

Summary: TND Experimental Trial Results

Any Effects on 30-Day Substance Use by TND Trial

TND Trial	Cigarettes	Alcohol	Marijuana	Hard drug use ¹
TND-1 -AHS ^{2,3,4,7}		+		+
TND-1-RHS ^{5,6,7}		+		+
TND-2 (AHS) ^{7,8}	+	+	+	+
TND-4 (AHS & RHS) ⁹				+
TND-Networked ¹⁰			+	+
TND-Dissemination ¹¹			+	+
TND-Emerging Adulthood ¹²	+	+		+

Summary of effects:

- No negative impacts were found.
- The most consistent effects were on hard drug use, in all 7 of 7 evaluated trials. This suggests that the program is very likely to have an impact on hard drug use.
- Effects on alcohol use were found in 4 trials. Effects on marijuana use were found in 3 trials. These replications suggest that the program may or can be effective on marijuana and alcohol.
- Effects on cigarette smoking were found in only 2 trials, suggesting that the program may not work on cigarette smoking.
- School environment manipulations do not enhance effects.
- Self-instruction does not work.
- Behavioral skills instruction does not appear important above and beyond cognitive misperception correction.
- Quality of classroom interaction is very important.
- Enhanced teacher training (implementation support) appears to not be important.
- Effects were found on violence victimization and weapons carrying in TND-1, TND-2, and TND-4, but not in the other three trials. This suggests that effects on violence-related behaviors may or can be effective.
- Effects on drug use have varied in strength and by baseline drug use status in different trials. In general, the program has tended to work better on heavier levels of use.
- Differences in effects have failed to be observed as a function of gender or ethnicity of participant.
- The current trial is evaluating the potential of motivational interviewing (MI) booster programming to strengthen program effects (TND-Emerging Adulthood). This trial revealed no incremental effects of MI on drug use, and no generalization to risky sexual behavior, but did show effects on 3 of the drug use categories.

Notes:

¹ Hard drug use is a sum of 30-day use across cocaine, hallucinogens, inhalants, stimulants, ecstasy, and “other” drugs (an item that includes depressants, PCP, steroids, heroin, or “other” drugs).

² AHS = Alternative high schools

³ Sun, W., Skara, S., Sun, P., Dent, C.W., Sussman, S., 2006. Project Towards No Drug Abuse: Long-term substance use outcomes evaluation. *Prev. Med.*, 42, 188-192.

⁴ Sussman, S., Dent C.W., Simon, T.R., Stacy, A., Craig, S., 1998. One year outcomes of Project Towards No Drug Abuse. *Prev. Med.*, 27, 632-642. (Erratum: 27(5. Pt. 1), 766, 1998).

⁵ RHS = Regular high schools

⁶ Dent C.W., Sussman, S. McCuller, W.J., Stacy, A.W., 2001. Project Towards No Drug Abuse: Generalizability to a general high school sample. *Prev. Med.*, 32, 514-520.

⁷ Sussman, S., Dent, C.W., Stacy, A.W., 2002. Project Towards No Drug Abuse: A review of the findings and future directions. *Am. J. Health Behav.*, 26 (5), 354-365.

⁸ Sussman, S., Sun, P., McCuller, W.J., Dent, C.W., 2003. Project Towards No Drug Abuse: two-year outcomes of a trial that compares health educator delivery to self-instruction. *Prev. Med.*, 37(2), 155-162.

⁹ Sun, P., Dent, C.W., Sussman, S., Rohrbach, L.A., 2008. One-year follow-up evaluation of Project Towards No Drug Abuse (TND4). *Prev. Med.*, 47, 438-442.

¹⁰ Valente, T. W., Ritt-Olson, A., Stacy, A., Unger, J.B., Okamoto, J., Sussman, S., 2007. Peer acceleration: effects of a social network tailored substance abuse prevention program among high-risk adolescents. *Addiction*, 102(11), 1804-15.

¹¹ Rohrbach, L.A., Gunning, M., Sun, P., Sussman S., 2010. The Project Towards No Drug Abuse (TND) dissemination trial: implementation fidelity and immediate outcomes. *Prev. Sci.*, 11, 77-88. [Erratum, *Prev Sci.* 11, 113.]

¹² Sussman, S., Sun, P., Rohrbach, L.A., Spruijt-Metz, D., 2012. One-Year Outcomes of a Drug Abuse Prevention Program for Older Teens and Emerging Adults: Evaluating a Motivational Interviewing Booster Component. *Health Psychology*, 31(4), 476-85.