

European drug addiction prevention trial

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Registration date 30/03/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 15/08/2014	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Acronym
EU-Dap

Study objectives

In most European junior and senior high schools, some kind of intervention to protect against the use of alcohol, tobacco and drugs takes place. Most of these programs, however, have never been evaluated through a rigorous scientific methodology, which is a particularly serious

problem. First of all, the theory about the nature of drug use is still weak, causing many interventions to be based on invalid principles. Next, efficacious evaluations completed so far have not drawn firm conclusions to base decisions. In some cases, merely the ability of the intervention to modify knowledge or a few skills was studied. In other cases, the methodology was unsound, for example there was no control group to make a comparison.

In the absence of substance use prevention programs with solid evidence of effectiveness, there is a need for sound evaluation of programs, especially in European countries. The EU-Dap project was created to fill this gap in knowledge.

The intervention program "Unplugged" was specifically designed for European schools, using principles and methods indicated in the scientific literature as being the most useful in reducing the prevalence of substance use.

The EU-Dap trial was designed in order to assess the effectiveness of the "Unplugged" program in preventing the use of tobacco, alcohol and drugs in European junior high schools.

The behaviors of the students regarding lifetime and past 30 days use of cigarettes, cannabis and other drugs; frequency of alcohol drinking and episodes of drunkenness were of interest of the study, as well as knowledge and opinions about substances, and social and personal skills.

Protocol can be found at <http://www.eudap.net/PDF/EU-DAP%20Study%20Protocol%2020-6-04.pdf>

Ethics approval required

Old ethics approval format

Ethics approval(s)

A general policy on informed consent was not adopted. Each center followed the practice required locally in order to obtain permission from the corresponding Ethical Boards.

Study design

Multi-centre cluster randomised controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Drug addiction

Interventions

The EU-Dap school prevention programme "Unplugged", targeted to 12-14 years old students, was designed to tackle both experimental and regular use of alcohol, tobacco and illicit drugs (for details, see www.eudap.net). It is based on a comprehensive social influence approach, incorporating aspects of normative education, general self-management, personal and social competence skills and knowledge enhancing classes. It was designed by an expert group including behavioural scientists and public health evaluators. The basic curriculum consists of 12 one-hour units to be delivered weekly by class teachers who previously attended a 2.5 days

training course. In order to assess the role of parents and of age-peers in enhancing the effectiveness of the basic curriculum, this was delivered in three formats: basic curriculum alone (basic arm), or with the addition of side activities involving either peers (peers arm) or parents (parents arm). The curriculum and the additional components were delivered in the different countries in a very standardized way, concerning both content and the implementation procedures. For instance, the training course for the teachers participating in the programme was led by pedagogists who had received training on the programme during an international course held at the central level.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The primary outcome of the study was defined through behavioural endpoints regarding the use of tobacco and drugs, and alcohol drinking.

Key secondary outcome(s)

Changes in knowledge, skills, attitudes and intention to use substances in the future were regarded as secondary outcomes.

Completion date

15/06/2008

Eligibility**Key inclusion criteria**

The study population consists of students 12 to 14 years of age, attending junior high grades in the administrative areas of the participating centers. Criteria for the selection of the age group were the usually low prevalence of substance use and the feasibility of two-years follow-up during compulsory school attendance. Inclusion criteria for the schools were:

1. Presence of at least two classes in the target grade
2. To be part of the mainstream national educational system (schools for students with special pedagogic needs and confessional schools were excluded)
3. Consent to participate
4. Not currently conducting structured interventions against substance use

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

12 years

Upper age limit

14 years

Sex

All

Key exclusion criteria

Schools for students with special pedagogic needs and confessional schools, and schools currently conducting structured interventions against substance use were excluded.

Exclusion criteria at the students level were: own incapability to participate in the survey or parents refusal to allow participation.

Date of first enrolment

15/09/2004

Date of final enrolment

15/06/2008

Locations**Countries of recruitment**

Austria

Belgium

Germany

Greece

Italy

Spain

Sweden

Study participating centre

via Solaroli 17

Novara

Italy

28100

Sponsor information**Organisation**

Funder(s)

Funder type

Government

Funder Name

European Commission. European Public Health Programme 2002 (grant ref: SPC 2002376)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results on anonymous link procedures	01/02/2007		Yes	No
Results article	main results	01/11/2008		Yes	No
Results article	results on gender-specific effects	01/09/2009		Yes	No
Results article	results	01/12/2013		Yes	No
Other publications	publication on study design and baseline characteristics of the study population	01/02/2007		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes