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A DUTCH SMOKING PREVENTION PROJECT. H de Vries, M Dijkstra, Department of Health Education, University of Limburg, P.O.B. 616, 6200 MD Maastricht, The Netherlands.

A video peer-led smoking prevention programme has been developed for students aged 13 and 14 years. The information is introduced and explained by youngsters on video. The structure of the lessons is: 1. Introduction of the theme on video by two youngsters (7 minutes). 2. Activities for the pupils in small groups (15 minutes). 3. Continuation of the lesson on video. 4. A new activity. (peer-led 15 minutes) Each student receives a manual (peer leaders and teachers have their own manuals) which supplies additional information about specific tasks. The programme consists of five lessons of 45 minutes each. Pre-test took place in September 1986 and the programme was run through November and December 1986. The first post-test took place in May 1987, the second in September 1987 and a third is scheduled for May 1988. Its purpose is to analyse the long-term effects of the intervention programme. A major aspect of programme evaluation was the response of enjoyment of it by students. The video, the activities and the peer-led system were also positively rated. Evaluation of its effect showed that the programme successfully prevented regular smoking. (those who smoke at least one cigarette per week) Regular smoking increased by 4.8% in the experimental group and by 7.2% in the control group. ($p < 0.05$) The programme was most successful for vocational schools. Regular smoking increased by 6.7% in the experimental group and by 15.5% in the control group ($p < .005$).