

Title of Intervention: A Skills Tobacco Cessation Program

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To prevent cigarette use among adolescents

Population: Sixth grade students from lower to middle socioeconomic neighborhoods

Setting: Elementary schools in lower to middle socioeconomic neighborhoods; school-based

Partners: None mentioned

Intervention Description:

- Group Education:
 - Skills intervention: Participants received ten, one hour-weekly sessions. Sessions 1 and 2 consisted of an overview and films. Sessions 2 and 3 consisted of peer testimonials and group discussions. Session 5 included problem solving. Session 6 discussed techniques to resist urges and temptations. Session 7 involved dealing with interpersonal pressures. Sessions 8 and 9 included additional practice of problem solving, resisting urges and temptations and dealing with interpersonal pressures. Session 10 consisted of review of previously introduced material.
 - Information intervention: Participants received ten, one-hour weekly sessions. Sessions 1 and 2 consisted of an overview and films. Sessions 2 and 3 consisted of peer testimonials and group discussions. Session 5 consisted of debates on smoking. Session 6 included quizzes about the effects of cigarette use. Session 7 included antismoking skits. Session 8 and 9 consisted of additional debates, quizzes and skits. Session 10 consisted of a review of previously recorded material.
- Individual Education: Every session in both interventions included homework assignments.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Session leaders
- Training: Not mentioned
- Technology: Audiovisual equipment
- Space: Classrooms
- Budget: Not mentioned
- Intervention: Written protocols for class sessions and training sessions, homework assignments
- Evaluation: Questionnaires, dental rolls, collection tubes

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Dental roll and collection tubes tested saliva to verify self-reported smoking behaviors.
 - Questionnaires measured participants' smoking and health knowledge and their intentions to smoke cigarettes while in school.

Outcomes:

- Short Term Impact: The skills intervention had higher smoking knowledge scores than information and control interventions. On measures of intentions to smoke cigarettes in high school, the skills and information intervention participants had lower scores than control participants. Intentions in the skill group were lower than the information group.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: School health education will be effective not only in informing students but also in enhancing decision-making and social interaction skills. Skills interventions seem to be a valuable addition to programs for preventing cigarette use.

Citation(s):

Schinke, S. P., L. D. Gilchrist, et al. (1985). "Skills intervention to prevent cigarette smoking among adolescents." *Am J Public Health* 75(6): 665-7.