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• Aggressive/withdrawn behaviour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 disciple
- 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

226 compulsory schools in Stockholm

60 schools eligible for intervention

22 schools randomized

11 intervention schools
1 school declined
10 intervention schools
15 classes
441 students

11 control schools
2 schools declined
9 control schools
11 classes
266 students

226 compulsory schools in Stockholm

60 schools eligible for intervention

22 schools randomized

11 intervention schools
1 school declined
10 intervention schools
15 classes
441 students

11 control schools
2 schools declined
9 control schools
11 classes
266 students

226 compulsory schools in Stockholm

60 schools eligible for intervention

22 schools randomized

11 intervention schools
1 school declined
10 intervention schools
15 classes
441 students

11 control schools
2 schools declined
9 control schools
11 classes
266 students

226 compulsory schools in Stockholm

60 schools eligible for intervention

22 schools randomized

11 intervention schools
1 school declined
10 intervention schools
15 classes
441 students

11 control schools
2 schools declined
9 control schools
11 classes
266 students
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

- Very good: 17%
- Good: 48%
- Fairly good: 33%
- Not good at all: 2%

Parent survey 2003
Benefit from STEP-BY-STEP
n=91

- very high benefit
- high benefit
- moderate benefit
- small benefit
- no benefit

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)

Grade 6: Boys 8, Girls 7
Grade 7: Boys 16, Girls 16
Grade 8: Boys 31, Girls 34
Smoking
(Almost every day or daily)

<table>
<thead>
<tr>
<th>Grade 6</th>
<th>Grade 7</th>
<th>Grade 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>Girls</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>3</td>
<td>7</td>
<td>16</td>
</tr>
</tbody>
</table>

0 2 4 6 8 10 12 14 16 18 20

%
Snuff
(Almost every day or daily)

<table>
<thead>
<tr>
<th>Grade 6</th>
<th>Grade 7</th>
<th>Grade 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys: 0.4</td>
<td>Boys: 6.0</td>
<td>Boys: 9.0</td>
</tr>
<tr>
<td>Girls: 0.4</td>
<td>Girls: 0.4</td>
<td>Girls: 2.0</td>
</tr>
</tbody>
</table>
Illicit drugs

- Grade 6
  - Boys: 1
  - Girls: 0.4

- Grade 7
  - Boys: 4
  - Girls: 4

- Grade 8
  - Boys: 4
  - Girls: 4
Truancy
(At least one time)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>19</td>
<td>18</td>
</tr>
<tr>
<td>7</td>
<td>34</td>
<td>36</td>
</tr>
<tr>
<td>8</td>
<td>52</td>
<td>55</td>
</tr>
</tbody>
</table>
Level of alcohol use

n=465

Never been drunk  
Been drunk at least once  
Been drunk the last month

Intervention  
Control  
Intervention  
Control  
Intervention  
Control

Measure 1  
Measure 1  
Measure 2  
Measure 2  
Measure 3  
Measure 3
www.stad.org