

# Effects of the Universal Prevention Curriculum for Schools on Substance Use Among Peruvian Adolescents: A Randomized Trial

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# The Art

A new era in substance use  
harm reduction, treatment, and recovery



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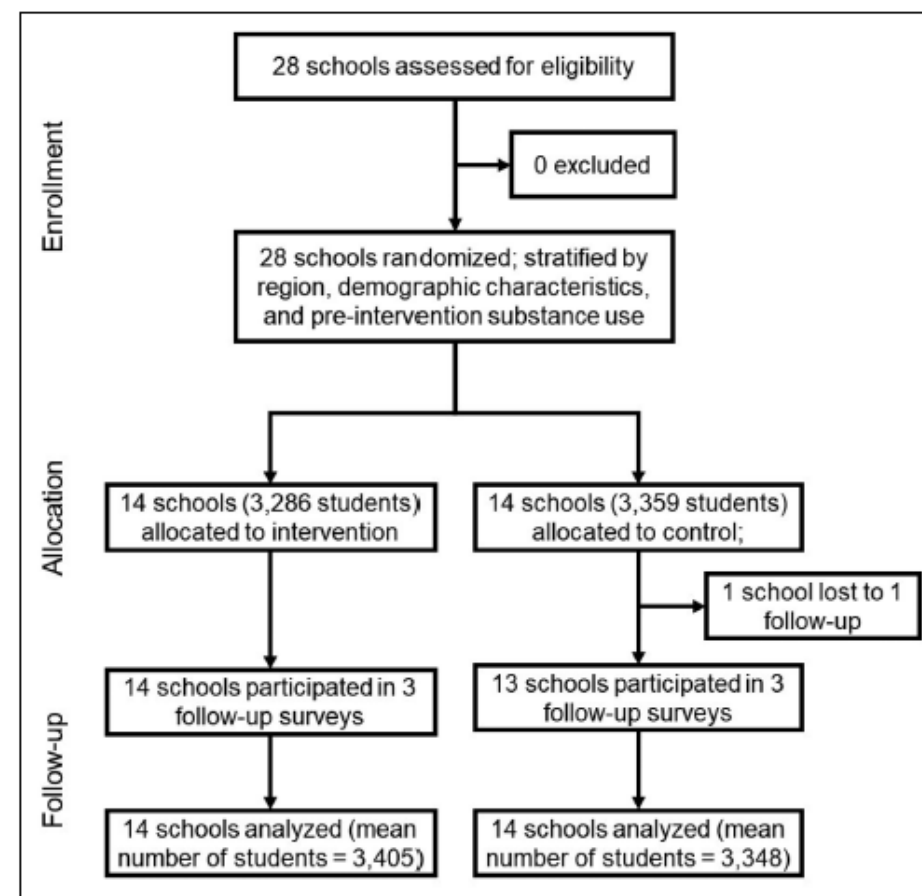


# The study in summary

- **The purpose:** to assess the effects of a universal prevention training curriculum for school administrators and teachers that focused on effective strategies to prevent adolescent substance use and related problems.
- **The context:** school administrators and teachers at intervention schools participated in a universal prevention training curriculum focusing on the development of a positive school climate as well as effective policies related to school substance use. All intervention and control schools were offered Unplugged, a classroom-based substance use prevention curriculum.

# The study in summary

- **The study design:** Group-randomized trial
- **The study population:** Twenty-eight schools in three regions of Peru were randomly assigned to either an intervention or control condition (14 schools per condition).
- **The measurements:** Repeated cross-sectional samples of 11 to 19-year-old students participated in four surveys from May 2018 to November 2019 (N = 24,529).



# The study in summary

- **Outcome measures:** lifetime drug use; past-year and past-month tobacco, alcohol, marijuana, and other drug use; awareness of school tobacco and alcohol use policies; perceived enforcement of school policies; school bonding; perceived friends' use of tobacco, alcohol, marijuana, and other drugs; and personal problems in general and problems related to substance use.

School Policies

School climate

Normative beliefs

Substance use

Consequences



# The study in summary

- The results:** Multi-level analyses indicated significant reductions in past-year and past-month smoking, friends' substance use, and problems related to substance use and in general at intervention relative to control schools. Significant increases were found in intervention vs. control schools related to students' awareness of school substance use policies, perceived likelihood of getting caught for smoking, and school bonding.

**Table 3.** Summary of Results from Multi-Level Logistic Regression Analyses to Assess UPC Training and Intervention Effects on Substance Use Behaviors and School Policy Awareness.

Outcome	Odds Ratio (95% confidence interval) <sup>a</sup>
<i>Substance use behaviors</i>	
Past-year smoking	0.80 (0.65, 0.99)*
Past-month smoking	0.67 (0.51, 0.92)*
Past-year alcohol use	0.88 (0.74, 1.06)
Past-month alcohol use	0.84 (0.65, 1.09)
Binge drinking, past 2 weeks	0.78 (0.53, 1.15)
Lifetime drug use <sup>b</sup>	0.92 (0.67, 1.27)
Past-year substance use <sup>c</sup>	0.88 (0.74, 1.03)
Past-month substance use <sup>c</sup>	0.83 (0.66, 1.04)
<i>School policies</i>	
Smoking is prohibited	1.23 (1.02, 1.48)*
Alcohol use is prohibited	1.29 (1.08, 1.53)**

<sup>a</sup>p < .05, <sup>\*\*</sup>p < .01.

<sup>b</sup>Odds ratio for pre/post intervention year × intervention condition, adjusted for student age and gender.

<sup>c</sup>Marijuana, inhalants, or other drugs (e.g., cocaine, hallucinogens).

<sup>d</sup>Tobacco, alcohol, marijuana, or inhalants.

**Table 4.** Summary of Results from Multi-Level Linear Regression Analyses to Assess UPC Training and Intervention Effects on Psychosocial Outcomes and Problems.

Outcome	Beta (standard error) <sup>a</sup>
<i>Perceived school policy enforcement</i>	
Likelihood of getting into trouble for smoking at school	0.06 (.03) <sup>†</sup>
Likelihood of getting into trouble for alcohol use at school	0.03 (.04)
School bonding	0.05 (.03) <sup>†</sup>
<i>Friends' substance use</i>	
Smoking	-0.04 (.03)
Getting drunk	-0.05 (.03)
Marijuana or other drugs	-0.03 (.02)
Total friends' substance use	-0.13 (.07) <sup>†</sup>
<i>Problems in the past year</i>	
Problems related to substance use	-0.19 (.07)*
Problems for any reason	-0.25 (.12)*

<sup>a</sup>p < .05, <sup>†</sup>p < .10.

<sup>b</sup>Beta coefficient for pre/post intervention year × intervention condition, adjusted for student age and gender.



# The study in summary

- **Conclusion:** These findings suggest that the universal prevention training curriculum (UPC) and the school policy and climate changes it promoted reduced substance use and related problems in the study population of Peruvian adolescents.

..... UPC training effective means of disseminating prevention science to support the implementation of EBI

...modules be taught FOR COORDINATORS as originally designed preceding those for IMPLEMENTERS providing direct services

....major commitment of time and resources on the part of interested that include substance use prevention in their mission....

...the modules depend on highly interactive teaching strategies... move to OTHER MODALITIES may attenuate the effects noted here.





# Translating the learning from this study to action

- The school prevention must have trained schoolteachers-implementers in the UPC.





# Translating the learning from this study to action

- The school interventions to be effective should include:



Building Prevention and leadership action teams



Substance use prevention policies



Positive School Climate



School Prevention Curricula

# Translating the learning from this study to action

- The school prevention intervention must have a trained strong monitoring system for continuous formative evaluation and maintain fidelity to the design and adapt to local conditions.





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