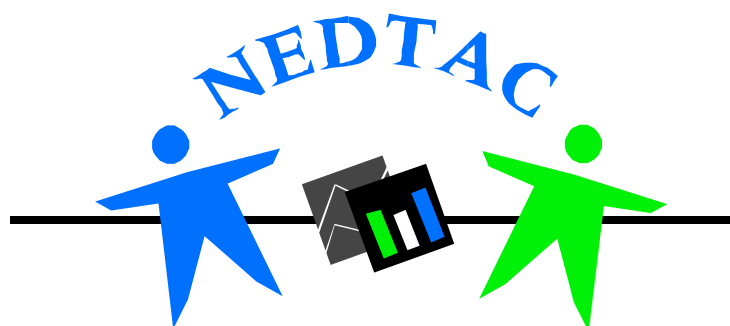


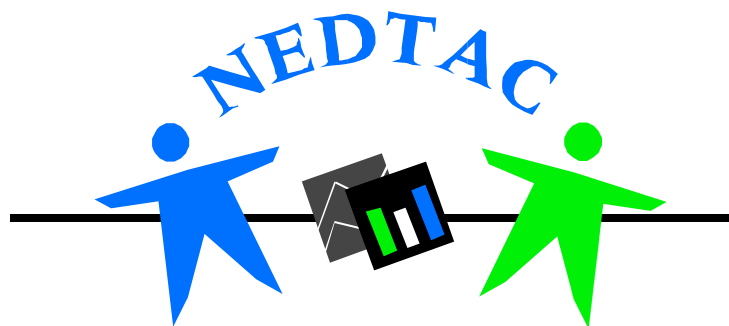
**NATIONAL EVALUATION DATA AND
TECHNICAL ASSISTANCE CENTER**



**RISK FACTORS FOR ADOLESCENT DRUG USE:
SELECTED BIBLIOGRAPHY**

April 1999

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TABLE OF CONTENTS

	<u>Page</u>
FOREWORD	i
I. RISK FACTORS FOR ADOLESCENTS: OVERVIEW	1
II. RISK FACTORS FOR ADOLESCENTS: SELECTED CITATIONS	3

FOREWORD

One of the missions of the Center for Substance Abuse Treatment (CSAT) is to enhance the nation's substance abuse treatment system by identifying, developing, and supporting appropriate policies, approaches, and programs. In short, for the field of substance abuse treatment, CSAT seeks to determine what works, for whom, how well, and at what cost.

Building knowledge through evaluation is the key to answering these questions. From CSAT's perspective, evaluation—including cost analysis and performance measurement—is an integral component of program management and part of an ongoing process of knowledge development, assessment, and improvement. Toward this end, CSAT's Program Evaluation Branch established the National Evaluation Data and Technical Assistance Center (NEDTAC) to advance state-of-the-art evaluation in the field of substance abuse treatment.

A primary NEDTAC activity was to provide evaluation technical assistance and support to substance abuse treatment providers and evaluators. To this end, NEDTAC produced a series of bibliographies in key topic areas. This document belongs to that series. This overview and annotated and selected bibliography lists books, articles, and research studies that focus on substance use risk factors for adolescents. We hope this document will assist professionals within the substance abuse treatment community in increasing their knowledge and in finding effective and appropriate ways to treat adolescent substance abusers.

This bibliography, along with others in the series, was developed under the guidance and direction of the NEDTAC Government Project Officer, Ron Smith, Ph.D., Program Evaluation Branch, Office of Evaluation, Scientific Analysis, and Synthesis. We also wish to thank Tjinta May and Tifney Franklin for compiling and Beth Archibald Tang for reviewing this document.

Sharon Bishop
Director
National Evaluation Data and
Technical Assistance Center (NEDTAC)

**I. RISK FACTORS FOR ADOLESCENTS:
OVERVIEW**

I. RISK FACTORS FOR ADOLESCENTS: OVERVIEW

Most of the factors that can influence an adolescent's acceptance or rejection of drug use can be categorized as biological, psychological, or social. The following bibliography highlights selected topics in substance abuse prevention/intervention, as utilized in many communities:

- Alienation/rebellion/antisocial behavior
- Cognitive, social, and self-control skills
- Early initiation of problem behavior/drug-free activities
- Family management skills/parental misuse
- Friends' use/resisting antisocial influence
- Information dissemination/media
- Networks/bonding to school, family, neighborhood
- Norms/public policy
- General prevention.

Some publications apply to more than one topic. The publications that are offered by the Center for Substance Abuse Prevention (CSAP), the Center for Substance Abuse Treatment (CSAT), and the National Institute on Drug Abuse (NIDA) can be ordered from the National Clearinghouse for Alcohol and Drug Information (NCADI) at no charge on (800) 729-6686.

Overview

During the 1980s, research suggested that dissemination of antidrug information in itself might not be effective in changing adolescent drug abuse behavior (Flay, deTecco, & Schlegel, 1980). Other studies indicated that behavioral learning can occur while watching television (Pearl, Bouthilet, & Lazar, 1982; Roberts, 1982). This suggests that the more effective media messages on prevention might be those that include modeling of different ways to "say no" to drugs or different ways of handling situations where the non-user is confronted with the drug use of others. In general, scare tactics on prevention seem to be less useful than media messages that include some social skills modeling (Flay et al., 1983). Overall, research has not supported the

efficacy of antidrug media campaigns alone in changing substance abuse behavior (Moskowitz, 1989).

Botvin's (1983) Life Skills Training strategy includes several cognitive-behavioral techniques to develop social skills, verbal and nonverbal communication skills, problem-solving skills, goal-setting, self-esteem, and relaxation techniques. Botvin found that this strategy as a prevention program did have a significant effect on tobacco, alcohol, and marijuana use. In a related study by Page and Cole (1991), loneliness increased the risk of alcoholism in all age groups. Using the Short Michigan Alcoholism Screening Test to rate alcoholism risk, lonely males were shown to be at significantly higher risk than lonely females, except in the late adolescent stage, when females were at their highest risk. Page and Cole recommend that educators and prevention and treatment professionals remain cognizant of the effects of loneliness on adolescent behavior when developing programs for adolescents. With that perspective, the development of communication and social skills may enhance an adolescent's ability to cope with multiple risk factors for substance abuse.

Tobler's (1997) meta-analysis of adolescent drug prevention programs indicates that school-based programs that used interactive group process skills were "effective in changing adolescent drug use behavior" for all types of substances, including cigarettes, alcohol, marijuana, and other illicit drugs. Assuming that peer pressure is the major reason an adolescent starts using drugs, the focus of these interactive programs is on "interpersonal competence." Success of these peer group programs was reported for minority, as well as white, populations. Tobler reports that this peer-to-peer interaction is "developmentally more appropriate" and more effective for adolescents.

Various program materials exist for at-risk students that incorporate information dissemination with role play activities and/or peer interaction. CSAP's *Signs of Effectiveness II: Preventing Alcohol, Tobacco, and Other Drug Use* is a risk factor/resiliency-based approach that includes curricula and program materials for high-risk youth programs; it is available from NCADI at (800) 729-6686.

NEDTAC reviews are for informational purposes only and should not be interpreted as a CSAT endorsement of any specific resource or publication.

**II. RISK FACTORS FOR ADOLESCENTS:
SELECTED CITATIONS**

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The perspective offered in this document is solely that of the author(s) and does not reflect the policies or views of the Federal government, or any of its Departments or Agencies.