

**Title of Intervention:** Triple A (Adolescent Asthma Action) Program

**Website:** <http://triplea.asthma.org.au/>

**Intervention Strategies:** Group Education, Supportive Relationships

**Purpose of the Intervention:** To increase knowledge of asthma and improve self-management

**Population:** Female high school students

**Setting:** Two all-female high schools in Sydney, Australia; school-based

**Partners:** School administrators

**Intervention Description:**

- **Group Education:** The Triple A program was implemented in English as a three-step process. In the first step, volunteer asthma peer leaders were trained during three 90-minute workshops. These workshops were run by project staff and covered such topics as asthma, its triggers and management and barriers to optimal asthma management, including risk taking behaviors such as smoking. Working in small groups, the students also acquired competence and skills in group leadership. In the second step of the program, the asthma peer leaders formed pairs and conducted three 45-minute asthma health lessons to younger students. Activities included group discussions, videos, games and problem-solving sessions. The third step involved the younger students developing brief (3-5 minute) performances which were presented to other students, school staff, parents and invited community guests at a half-day event. These performances took the form of songs, dances, debates and role plays. They were developed and rehearsed by the students under the supervision of their teachers during two health lessons.
- **Supportive Relationships:** All participants taught and learned from one another through peer interactions.

**Theory:** Social Learning Theory

**Resources Required:**

- **Staff/Volunteers:** Facilitators, initial educators
- **Training:** Teachers at schools received training on asthma
- **Technology:** Not mentioned
- **Space:** Meeting space, performance space
- **Budget:** Not mentioned
- **Intervention:** Educational materials, first-aid kits, student asthma record cards, Triple A program, games, videos
- **Evaluation:** Questionnaires

**Evaluation:**

- **Design:** Pre- and post-test
- **Methods and Measures:**
  - Questionnaires assessed asthma knowledge, attitudes, symptoms and quality of life.

**Outcomes:**

- **Short Term Impact:** There was a significant improvement in asthma knowledge in the intervention school but no change in the control school.
- **Long Term Impact:** Asthma-related quality of life was not altered following the intervention.

**Maintenance:** The asthma peer leaders had the opportunity to discuss problems and give feedback to project staff at lunchtime meetings held after each lesson.

**Lessons Learned:** Peer-led asthma education is feasible in the high school setting and the Triple A program can be used to improve knowledge about asthma in adolescent female students and their peers.

**Citation(s):**

Gibson, P. G., S. Shah, et al. (1998). "Peer-led asthma education for adolescents: impact evaluation." *J Adolesc Health* 22(1): 66-72.