

**A Review of Prevention Research
Institute Programs**

**A Report to the Division for Substance Abuse
Kentucky Cabinet for Human Resources**

Submitted by

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POPULATION:

1420 college students enrolled in a health education course required for general education at Eastern Kentucky Univ.

DATES OF EVALUATION:

1989-91

EVALUATION DESIGN:

Pre and post written surveys were given to a control group and to students who received OCTAA as one of 4 course units. The control group received the traditional alcohol and drug education staff were teaching. Teachers were assigned to groups based on efforts to control certain variables, e.g. teaching experience and education; teachers from each group were assigned to OCTAA or the control group based on class schedules. Pretests were given one month into school and preceding OCTAA (taught in 7-8 one-hour sessions over four weeks. Posttests were given during the last week of the semester (6-8 weeks following OCTAA.) Matched pair data were used (64% matched). Pre- and posttest differences also were calculated for the groups separately.

Outcomes Evaluated: student attitudes, behaviors, and negative consequences related to drinking.

EVALUATOR:

Dr. Merita Thompson, Professor, Health Education, Eastern Kentucky University, Richmond KY.

REFERENCE:

Final report for FIPSE grant, to U.S. Department of Education; data from manuscript for journal article in progress.

FINDINGS: (Use data refers to the number of days in the past month.)

- ◆ The OCTAA group reported significantly greater reduction in amounts of alcohol consumed than the control group. Most effect was on high-risk drinkers who reduced amounts to a level that was still in a high-risk range, but was a reduction from "7-12 drinks and no more," to "4-6 drinks and no more" ($p=.011$).
- ◆ The OCTAA group showed significantly greater improvements than the control group, in attitudes that studies show are related to high-risk drinking. This difference in improvement was shown for a composite attitude score and for several specific attitude items, as follows:
 - Composite attitude score ($p=.0001$).
 - "I can drink as much as I want as long as I can handle it." ($p=.000$.)
 - "Drinking is a good way to help a person to be friendly and meet new people." ($p=.012$.)
 - "It is never okay to get drunk, even to celebrate something special." ($p=.049$.)
 - "Drinking is a good way to have fun." ($p=.034$.)
- ◆ On the posttest, the OCTAA group reported a significant reduction in the incidence of the following negative consequences associated with alcohol (inquiry about a three month period); these reductions were not found for the control group.
 - "Experienced a hangover due to

- drinking." (p=.014.)
- "Did something while using alcohol that you regretted later." (p=.018.)
 - ◆ The incidence of one behavior increased in the OCTAA group at the posttest, "Performed poorly on a test or important project due to alcohol." (p=.004.) Evaluator commented that this increase seems logical since more of the semester would have passed, during which time more tests and projects would have been due.
 - ◆ Process evaluation showed student and faculty opinions of the program were very favorable.

LIMITATIONS OF THE EVALUATION:

- ◆ Evaluation was during one semester only, 6-8 weeks following the program.
- ◆ Questions regarding negative consequences inquired about a three-month period which overlapped at least one month with the period covered in the pretest. This oversight might have camouflaged and minimized the effects of OCTAA somewhat.