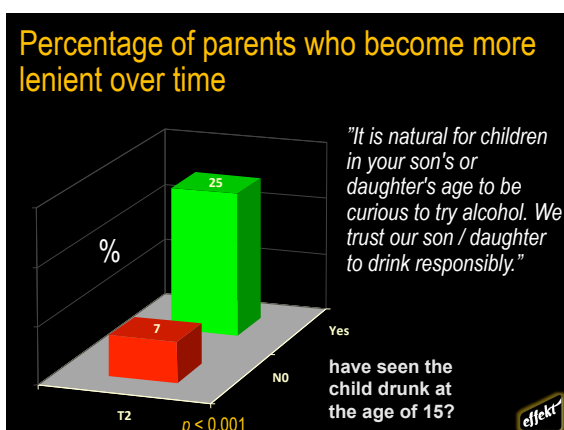


What happens if parents encounter their children drunk?

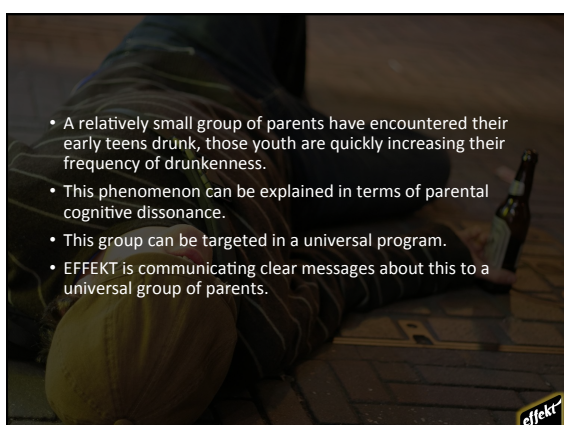
Longitudinal data over three years: Concentrating on the majority of parents to 13 year olds that have restrictive attitudes towards underage drinking.



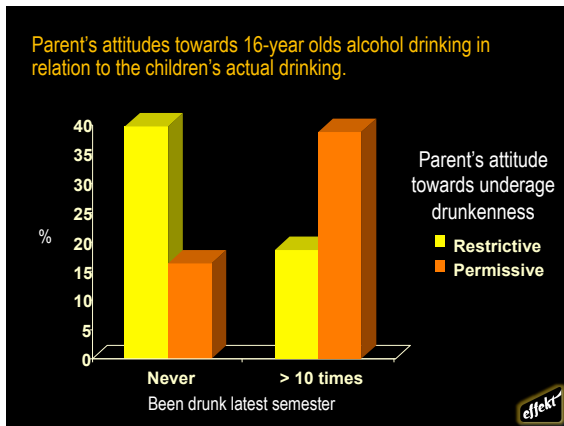
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- A relatively small group of parents have encountered their early teens drunk, those youth are quickly increasing their frequency of drunkenness.
- This phenomenon can be explained in terms of parental cognitive dissonance.
- This group can be targeted in a universal program.
- EFFEKT is communicating clear messages about this to a universal group of parents.



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Longitudinal studies on youth and parents in the US showing relationship: Parent Attitudes - Youth Drinking Behaviors

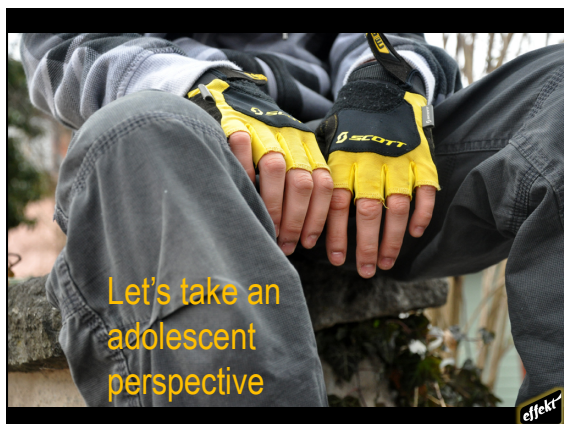
Abar C, Turrisi R. (2008). How important are parents during the college years? A longitudinal perspective of indirect influences parents yield on their college teens' alcohol use. *Addict Behav*, 33: 1360-68

Turrisi R, Wiersma KA, Hughes KK. (2000). Binge-drinking related consequences in college students: Role of drinking beliefs and mother-teen communications. *Psychol Addict Behav*, 14: 342-55.

Walls TA, Fairlie AM, Wood MD. (2009). Parents do matter: a longitudinal two-part mixed model of early college alcohol participation and intensity. *J Stud Alcohol Drugs*, 70: 908-18.

Wood MD, Read JP, Mitchell RE, Brand NH. (2004). Do parents still matter? Parent and peer influences on alcohol involvement among recent high school graduates. *Psychol Addict Behav*, 18: 19-30.


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Percentage of youths who accept or do not accept parents limit setting for different types of prudential and personal issues

I think it's OK if my parents set limits for me concerning:


	Certainly not	Certainly true		Certainly not	Certainly true
Prudential issues			Personal issues		
To drink alcohol	19.4	55.8	What web-pages I'm aloud to browse	26.2	30.9
To smoke or use dry tobacco	19.5	66	What movies or music I'm aloud to listen to	48.4	16.2
To go to a party where they drink alcohol	21	45.6	That they decides what peers I'm aloud to hang out with	35.4	16.8
To use hash or other drugs	19	77.6	What I do on my free time	34.1	16.6
How I treat my friends (about teasing or insulting)	21.1	41.1	How I use my money	36	15.7
To spread rumors or say something nasty	22.7	49.7	What girls or boys I like or fall in love with	56.3	12.3
To keep my promises to others	18	46	Average personal issues	23.4	18.1
About talking back to a teacher	20.2	47.5			
About my language (e.g. cursing)	23	34.9			
Average prudential issues	20.4	51.6			



Parents can and are expected to be clear authorities within their family



EFFEKT rests on the principle that parents have an important role in regulating their youth



Concept

Target: important dynamic conditions that are realistic to alter.



What if we try to maintain parents restrictive attitudes toward underage drinking;

Will this have an impact on their children's alcohol drinking?

Koutakis, N., & Stattin, H. & Kerr, 2008



EFFEKT™

- Target: Parents to 13-15 year olds.
- Administration: Ordinary parent-teacher conferences.
- Dose: 15-20 minutes twice per year).
- Active ingredient: Facts and arguments delivered in an interactive format.
- Administer in any community making use of existing resources: without any cost other than training.



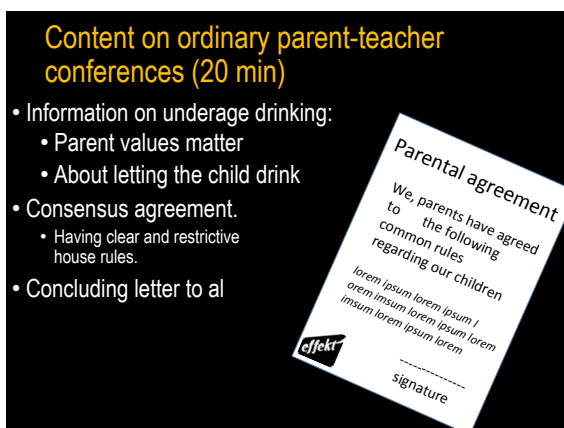
Implementation

Ordinary staff e.g. teacher, school counselor, school nurse.



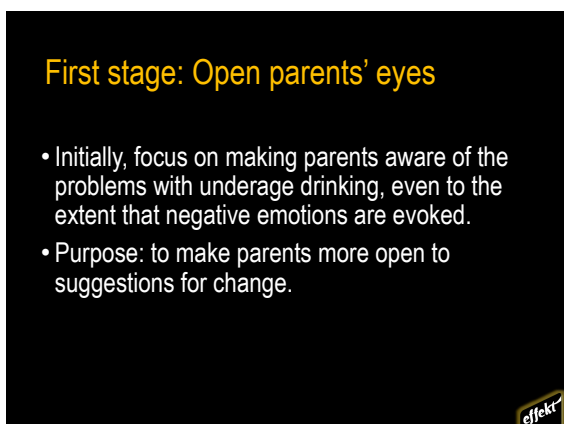
Content on ordinary parent-teacher conferences (20 min)

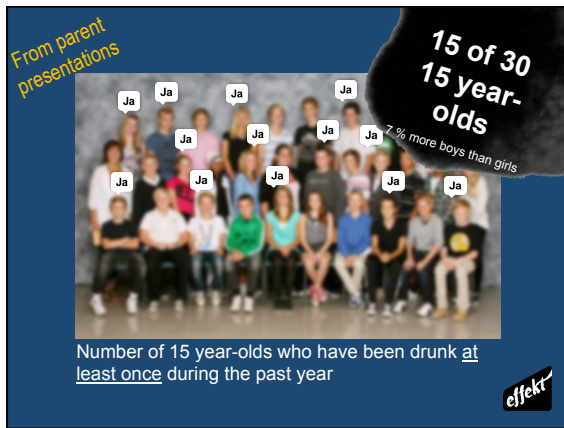
- Information on underage drinking:
 - Parent values matter
 - About letting the child drink
- Consensus agreement.
 - Having clear and restrictive house rules.
- Concluding letter to al



First stage: Open parents' eyes

- Initially, focus on making parents aware of the problems with underage drinking, even to the extent that negative emotions are evoked.
- Purpose: to make parents more open to suggestions for change.









Second stage: Change parents' ways of thinking about underage drinking

- Tear down parental misconceptions about youth drinking, such that most youths drink and it is not possible to change the situation.
- Parents should become aware that their attitudes and behavior matters.

Powerlessness → Empowerment



Third stage: Implement specific techniques

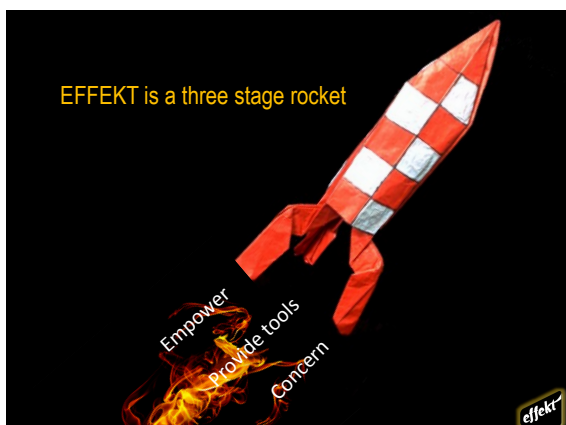
Parents should be taught clear and simple rules about how to prevent and handle their adolescent's drinking behavior.

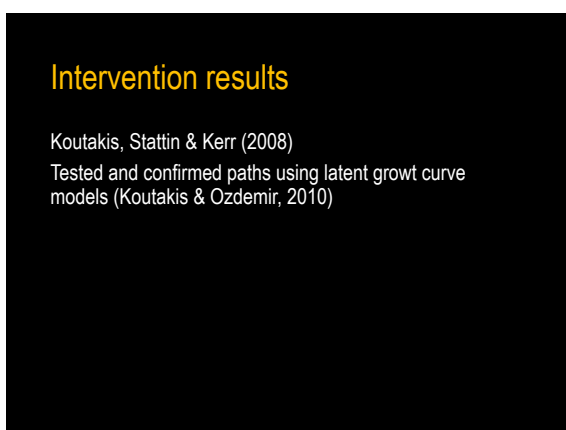


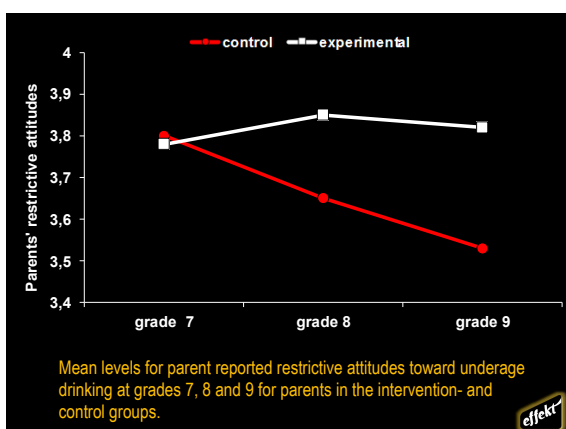
From parent presentations

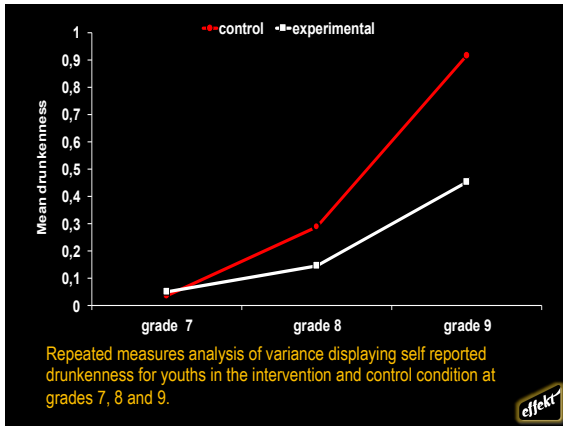
- What do you and your friends think about alcohol?
- Do you know why there is an age limit for buying alcohol?
- What do you do when you are offered a drink?

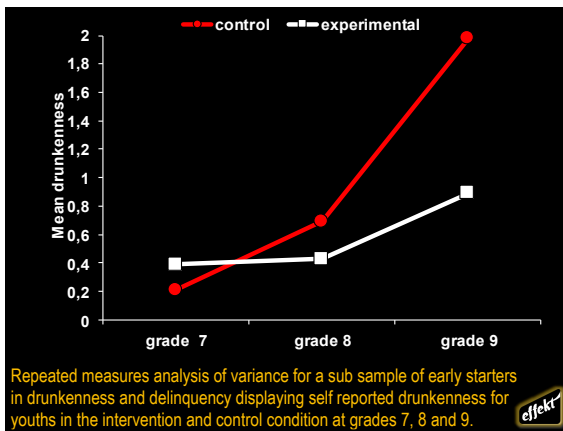


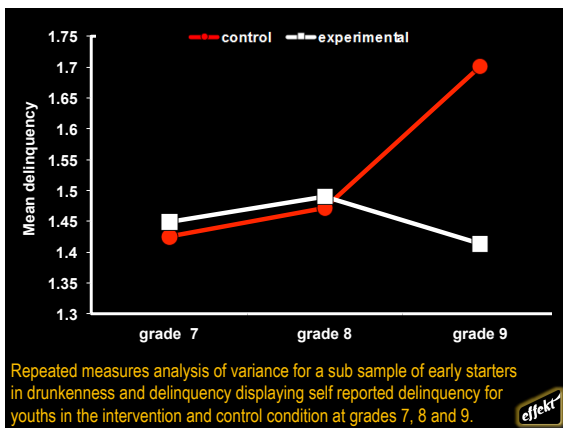


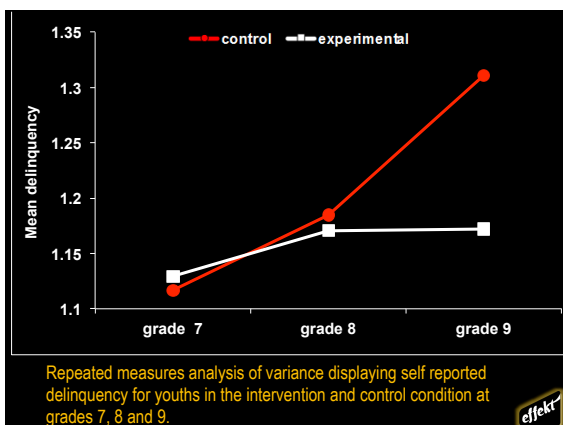












In addition

- More parents attend parent meetings
- More Communication: parent → school;
school → parent.

Effect Size

	Over all ES		Early starters ES	
	Repeated measures, control for pre test	Post test control for pre test	Repeated measures, control for pre test	Post test, control for pre test
Drunkenness	.48	.35	.72	.52
Antisocial behavior	.42	.38	.46	.32

Number needed to treat for one to benefit = 7.7 / 7.1

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Conclusions

- Any effective prevention program must focus on important conditions that are realistic to alter.
- In order to be able to mobilize parents, it is crucial to have them motivated.
- Parent attitudes and parenting practices concerning underage drinking matter.
- The EFFEKT approach is effective in maintaining parents restrictiveness and thereby decrease underage drunkenness.

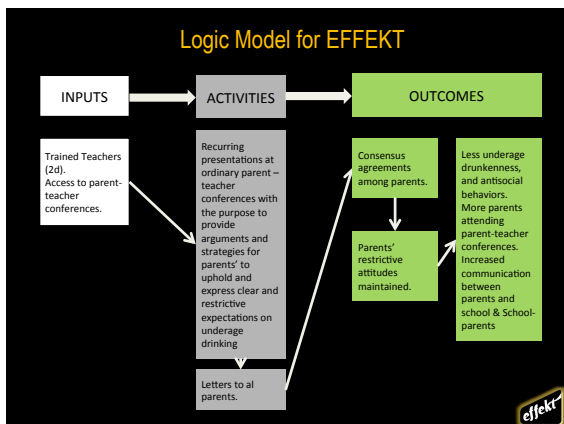


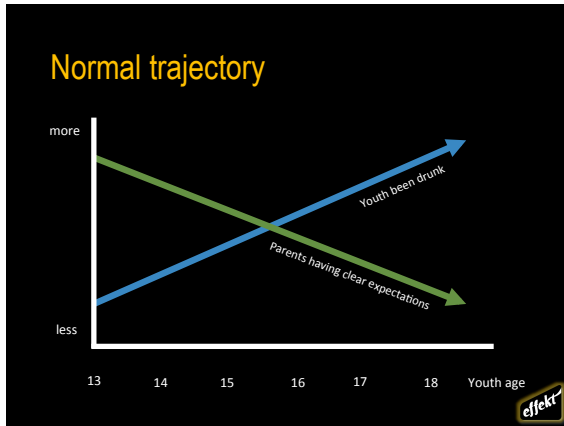
Training:

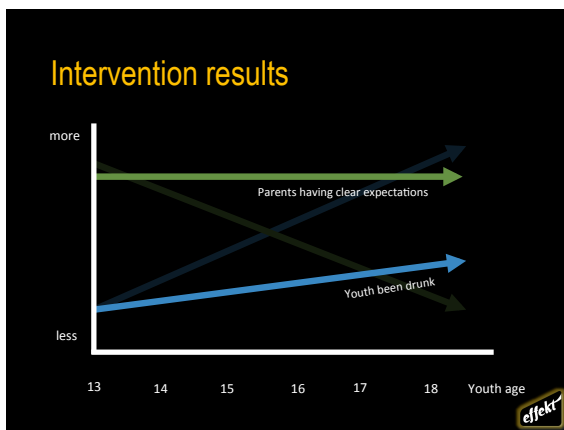
- Introduction to Prevention Science
- Theoretical and empirical background of EFFEKT
- The logic of the program
- Current knowledge about parenting research – preventive implications
- Program theory
- Treatment Fidelity
- Prerequisites for a sustainable implementation
- How to communicate professionally
- How to answer the most common questions from parents.



Logic Model for EFFEKT







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