



**STEG-FÖR-STEG**



# STEP-BY-STEP

A family-focused program  
to prevent problems with  
alcohol and drugs among  
adolescents in Sweden

# Cultural adaptation

from the Strengthening Families Program

## Program format

- youth sessions are held during daytime in the school
- parent sessions in the evenings
- two family sessions

## Contents

- one extra session in part 2
- more emphasis on alcohol and drugs in part 2
- links between the youth - and parent sessions

# STEP-BY-STEP

## Program Format

- developed for parents and youth in grade 5 - 7
- 6 two-hour sessions for parents in part 1
- 6 two-hour sessions for youth in part 1
- 1 family session in part 1
- 4 two-hour sessions for parents in part 2
- 4 two-hour sessions for youth in part 2
- 1 family session in part 2

# Youth

## Risk factors

- Aggressive/withdrawn behaviour
- Negative peer influence
- Poor school performance
- Lack of prosocial goals
- Poor relationship with parents

## Protective factors

- Positive future orientation
- Peer pressure resistance skills
- Prosocial peer relationship
- Positive management of emotions
- Empathy with parents

# Parents

## Risk factors

- Demanding and rejecting behaviour
- Poor child management
- Harsh and inappropriate discipline
- Poor communication of family rules

## Protective factors

- Positive parent-child affect
- Supportive family involvement
- Age-appropriate expectations
- Appropriate parental monitoring
- Clear expectations regarding substance use

# Evaluation

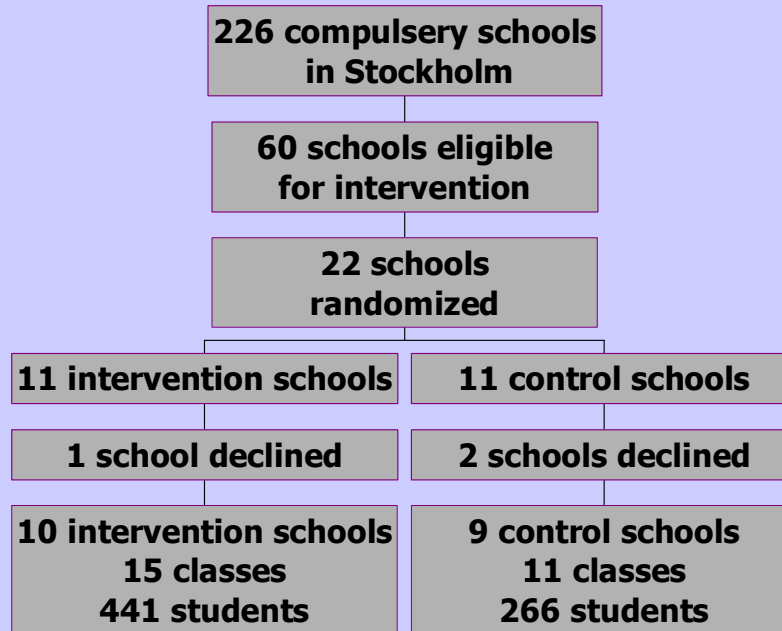
- 2002: Pilot study in two schools in Stockholm
- 2003: Large scale trial in 19 schools

707 students & parents in

10 intervention schools (441 students)

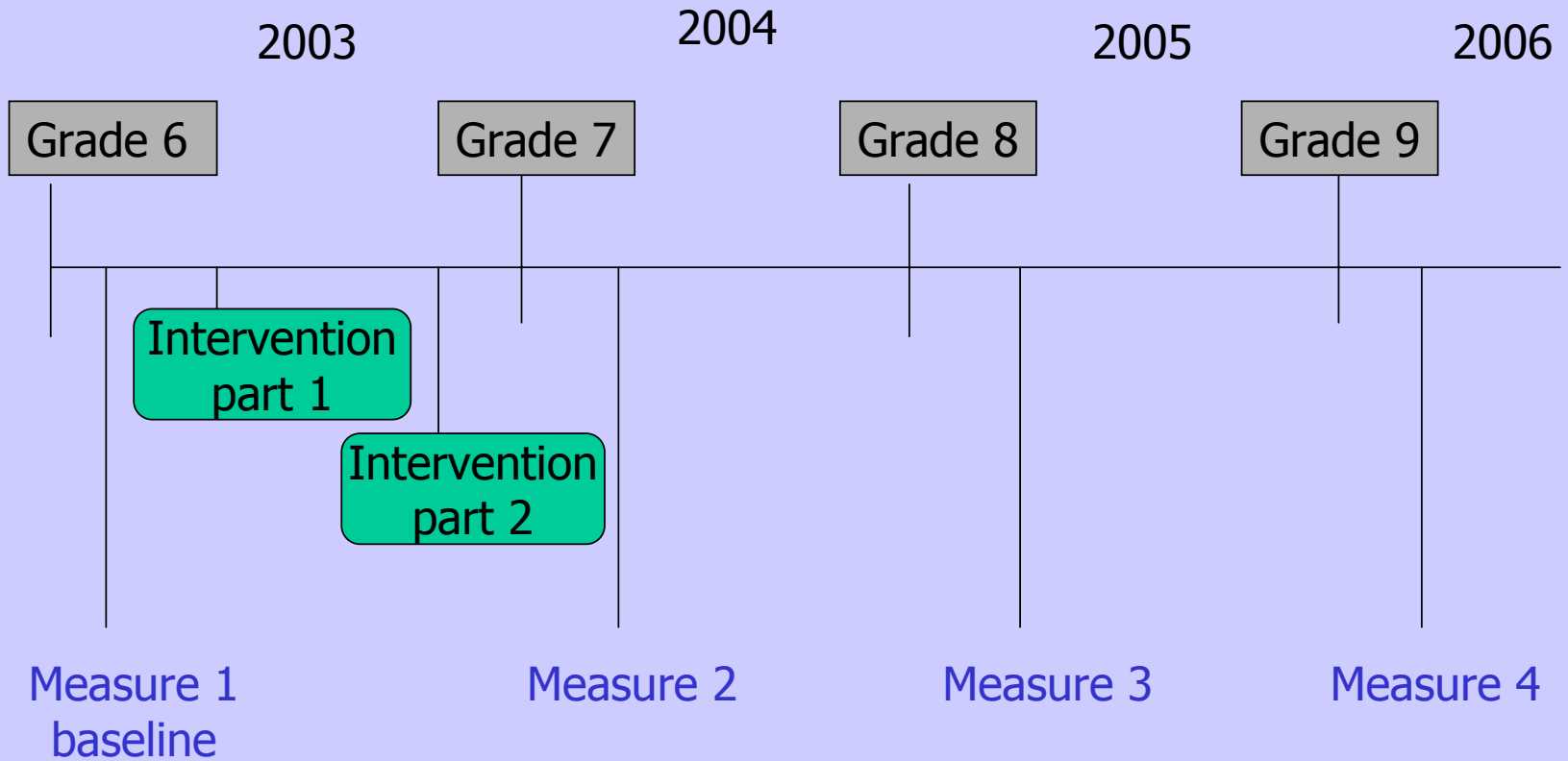
9 control schools (266 students)

# Randomization





# Study design



# Parental Participation

## Part 1 (step 1 – 7)

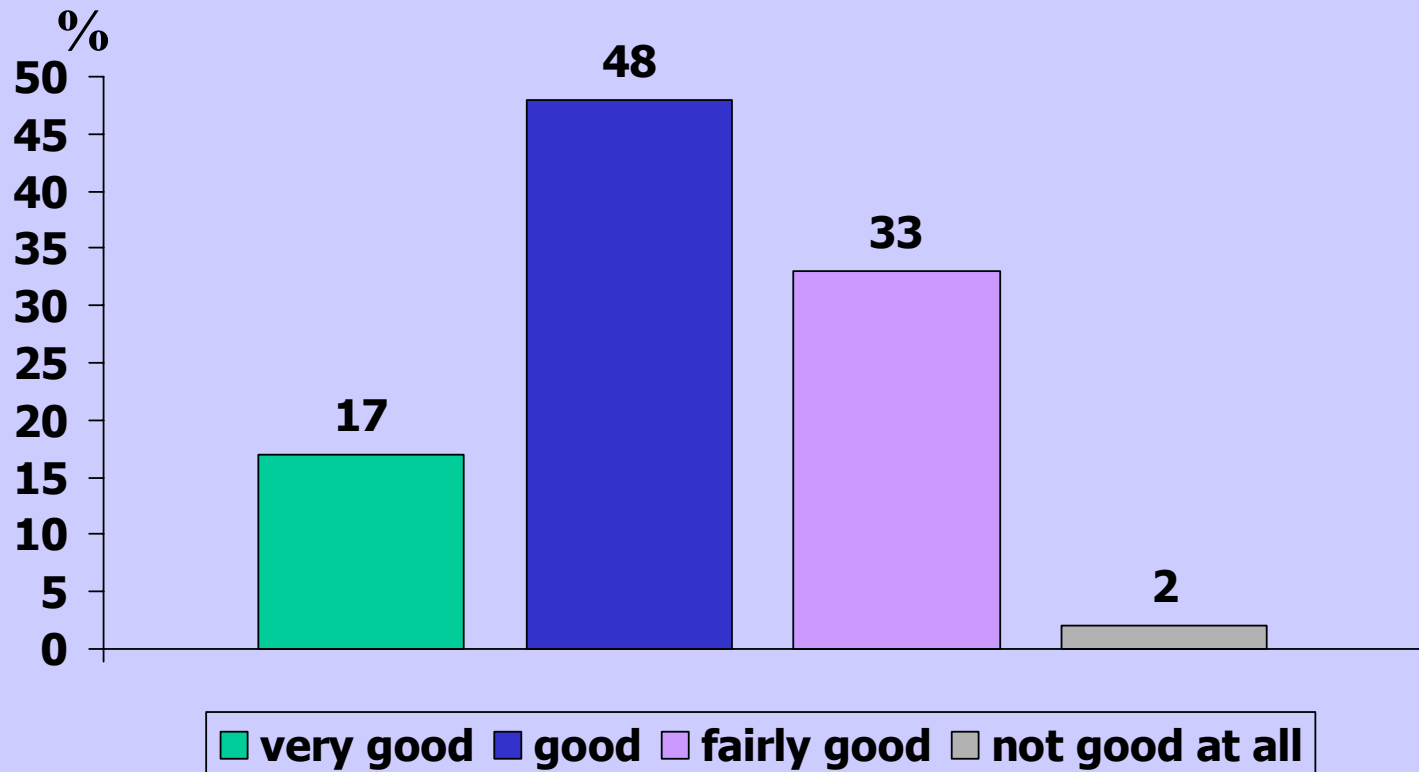
- 208 parents (47 % of the students were represented by at least one parent)

## Part 2 (step 8 – 12)

- 153 parents (27 % of the students were represented by at least one parent)

# Overall impression

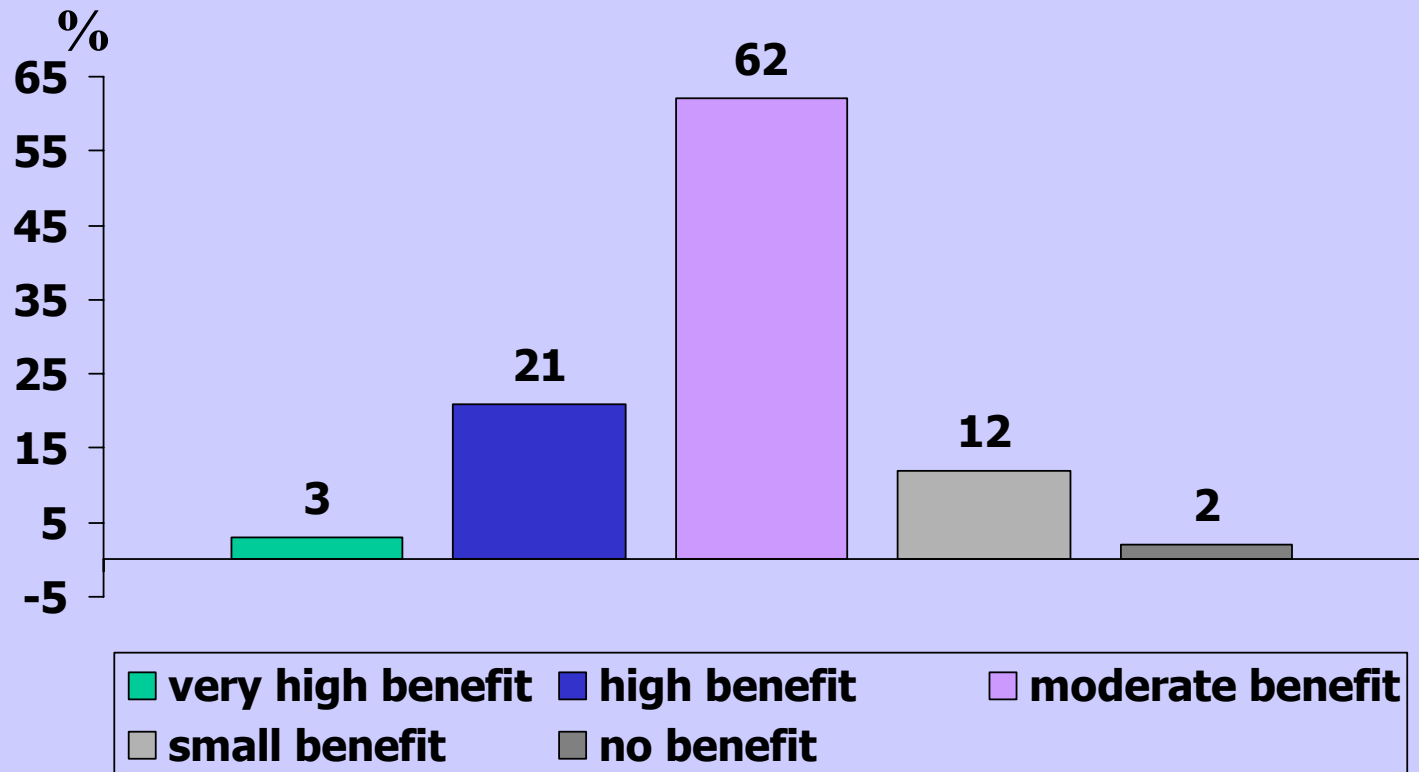
n=89



Parent survey 2003

# Benefit from STEP-BY-STEP

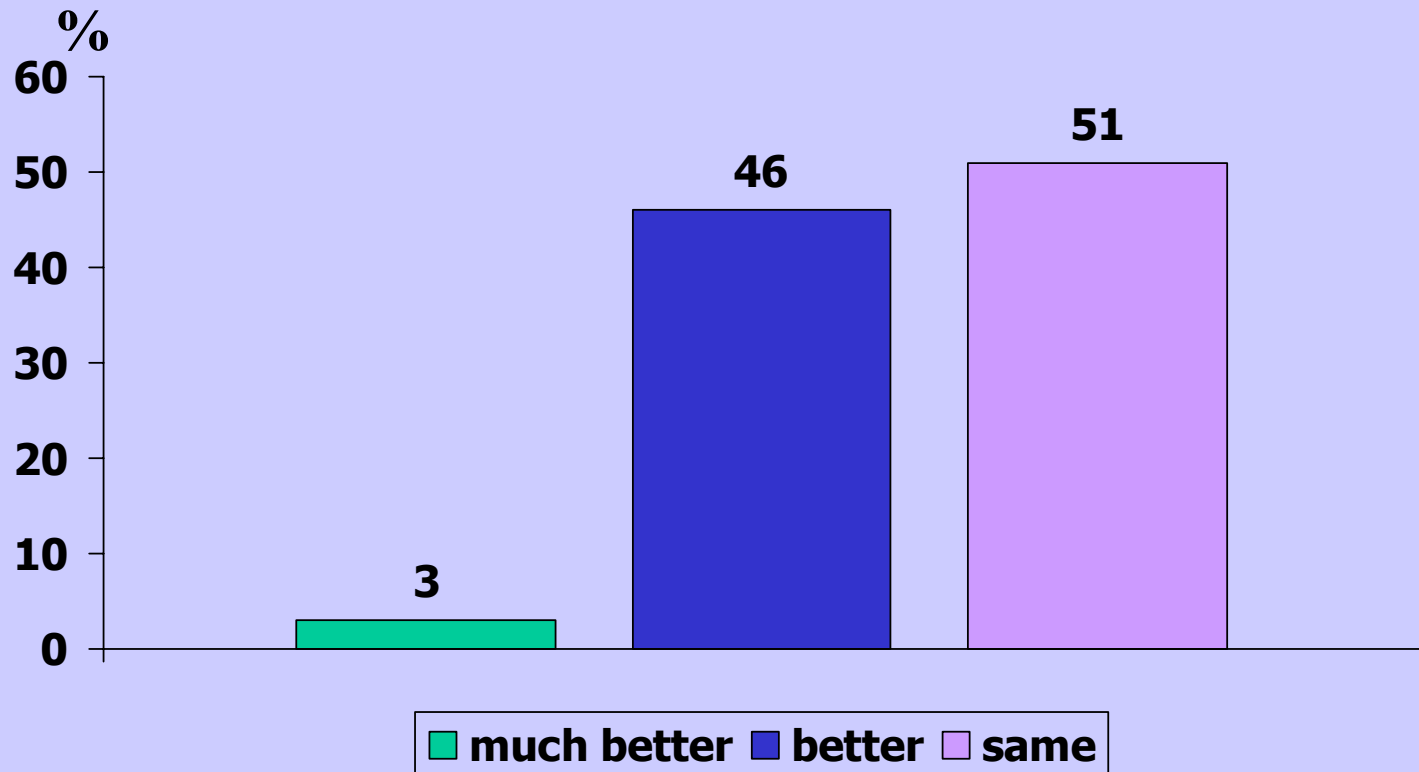
n=91



Parent survey 2003

# More distinct attitudes towards alcohol & drugs

n=90



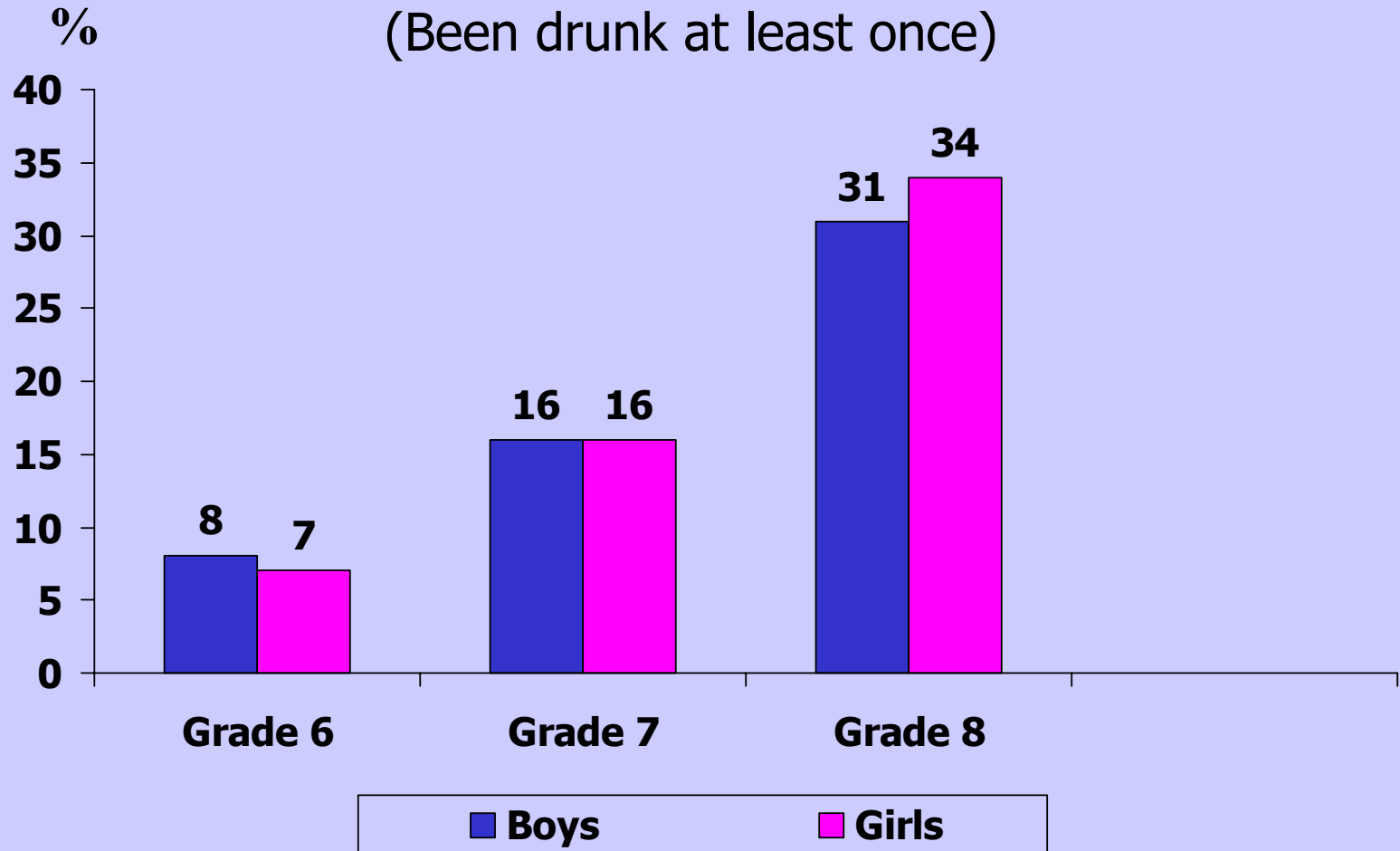
Parent survey 2003

# Outcome measures

- Alcohol use
- Smoking
- Illicit drug use
- Norm breaking behaviours

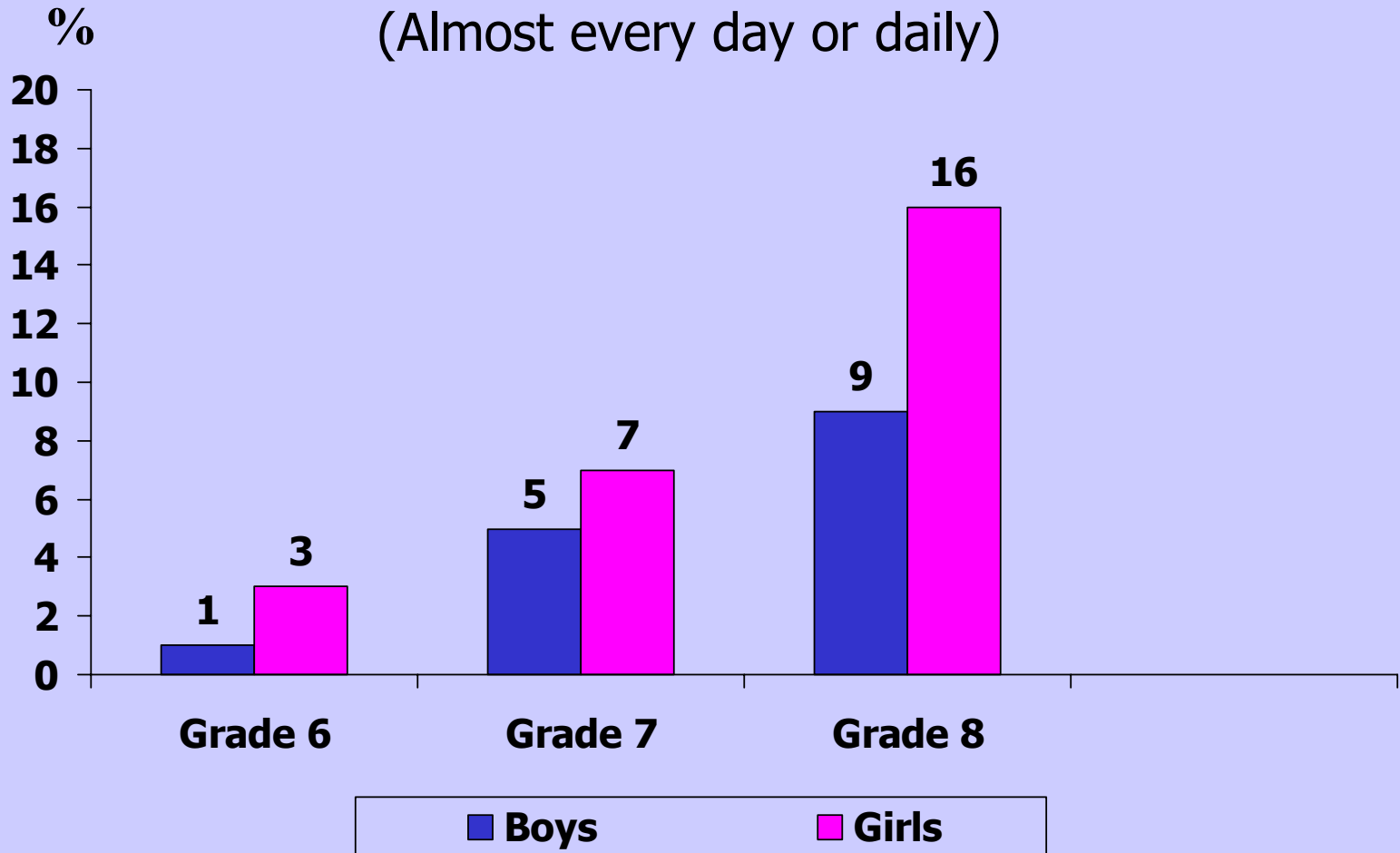
# Alcohol

(Been drunk at least once)



# Smoking

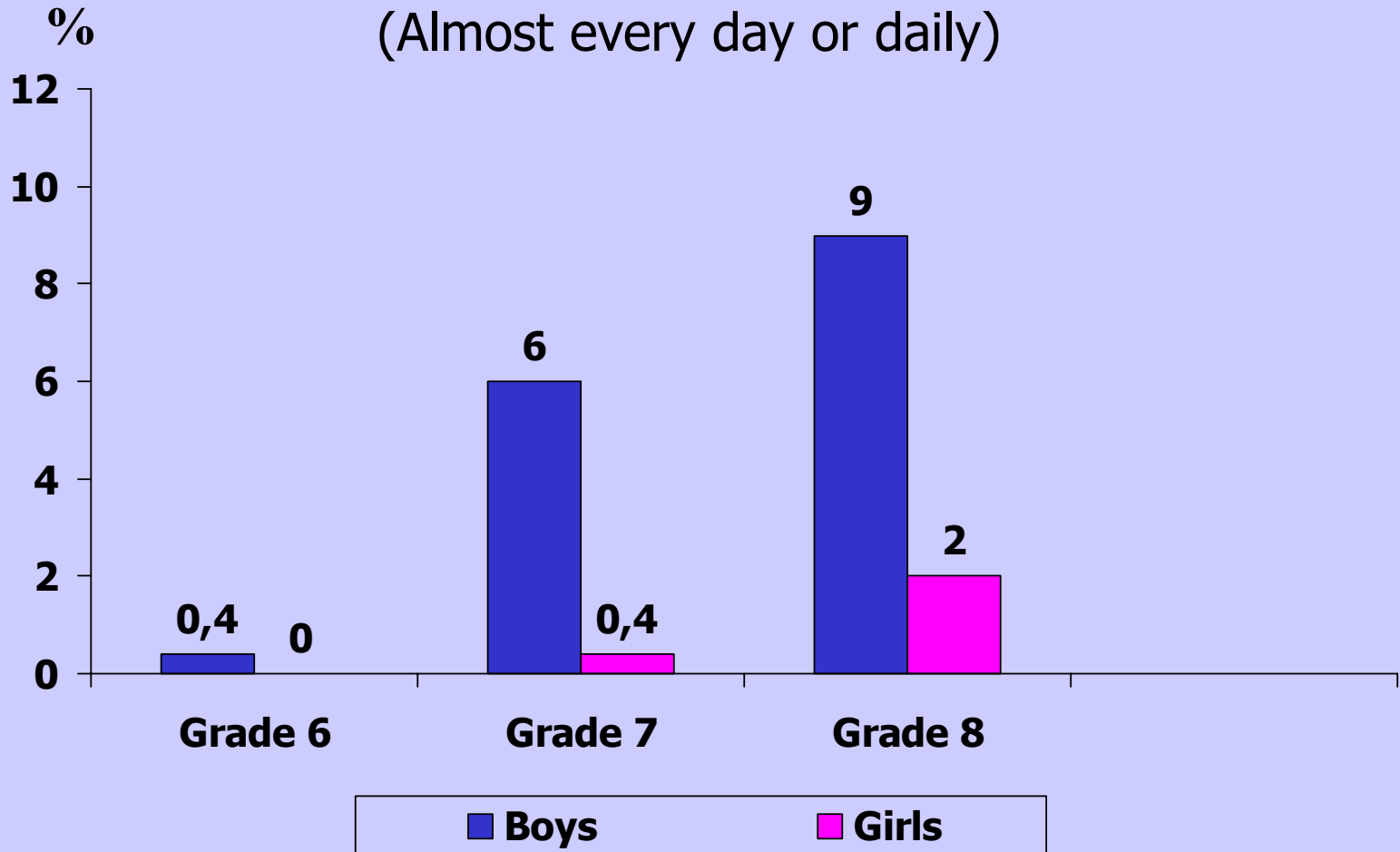
(Almost every day or daily)



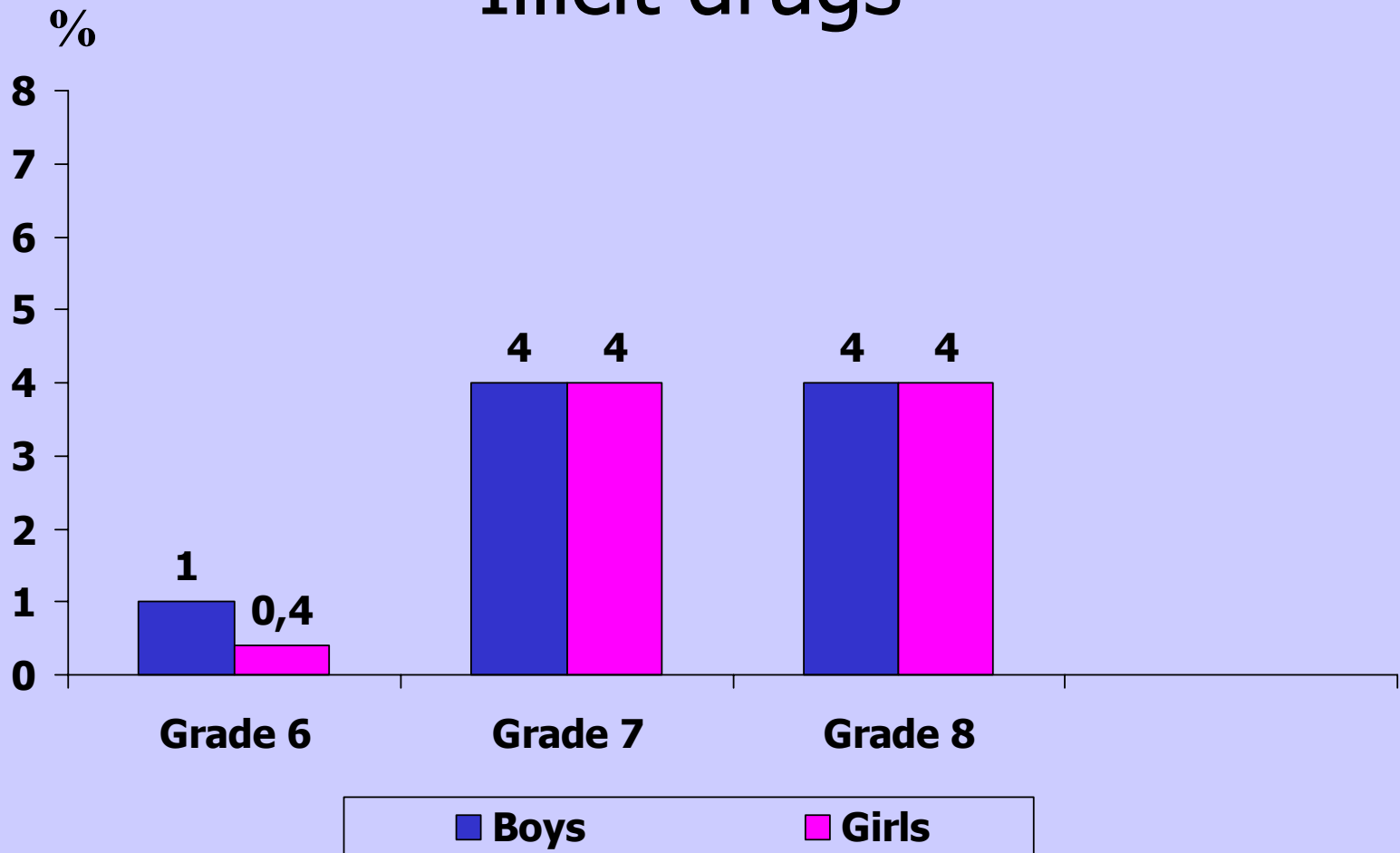


# Snuff

(Almost every day or daily)

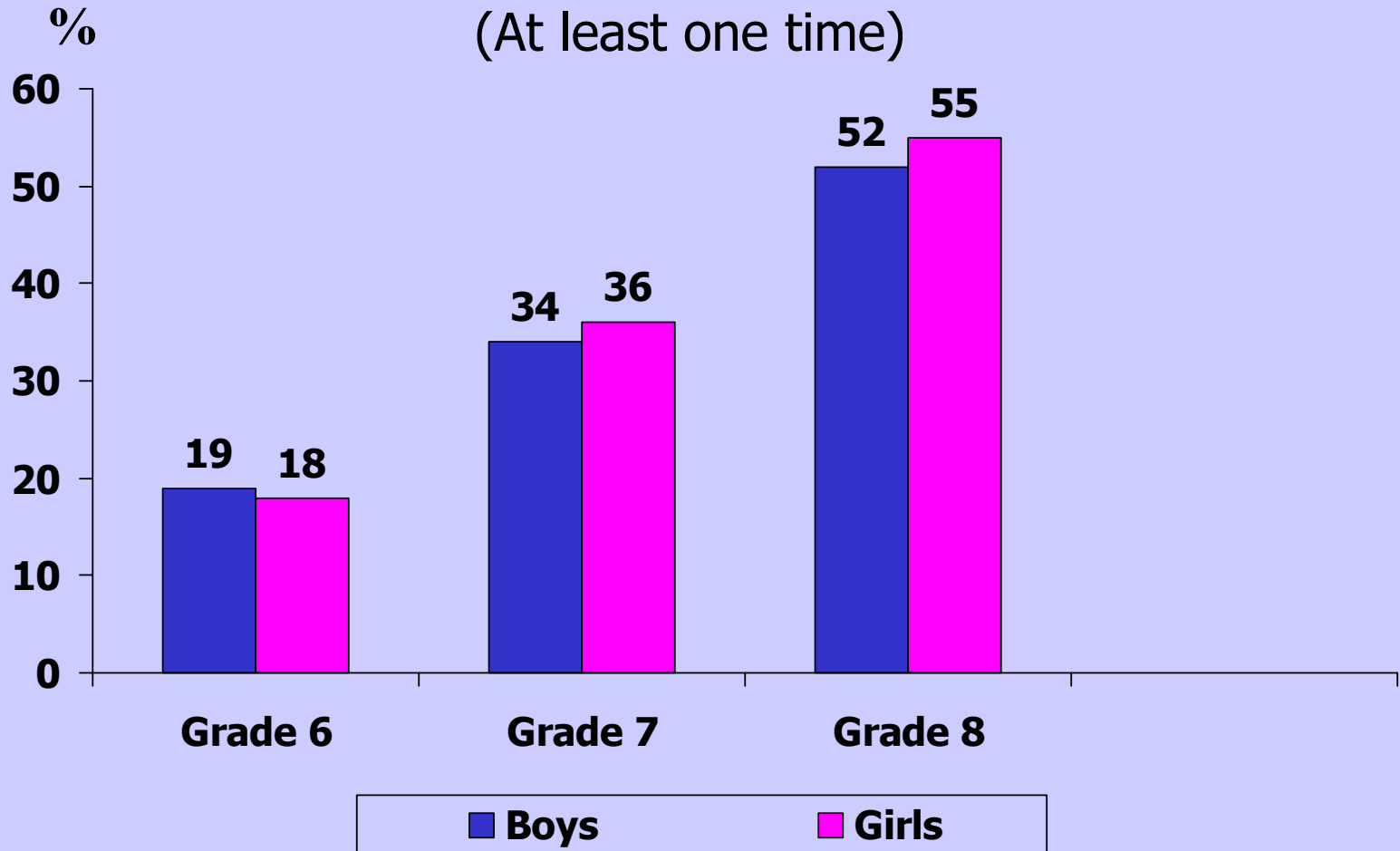


# Illicit drugs



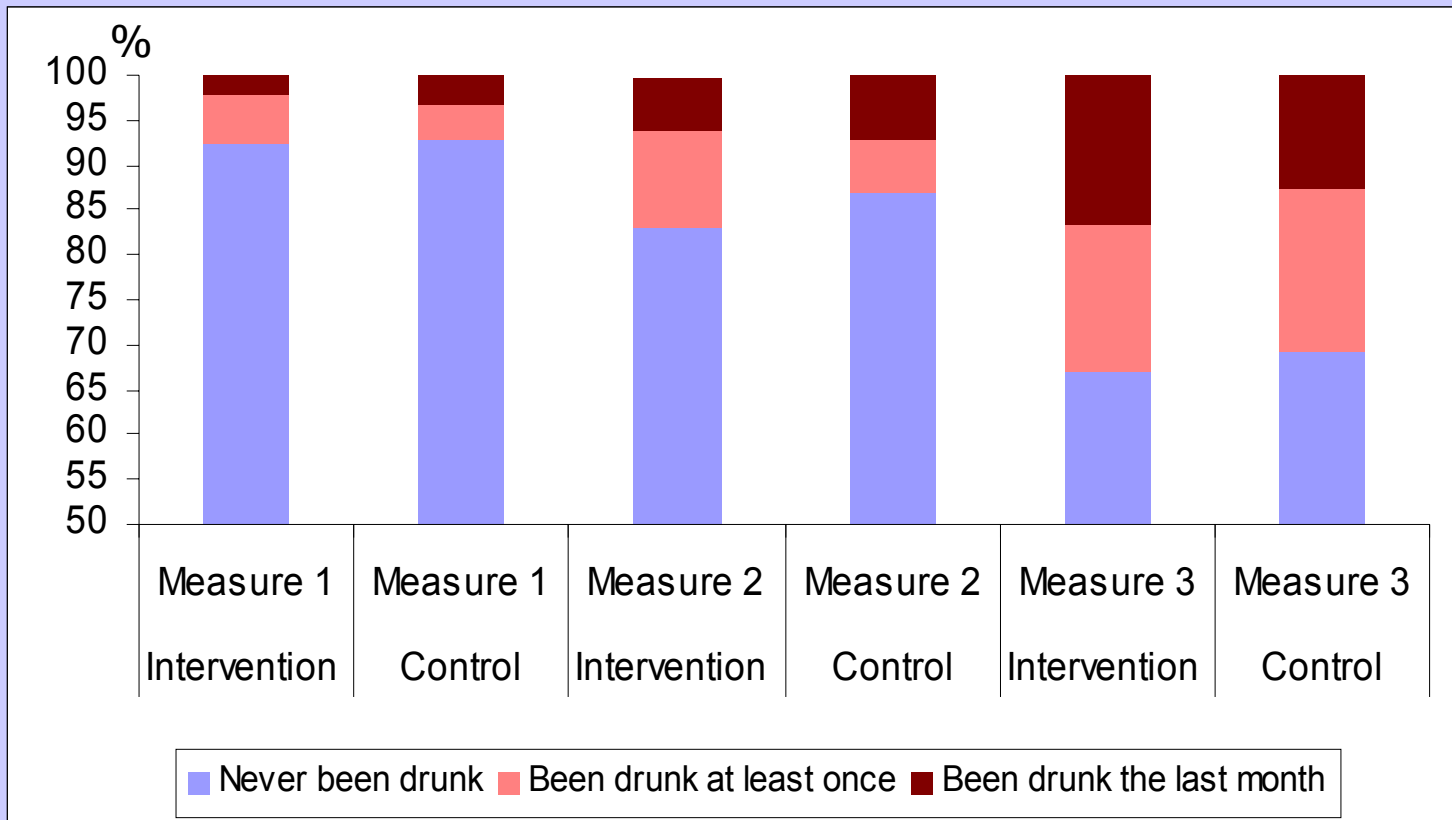
# Truancy

(At least one time)



# Level of alcohol use

n=465



[www.stad.org](http://www.stad.org)

