

Effectiveness of Fresh Start: a pilot study of a school-based program to retain a negative attitude towards substance use in high school freshman.

No registrations found.

Ethical review	Not applicable
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27489

Source

Nationaal Trial Register

Brief title

FS

Health condition

substance use

Sponsors and support

Primary sponsor: Trimbos Institute

Source(s) of monetary or material Support: the Dutch Ministry of Health Welfare and Sports

Intervention

Outcome measures

Primary outcome

Attitude towards substance use (attitude towards smoking; attitude towards alcohol use; attitude towards cannabis use);

The primary outcomes are measured at baseline, posttest 1, and posttest 2

Secondary outcome

1. The intention to use substance in the future (smoking, alcohol use, and cannabis use).
2. Frequency of substance use (smoking, alcohol use, and cannabis use).
3. Experienced social norms (smoking, alcohol use, and cannabis use).
4. Risk perception (smoking, alcohol use, and cannabis use).
5. Refusal self-efficacy (smoking, alcohol use, and cannabis use).

Alle secondary outcomes are measured at baseline, posttest 1, and posttest 2

Study description

Background summary

In elementary school, substance use is rare, and the attitude towards substance use is predominantly negative. In early adolescence, children experience several important biological, cognitive and psychosocial changes. In addition, children experience profound environmental changes as they make the transition to secondary school. The transition from childhood and elementary school to adolescence and secondary school is linked to shifting attitudes towards substances from negative to more positive, resulting in a increased vulnerability for substance use. Fresh Start is a preventive intervention that aims to retain a negative attitude towards substance use in high school freshman. We conduct a pilot study to test whether this newly developed intervention succeeds to do so. In addition we test the assumption that the intervention is most succesful early in the school year, directly after students made the transition to secondary school. Classes with first year students are randomized to either the experimental condition (receiving Fresh Start at the beginning of the school year) or the waitlist control condition (receiving Fresh Start at the end of the school year).

Study objective

1. High school Freshman develop less positive attitudes towards substance use after participation in Fresh Start than high school freshman in the waitlist control condition.
2. Fresh Start is more effective when it is implemented at the beginning of the first year of

secondary school (experimental group) than when it is implemented at the end of the year (waitlist control condition).

Study design

baseline (Fall 2015)

posttest 1 (February - March 2016)

posttest 2 (Summer 2016)

Intervention

In elementary school, substance use is rare, and the attitude towards substance use is predominantly negative. In early adolescence, children experience several important biological, cognitive and psychosocial changes. In addition, children experience profound environmental changes as they make the transition to secondary school. The transition from childhood and elementary school to adolescence and secondary school is linked to shifting attitudes towards substances from negative to more positive, resulting in a increased vulnerability for substance use. Fresh Start is a preventive intervention that consists of a curriculum of 4 lessons, a parent conference and a brochure for parents. The ultimate goal of Fresh Start is to retain a negative attitude towards substance use. Therefore the lessons propagate the social norm that substance use is not normal in early adolescence (most early adolescents do not use substances) and is not acceptable. The lessons provide information on the risks of substance use, and teach the students to make healthy choices. In addition, the lessons adress the transition to secondary school. The parents are provided with information on early adolescence, and the importance of rules regarding substance use.

Contacts

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Eligibility criteria

Inclusion criteria

1. All secondary schools with multiple first year classes were eligible for participation in the study.
2. All participating teachers were required to participate in a three hour training session before they were allowed to teach the curriculum.
3. All high school freshman of participating schools were eligible for participation in the study.
4. Passive informed consent from parents.

Exclusion criteria

Participants not meeting the aforementioned criteria.

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2015
Enrollment:	1280
Type:	Actual

Ethics review

Not applicable

Application type:

Not applicable

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL5771
NTR-old	NTR5925
Other	METC : TET201508_02.

Study results