	54	35.1	87	64.4	144	48.7
I worry a lot about silly things	65	42.2	93	68.9	161	54.4
I often feel nervous over nothing at all	59	38.3	87	64.4	149	50.3
I feel I do not have much to be proud of	30	19.5	53	39.3	85	28.7
I certainly feel useless at times	56	36.4	75	55.6	132	44.6
I wish I could have more respect for myself	72	46.8	79	58.5	154	52.0
All in all, I am inclined to feel that I am a failure	28	18.2	42	31.1	72	24.3
<b>Negative self-esteem score (1-4: higher score higher risk): mean (+-DS)</b>	2.29 (0.59)		2.67 (0.61)		2.48 (0.63)	
<b>DECISION MAKING</b>						
<b>Good decision making skills</b>						
When I have decided to do something, I always carry it through	120	77.9	107	79.3	232	78.4
I weigh up all the choices before I decide on something	109	70.8	78	57.8	190	64.2
I seldom decide to do something that I later regret	95	61.7	91	67.4	191	64.5
When I decide on something it doesn't matter what my friends think	75	48.7	61	45.2	139	47.0
<b>Good decision making score (1-4: higher score higher risk): mean (+-DS)</b>	2.18 (0.48)		2.26 (0.46)		2.22 (0.47)	
<b>Bad decision making skills</b>						
I often make up my mind without thinking of the consequences	78	50.7	84	62.2	164	55.4
Sometimes I decide on something "off the top of my head"	109	70.8	99	73.3	211	71.3
When I get an idea I often make a decision without thinking	88	57.1	78	57.8	170	57.4
Sometimes I change my mind about something several times a day	102	66.2	103	76.3	210	71.0
When I decide on something it doesn't matter what my parents think	37	24.0	28	20.7	68	23.0
<b>Bad decision making score (1-4: higher score higher risk): mean (+-DS)</b>	2.59 (0.56)		2.64 (0.58)		2.62 (0.58)	
<b>REFUSAL SKILLS</b>						
<b>You and your best friend are at a party where you meet new people, and you feel you really want to get to know them. Someone offers you to smoke hash together. Your friend accepts. Do you?</b>						
Yes	20	13.0	15	11.1	37	12.5

<b>You and the same friend are studying hard for an important test at school the day after. Both of you feel stressed and need to calm down. Your friend suggests a cigarette would help, and offers one. Do you accept?</b>	Yes	16	10.4	17	12.6	34	11.5
<b>The day after, you both pass the test, and feel now it is time to celebrate. You still have some pocket-money left, and the shop is nearby. Would you buy some alcohol (beer, wine) to celebrate?</b>	Yes	25	16.2	21	15.6	47	15.9
<b>Overall refusal skills score (1-4: higher score higher risk): mean (+-DS)</b>		1.55 (0.76)		1.51 (0.69)		1.54 (0.73)	
<b>COMMUNICATION SKILLS</b>							
<b>Say something nice to a friend</b>	Easy	135	87.7	125	92.6	265	89.5
<b>Ask for a favour</b>	Easy	121	78.6	88	65.2	213	72.0
<b>Show someone that I like him/her</b>	Easy	87	56.5	42	31.1	132	44.6
<b>Say "no" when someone asks me to do something I do not want to</b>	Easy	105	68.2	86	63.7	194	65.5
<b>Call for help when I have got problems</b>	Easy	104	67.5	116	85.9	248	83.8
<b>Help someone who needs help</b>	Easy	128	83.1	116	85.9	248	83.8
<b>Overall communication skills score (1-4: higher score higher risk): mean (+-DS)</b>		1.80 (0.57)		2.03 (0.51)		1.91 (0.55)	

Table 18 FOLLOW UP: Negative self-esteem at follow up

Negative self-esteem statements	Sex					
	Male N=110		Female N=102		Total N=212	
	n	%	n	%	n	%
At times I think I am no good at all	48	43,6%	57	55,9%	105	49,5%
Most boys and girls of my age are smarter than I am	37	33,6%	59	57,8%	96	45,3%
I feel very embarrassed when I have to say something in class	34	30,9%	61	59,8%	95	44,8%
I worry a lot about silly things	57	51,8%	67	65,7%	124	58,5%
I often feel nervous over nothing at all	47	42,7%	59	57,8%	106	50,0%
I feel I do not have much to be proud of	23	20,9%	29	28,4%	52	24,5%
I certainly feel useless at times	37	33,6%	52	51,0%	89	42,0%
I wish I could have more respect for myself	42	38,2%	56	54,9%	98	46,2%
All in all, I am inclined to feel that I am a failure	20	18,2%	33	32,4%	53	25,0%



Table 19 FOLLOW-UP: Bad decision-making skills

Bad decision-making skills at follow up	Sex						
	Male N=110		Female N=102		Total Follow up		Total baseline
	n	%	n	%	n	%	%
I often make up my mind without thinking of the consequences	54	49,1%	58	56,9%	112	53%	55%
Sometimes I decide on something "off the top of my head"	74	67,3%	71	69,6%	145	68%	71%
When I get an idea I often make a decision without thinking	56	50,9%	52	51,0%	108	51%	57%
Sometimes I change my mind about something several times a day	70	63,6%	65	63,7%	135	64%	71%
When I decide on something it doesn't matter what my parents think	25	22,7%	24	23,5%	49	23%	23%

Table 20 FOLLOW UP: Refusal skills

Male N=110		Female N=102			
n	%	n	%	Standard Error of Mean	Mean
16	14,5%	12	11,8%	,24	1,66
13	11,8%	14	13,7%	,10	1,52
24	21,8%	23	22,5%	,07	1,49

Table 21 FOLLOW-UP: communication skills

	Sex							
	Male N=110		Female N=102		Total N=212			
	n	%	n	%	n	%	Standard Error of Mean	Mean
I find it easy / very easy to:								
Say something nice to a friend	88	80,0%	91	89,2%	179	83,6%	,04	1,51
Ask for a favour	74	67,3%	60	58,8%	134	62,6%	,04	1,45
Show someone that I like him/her	60	54,5%	35	34,3%	95	44,4%	,05	1,37
Be able to say "no"	82	74,5%	67	65,7%	149	69,6%	,04	1,45
Call for help to solve problem	76	69,1%	62	60,8%	138	64,5%	,04	1,45
Help someone who needs help	86	78,2%	79	77,5%	165	77,1%	,04	1,48

## Family, friends and school behaviours and influences

Table 10 BASELINE: Family behaviours, permissiveness and climate

	Male N=154		Female N=135		Total N=296	
	n	%	n	%	n	%
<b>PARENTS</b>						
<b>Does any of your parents smoke cigarettes</b>						
Yes	67	43.5	57	42.2	126	42.6
<b>Does any of your parents drink alcoholic beverages</b>						
Yes	77	50.0	69	51.1	146	49.3
<b>Parenting, rules and monitoring</b>						
My parents set clear rules	139	90.3	122	90.4	266	89.9
My parents know where I am in the evenings	138	89.6	124	91.9	268	90.5
<b>Parental monitoring score (1-4: higher score higher risk): mean (+DS)</b>	1.59 (0.59)		1.63 (0.60)		1.61 (0.61)	
I can easily get support from my father and/or mother	146	94.8	122	90.4	274	92.6
It is very important for me not to disappoint my parents	135	87.7	111	82.2	251	84.8
<b>If you wanted to smoke, your father and mother..</b>						
Would allow	6	3.9	2	1.5	8	2.7
Wouldn't allow drinking at home	9	5.8	12	8.9	22	7.4
Wouldn't allow at all	123	79.9	112	83.0	239	80.7
<b>If you wanted to drink alcohol, your father and mother..</b>						
Would allow	12	7.8	14	10.4	26	8.8
Wouldn't allow drinking at home	14	9.1	19	14.1	33	11.2
Wouldn't allow at all	91	59.1	79	58.5	175	59.1
<b>SIBLINGS</b>						
Smoke cigarettes	33	21.4	26	19.3	61	20.6
Drink alcoholic beverages	44	28.6	42	31.1	87	29.4
<b>FAMILY</b>						
<b>Positive behaviours and feelings</b>						
Care about my happiness	146	94.8	133	98.5	285	96.3
Makes me feel loved	148	96.1	126	93.3	280	94.6
Cares about each other	147	95.5	125	92.6	278	93.9
Appreciates me	138	89.6	117	86.7	260	87.4
I enjoy myself with family	144	93.5	124	91.9	274	92.6
Is interested in me	135	87.7	116	85.9	256	86.5
Is warm/welcoming	142	92.1	125	92.6	274	92.6
Help me	143	92.9	126	93.3	276	93.2
I'm really important	134	87.0	119	88.2	260	87.8
Is proud of me	138	89.6	122	90.4	266	89.9
My parents take part in my activities	133	86.4	121	89.6	260	87.4
My parents believe in me	133	86.4	122	90.4	262	88.5
I'm proud of my family	142	92.2	125	92.6	276	92.2
Care about my education	142	92.2	131	97.0	280	94.6
Is the most important thing in my life	144	93.5	128	94.8	279	94.3
My parents love me the way I am	142	92.2	122	90.4	271	91.6
My parents care about my future	143	92.9	133	98.5	282	95.3

<b>Positive family climate score (1-4: higher score higher risk): mean (+-DS)</b>	1.40 (0.47)		1.44 (0.47)		1.42 (0.47)	
<b>Negative behaviours and feelings</b>						
Works against all I do	51	33.3	41	30.4	95	32.1
I would change my family for another one	17	11.0	9	6.7	27	9.1
Don't trust me	35	22.7	26	19.3	64	21.6
Don't like to be with me	14	9.1	14	10.4	30	10.1
Is not good at all	7	4.6	5	3.7	15	5.1
Dislike everything I do	14	9.1	12	8.9	27	9.1
I don't know why my parents are still together	24	15.6	20	14.8	46	15.5
My home is not an happy place	16	10.4	13	9.6	30	10.1
<b>Negative family climate score (1-4: higher score higher risk): mean (+-DS)</b>	1.61 (0.55)		1.62 (0.54)		1.63 (0.56)	

Table 23 FOLLOW UP: family climate

Family climate statements	Sex					
	Male		Female		Total	
	n	%	n	%	n	%
<b>Positive behaviours and feelings</b>						
My family cares about my happiness	95	86,4%	92	90,2%	189	88,3%
My family makes me feel loved	92	83,6%	90	88,2%	184	86,0%
My family cares about each other	97	88,2%	92	90,2%	191	89,3%
My family appreciates me	93	84,5%	88	86,3%	182	85,0%
I enjoy myself with family	92	83,6%	87	85,3%	181	84,6%
My family is interested in me	85	77,3%	83	81,4%	169	79,0%
My family is warm/welcoming	89	80,9%	88	86,3%	179	83,6%
My family helps me	90	81,8%	81	79,4%	173	80,8%
My family is proud of me	90	81,8%	85	83,3%	177	82,7%
My parents take part in my activities	89	80,9%	84	82,4%	174	81,3%
My parents believe in me	85	77,3%	84	82,4%	171	79,9%
I'm proud of my family	94	85,5%	90	88,2%	186	86,9%
My family cares about my education	97	88,2%	90	88,2%	189	88,3%
My family is the most important thing in my life	88	80,0%	86	84,3%	176	82,2%
My parents love me the way I am	92	83,6%	85	83,3%	179	83,6%
My parents care about my future	92	83,6%	91	89,2%	184	86,0%
<b>Negative behaviours and feelings</b>						
My family works against all I do	39	35,5%	27	26,5%	66	30,8%
I would change my family for another one	11	10,0%	2	2,0%	13	6,1%
My family doesn't trust me	17	15,5%	18	17,6%	35	16,4%
My family doesn't like to be with me	12	10,9%	6	5,9%	18	8,4%
My family is not good at all	8	7,3%	5	4,9%	13	6,1%

My family dislikes everything I do	11	10,0%	12	11,8%	23	10,7%
I don't know why my parents are still together	15	13,6%	9	8,8%	24	11,2%
My home is not a happy place	14	12,7%	8	7,8%	22	10,3%

Table 11 BASELINE: Friends and peers' behaviours and influences

	Male N=154		Female N=135		Total N=296	
	n	%	n	%	n	%
<b>FRIENDS</b>						
<b>How many of them smoke cigarettes?</b>						
None	88	57.1	83	61.5	176	59.5
Less than half / about half	21	13.6	31	23.0	52	17.6
More than half/ all of them	11	7.1	3	2.2	14	4.7
Don't know	29	18.8	15	11.1	45	15.2
<b>How many of them drink alcohol</b>						
None	77	50.0	68	50.4	150	50.7
Less than half / about half	24	15.6	37	27.4	61	20.6
More than half/ all of them	12	7.8	13	9.6	25	8.5
Don't know	37	24.0	16	11.9	53	17.9
<b>How many of them get drunk</b>						
None	85	55.2	74	54.8	165	55.7
Less than half / about half	19	12.3	27	20.0	46	15.5
More than half/ all of them	8	5.2	9	6.7	17	5.7
Don't know	36	23.4	23	17.0	60	20.3
<b>How many of them use marijuana or other drugs</b>						
None	96	62.3	96	71.1	197	66.6
Less than half / about half	14	9.1	14	10.4	29	9.8
More than half/ all of them	8	5.2	2	1.5	10	3.4
Don't know	26	16.9	19	14.1	46	15.5
<b>If they found out that I smoked cigarettes sometimes</b>						
They would approve	11	7.1	5	3.7	18	6.1
They would disapprove but still be my friends	59	38.3	87	64.4	149	50.3
They would disapprove and stop being my friends	45	29.2	25	18.5	72	24.3
They would not care	34	22.1	16	11.9	50	16.9
<b>If they found out that I drank alcohol sometimes</b>						
They would approve	15	9.7	13	9.6	29	9.8
They would disapprove but still be my friends	57	37.0	74	54.8	135	45.6
They would disapprove and stop being my friends	35	22.7	17	12.6	54	18.2
They would not care	41	26.6	29	21.5	70	23.7
<b>If they found out that I used marijuana sometimes</b>						
They would approve	11	7.1	5	3.7	17	5.7
They would disapprove but still be my friends	37	24.0	47	34.8	87	29.4
They would disapprove and stop being my friends	76	49.4	69	51.1	148	50.0
They would not care	25	16.2	12	8.9	37	12.5

<b>I can really get support from my best friend</b>						
	Yes	136	88.3	123	91.8	265 89.5
<b>PEERS</b>						
<b>How many of them smoke cigarettes?</b>						
	None	33	21.4	21	15.6	58 19.6
	Less than half / about half	69	44.8	65	48.1	135 45.6
	More than half/ all of them	14	9.1	29	21.5	44 14.9
	Don't know	33	21.4	18	13.3	52 17.6
<b>How many of them drink alcohol</b>						
	None	36	23.4	18	13.3	59 19.9
	Less than half / about half	57	37.0	55	40.7	113 38.2
	More than half/ all of them	20	13.0	37	27.4	57 19.3
	Don't know	34	22.1	22	16.3	57 19.3
<b>How many of them get drunk</b>						
	None	38	24.7	22	16.3	65 22.0
	Less than half / about half	61	39.6	59	43.7	121 40.9
	More than half/ all of them	15	9.7	32	23.7	48 16.2
	Don't know	34	22.1	20	14.8	54 18.2
<b>How many of them use marijuana or other drugs</b>						
	None	57	37.0	35	25.9	97 32.8
	Less than half / about half	44	28.6	62	45.9	108 36.5
	More than half/ all of them	9	5.6	3	2.2	12 4.1
	Don't know	39	25.3	31	23.0	70 23.7
<b>SCHOOL</b>						
<b>Friends: how many of them like school</b>						
	None	37	21.0	45	33.3	87 29.4
	Less than half / about half	57	37.0	59	43.7	117 39.5
	More than half/ all of them	30	19.5	14	10.4	45 15.2
	Don't know	25	16.2	15	11.1	40 13.5
<b>Friends: How many do well at school</b>						
	None	4	2.6	1	0.7	5 1.7
	Less than half / about half	43	27.9	49	36.3	94 31.8
	More than half/ all of them	75	48.7	72	53.3	151 51.0
	Don't know	26	16.9	11	8.2	38 12.8
<b>Class climate</b>						
	The students in my class enjoy being together	119	77.3	85	63.0	208 70.3
	Most of the students in my class are kind and helpful	109	70.8	89	65.9	202 68.2
	Other students accept me as I am	120	77.9	108	80.0	234 79.1
	How I do in school matters a lot to me	134	87.0	127	94.1	266 89.9
	I have great respect for what my teachers tell me	123	79.9	114	84.4	240 81.1
<b>School climate score (1-4: higher score higher risk): mean (+-DS)</b>		2.05 (0.54)		2.20 (0.56)		2.12 (0.55)

Table 25 FOLLOW UP: Friends and peers' behaviours and influences, school climate at follow up

FRIENDS AND PEERS		Sex					
		Male		Female		Total	
		n	%	n	%	n	%
Friends: How many smoke cigarettes?	none	70	31,1%	55	24,4%	131	58,2%
	less than half of them	16	7,1%	22	9,8%	40	17,8%
	about half of them	5	2,2%	10	4,4%	17	7,6%
	more than half of them	2	,9%	3	1,3%	5	2,2%
	all of them	2	,9%	0	0,0%	2	,9%
	don't know	13	5,8%	10	4,4%	24	10,7%
Friends: How many drink alcohol?	none	53	23,6%	42	18,7%	102	45,3%
	less than half of them	27	12,0%	27	12,0%	55	24,4%
	about half of them	5	2,2%	9	4,0%	14	6,2%
	more than half of them	7	3,1%	11	4,9%	20	8,9%
	all of them	1	,4%	2	,9%	3	1,3%
	don't know	15	6,7%	12	5,3%	28	12,4%
Friends: How many get drunk?	none	65	28,9%	48	21,3%	121	53,8%
	less than half of them	17	7,6%	21	9,3%	38	16,9%
	about half of them	6	2,7%	7	3,1%	14	6,2%
	more than half of them	1	,4%	11	4,9%	13	5,8%
	all of them	3	1,3%	0	0,0%	3	1,3%
	don't know	16	7,1%	16	7,1%	33	14,7%
Friends: How many use cannabis or other drugs?	none	83	36,9%	73	32,4%	163	72,4%
	less than half of them	5	2,2%	17	7,6%	23	10,2%
	about half of them	6	2,7%	2	,9%	8	3,6%
	more than half of them	2	,9%	1	,4%	4	1,8%
	all of them	1	,4%	0	0,0%	1	,4%
	don't know	11	4,9%	9	4,0%	21	9,3%
Peers: How many smoke cigarettes?	none	32	14,2%	10	4,4%	45	20,0%
	less than half of them	26	11,6%	25	11,1%	55	24,4%
	about half of them	15	6,7%	33	14,7%	49	21,8%
	more than half of them	15	6,7%	24	10,7%	39	17,3%
	all of them	1	,4%	1	,4%	2	,9%
	don't know	17	7,6%	10	4,4%	30	13,3%
Peers: How many drink alcohol?	none	24	10,7%	8	3,6%	36	16,0%
	less than half of them	26	11,6%	20	8,9%	46	20,4%
	about half of them	15	6,7%	28	12,4%	44	19,6%
	more than half of them	21	9,3%	33	14,7%	57	25,3%
	all of them	1	,4%	1	,4%	2	,9%
	don't know	19	8,4%	12	5,3%	34	15,1%

Peers: How many get drunk?	none	28	12,4%	10	4,4%	42	18,7%
	less than half of them	32	14,2%	23	10,2%	57	25,3%
	about half of them	15	6,7%	27	12,0%	43	19,1%
	more than half of them	13	5,8%	28	12,4%	42	18,7%
	all of them	1	,4%	1	,4%	2	,9%
	don't know	17	7,6%	13	5,8%	33	14,7%
Peers: How many use cannabis or other drugs?	none	34	15,1%	26	11,6%	63	28,0%
	less than half of them	38	16,9%	37	16,4%	78	34,7%
	about half of them	8	3,6%	18	8,0%	27	12,0%
	more than half of them	5	2,2%	6	2,7%	11	4,9%
	all of them	2	,9%	1	,4%	3	1,3%
	don't know	20	8,9%	15	6,7%	39	17,3%

SCHOOL		Sex					
		Male		Female		Total	
		n	%	n	%	n	%
Friends: How many like school?	none	23	20,9%	24	23,5%	47	22,0%
	less than half	33	30,0%	38	37,3%	72	33,6%
	about half	23	20,9%	17	16,7%	40	18,7%
	more than half	16	14,5%	6	5,9%	22	10,3%
	all of them	4	3,6%	5	4,9%	9	4,2%
	don't know	10	9,1%	10	9,8%	21	9,8%
Friends: How many do well at school?	none	4	3,6%	0	0,0%	4	1,9%
	less than half	14	12,7%	5	4,9%	20	9,3%
	about half	25	22,7%	27	26,5%	52	24,3%
	more than half	44	40,0%	49	48,0%	93	43,5%
	all of them	11	10,0%	14	13,7%	25	11,7%
	don't know	11	10,0%	5	4,9%	17	7,9%

Table 12 BASELINE: Behavioural problems experienced in the last year

	Male N=154		Female N=135		Total N=296	
	n	%	n	%	n	%
<b>Quarrel or argument</b>						
Because of alcohol use	5	3.3	6	4.4	11	3.7
Because of drug use	0	0.0	0	0.0	0	0.0
Other reason	85	55.2	84	62.2	171	57.8
<b>Scuffle or fight</b>						
Because of alcohol use	5	3.3	2	1.5	8	2.7
Because of drug use	0	0.0	1	0.7	0	0.0
Other reason	58	37.7	33	24.4	91	30.7
<b>Accident or injury</b>						
Because of alcohol use	5	3.3	1	0.7	6	2.0

	Because of drug use	0	0.0	1	0.7	2	0.7
	Other reason	70	45.5	55	40.7	127	42.9
<b>Loss of money or other valuable items</b>							
	Because of alcohol use	4	2.6	2	1.5	6	2.0
	Because of drug use	1	0.7	0	0.0	1	0.3
	Other reason	28	18.2	33	24.4	63	21.3
<b>Damage to objects or clothing owned</b>							
	Because of alcohol use	3	2.0	2	1.5	5	1.7
	Because of drug use	2	1.3	0	0.0	2	0.7
	Other reason	47	30.5	36	26.7	85	28.7
<b>Problems in relationship with parents</b>							
	Because of alcohol use	5	3.3	3	2.2	8	2.7
	Because of drug use	0	0.0	0	0.0	0	0.0
	Other reason	24	15.6	38	28.2	64	21.6
<b>Problems in relationship with friends</b>							
	Because of alcohol use	5	3.3	2	1.5	7	2.4
	Because of drug use	0	0.0	0	0.0	0	0.0
	Other reason	49	31.8	62	45.9	113	38.2
<b>Problems in relationship with teachers</b>							
	Because of alcohol use	4	2.6	1	0.7	5	1.7
	Because of drug use	2	1.3	1	0.7	3	1.0
	Other reason	40	26.0	38	28.2	79	26.7
<b>Performed poorly at school</b>							
	Because of alcohol use	7	4.6	2	1.5	9	3.0
	Because of drug use	1	0.7	0	0.0	1	0.3
	Other reason	36	23.4	35	25.9	73	24.7
<b>Victimized by robbery or theft</b>							
	Because of alcohol use	3	2.0	1	0.7	5	1.7
	Because of drug use	4	2.6	0	0.0	4	1.4
	Other reason	10	6.5	3	2.2	13	4.4
<b>Hospitalised or admitted to an emergency room</b>							
	Because of alcohol use	5	3.3	2	1.5	7	2.4
	Because of drug use	0	0.0	0	0.0	1	0.3
	Other reason	33	21.4	23	17.0	56	18.9
<b>Any problem for alcohol use (score 0-11): mean (+-DS)</b>		0.33 (1.58)		0.18 (0.90)		0.26 (1.30)	
<b>Any problem for drugs use (score 0-11): mean (+-DS)</b>		0.06 (0.39)		0.02 (0.19)		0.05 (0.33)	
<b>Any problem for other reasons (score 0-11): mean (+-DS)</b>		3.12 (3.10)		3.27 (2.77)		3.16 (2.94)	

Table 26 FOLLOW UP: behavioral problems experienced in the last year at follow up

Behavioural problems experienced in the last year at follow up		Sex					
		male N=110		female N=102		Total N=212	
		n	%	n	%	n	%
quarrel or argument	because of alcohol use	8	7,3%	1	1,0%	9	4,2%
	because of drug use	2	1,8%	0	0,0%	2	0,9%
scuffle or fight	because of alcohol use	3	2,7%	1	1,0%	4	1,9%



	because of drug use	4	3,6%	0	0,0%	4	1,9%
accident or injury	because of alcohol use	4	3,6%	1	1,0%	5	2,4%
	because of drug use	4	3,6%	1	1,0%	5	2,4%
loss of money or other valuable items	because of alcohol use	3	2,7%	0	0,0%	3	1,4%
	because of drug use	4	3,6%	0	0,0%	4	1,9%
damage to objects or clothing owned	because of alcohol use	3	2,7%	1	1,0%	4	1,9%
	because of drug use	3	2,7%	0	0,0%	3	1,4%
problems in relationship with parents	because of alcohol use	3	2,7%	2	2,0%	5	2,4%
	because of drug use	2	1,8%	0	0,0%	2	0,9%
problems in relationship with friends	because of alcohol use	3	2,7%	0	0,0%	3	1,4%
	because of drug use	5	4,5%	1	1,0%	6	2,8%
problems in relationship with teachers	because of alcohol use	2	1,8%	0	0,0%	2	0,9%
	because of drug use	4	3,6%	0	0,0%	4	1,9%
performed poorly at school	because of alcohol use	2	1,8%	0	0,0%	2	0,9%
	because of drug use	5	4,5%	0	0,0%	5	2,4%
victimized by robbery or theft	because of alcohol use	2	1,8%	0	0,0%	2	0,9%
	because of drug use	4	3,6%	0	0,0%	4	1,9%
hospitalised or admitted to an emergency room	because of alcohol use	2	1,8%	2	2,0%	4	1,9%
	because of drug use	5	4,5%	0	0,0%	5	2,4%
<b>Total follow up</b>	<b>because of alcohol use</b>	<b>35</b>	<b>31,8%</b>	<b>8</b>	<b>7,8%</b>	<b>43</b>	<b>20,3%</b>
	<b>because of drug use</b>	<b>42</b>	<b>38,2%</b>	<b>2</b>	<b>2,0%</b>	<b>44</b>	<b>20,8%</b>
<b>Total baseline</b>	<b>because of alcohol use</b>	<b>51</b>	<b>33,1%</b>	<b>24</b>	<b>18%</b>	<b>75</b>	<b>25%</b>
	<b>because of drug use</b>	<b>10</b>	<b>6,5%</b>	<b>3</b>	<b>2%</b>	<b>13</b>	<b>4%</b>

# Results of the Unplugged implementation

## Process monitoring protocol

### Process monitoring protocol

#### 1. The importance of the process monitoring

Process monitoring, evaluation, and reporting are essential components of any intervention.

Monitoring the process is a quality assurance requirement both for the intervention as such and for the study as a whole.

Moreover, the exact knowledge of level of exposure of the population to the intervention is important for the evaluation of the effectiveness of the programme (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 programme 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 programme, some aspects of programme implementation can be easily monitored at the level of the minimal unit (the class). 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 Unplugged coordination group will provide the teachers with the necessary copies of the forms during the training course.

#### 2. Objectives of the process monitoring

The main objective of the process monitoring is to evaluate and increase the quality of the implementation of the programme.

Specific objectives are:

1. to evaluate the adherence to the programme activities, i.e. whether each unit and within the unit each single activity takes place as planned;
2. to evaluate the attendance of the target population;
3. to get a rating of the success/usefulness of the units from the deliverer;
4. to record the prevention activities implemented in the control classes;
5. to evaluate the teachers' satisfaction of the programme;
6. to evaluate the students' satisfaction of the programme;
7. to provide the teachers with a feedback on the work done, and suggestions on improvements for the next waves of implementation.

#### 3. Tools to evaluate the adherence to 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 of implementation (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 x number of classes) in all the intervention schools.

The teachers should complete the form immediately after each session.

#### 4. Tools to evaluate teachers' satisfaction

To evaluate teachers' satisfaction, a short questionnaire (see Annex pages 16-17) must be completed at the end of the programme by each teacher who implemented the programme.

#### 5. Tools to evaluate students' satisfaction

To evaluate students' satisfaction, a short questionnaire (see Annex pages 18-19) must be completed at the end of the programme by each student.

#### 6. Collecting and sending monitoring forms to Mentor and HoGent

The Unplugged UK Mentor project staff will be in constant contact with the teachers and will monitor the completion of the forms all along the programme. As soon as the programme will be completed, they will collect and send the Unplugged 12 monitoring forms, the teachers' and the students' satisfaction forms to HoGent for the analysis and reporting.

**Table. Timeline of the process monitoring**

<b>Activity</b>	<b>who</b>	<b>when</b>
Draft protocol and forms		
Unplugged piloting in schools: completion of monitoring forms		
Sending the monitoring forms to HoGent		
Protocol for process monitoring		
Entering monitoring forms		
Providing monitoring forms to Mentor for training course <ul style="list-style-type: none"><li>- 12 units forms * N intervention classes</li><li>- 1 teacher satisfaction form * N intervention classes</li><li>- 30 student satisfaction forms * N intervention classes</li></ul>		
Analysis and reporting of pilot phase I monitoring forms		
Providing monitoring forms to the teachers during the training		
Monitoring the process		
Collection of monitoring forms <ul style="list-style-type: none"><li>- 12 units forms * N intervention classes</li><li>- 1 teacher satisfaction form * N intervention classes</li><li>- 30 student satisfaction forms * N intervention classes</li></ul>		
Sending monitoring forms to HoGent		
Entering monitoring forms		
Analysis and reporting		

## Monitoring forms

Table 27: Delivery for each Unit of Unplugged

<b>Table units</b>	<b>of</b>	<b>Total number of times delivered</b>	<b>%</b>	<b>% of classroom in which all activities were delivered</b>	<b>Mean time (minutes) spent on lesson</b>	<b>Average number of students present at unit</b>	<b>Average number of eligible students at unit</b>
<b>Unit 1</b>		14	100%	64%	42	13	16
<b>Unit 2</b>		13	93%	46%	41.5	12	16
<b>Unit 3</b>		13	93%	69%	37	11	16
<b>Unit 4</b>		13	93%	46%	43	14	16
<b>Unit 5</b>		13	93%	46%	45	13	16
<b>Unit 6</b>		12	86%	77%	46	13	16
<b>Unit 7</b>		12	86%	67%	48	12	16
<b>Unit 8</b>		12	86%	67%	39	11	16
<b>Unit 9</b>		12	86%	83%	49	12	16
<b>Unit 10</b>		11	79%	82%	41	11	16
<b>Unit 11</b>		10	71%	70%	44	11	16
<b>Unit 12</b>		12	86%	67%	42	10	16