

Evidence based prevention

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ALCOHOL - RELATED PROBLEMS**
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Prevention?



Examples?

Prevention

- The action of stopping something from happening or arising (Oxford dictionaries)



Drug use prevention

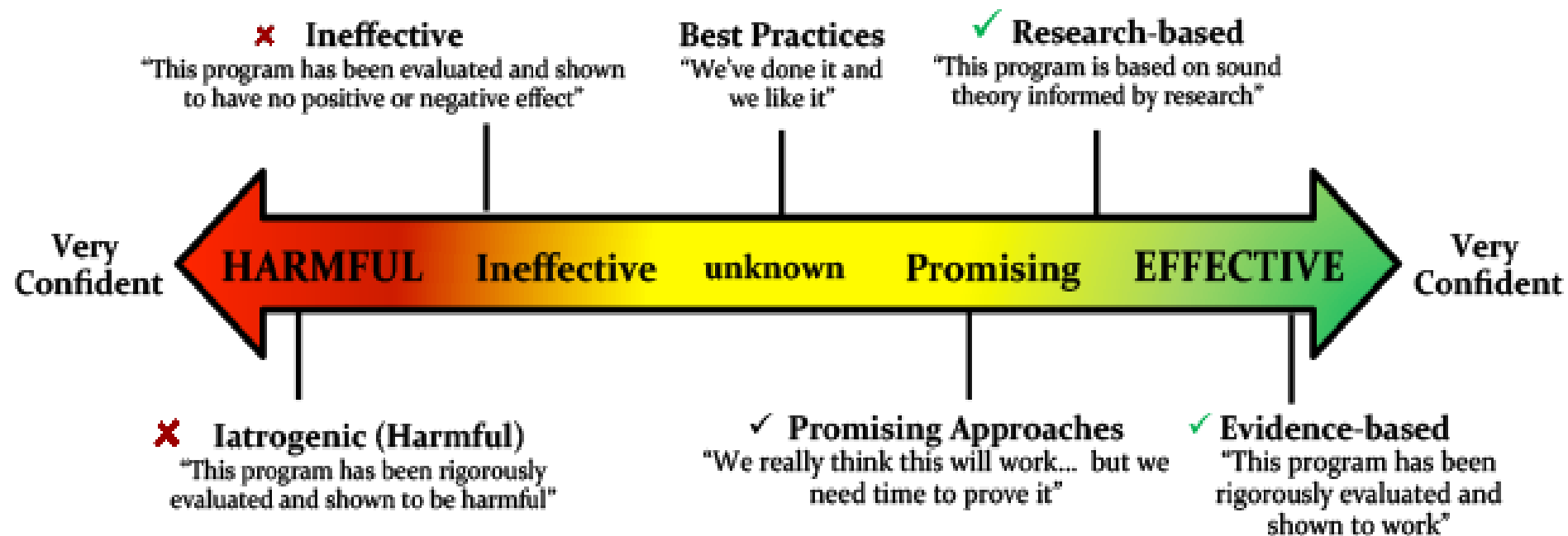
- Evidence-based socialization where the primary focus is individual decision making with respect to socially appropriate behaviors.
- Its aim is not solely to prevent substance use, but also to:
 - delay initiation,
 - reduce its intensification or
 - prevent escalation into problem use.
- Socialization is a process of transferring culturally acceptable attitudes, norms, beliefs and behaviors and of responding to such cues in an appropriate manner with adequate impulse control. (EMCDDA)

ნარკოტიკების პრევენცია

Drug use prevention

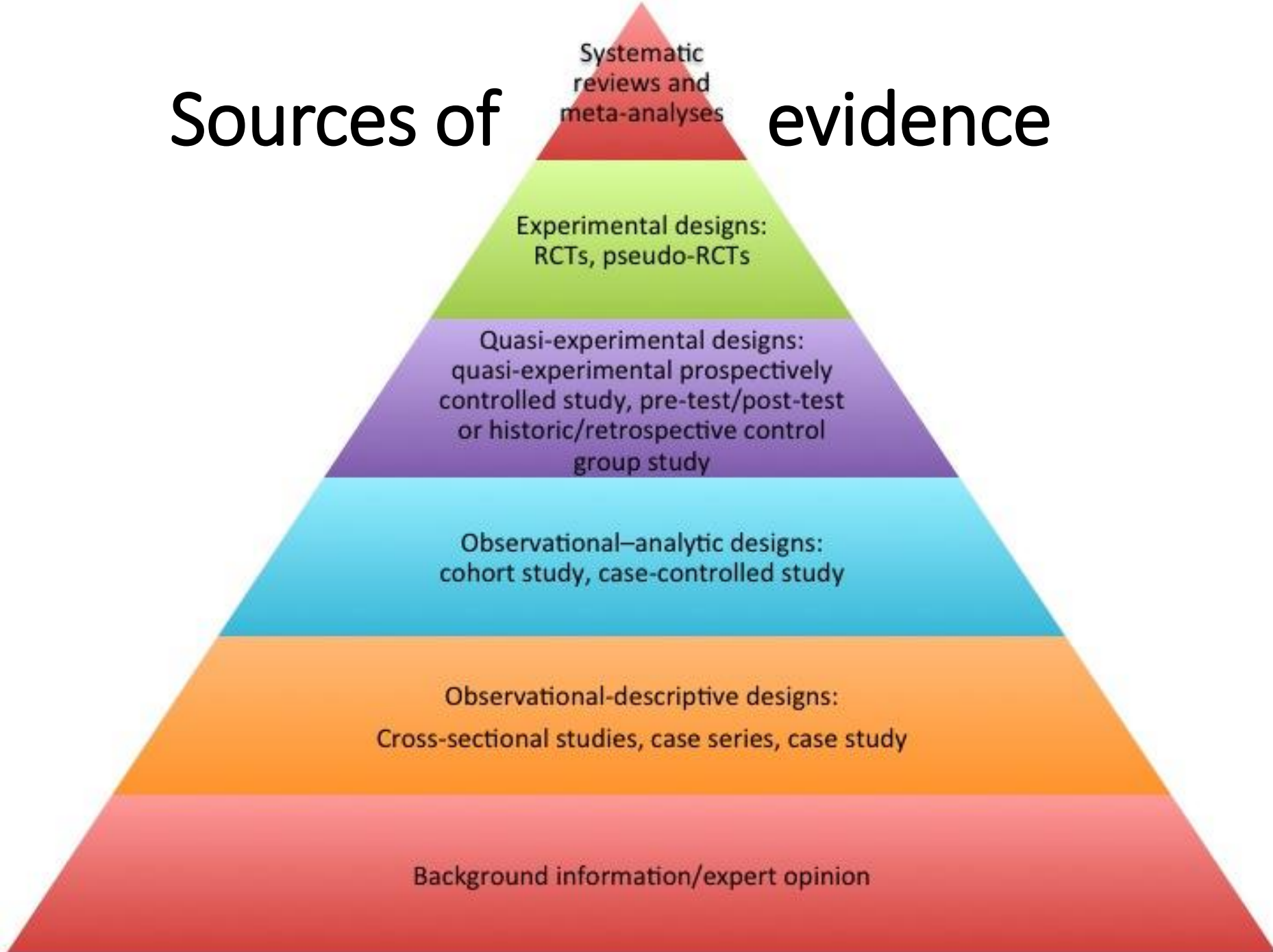
- მტკიცებულებებზე დაფუძნებული სოციალიზაცია, სადაც ძირითადი ყურადღება გამახვილებულია დამოუკიდებლად მიღებულ გადაწყვეტილებებზე სათანადო სოციალურ ქცევასთან დაკავშირებით
- მისი მიზანი არ არის მხოლოდ ნივთიერების მიღების თავიდან აცილება, არამედ:
 - დაგვიანებითი დაწყება,
 - სიმძიმის შემცირება
 - პრობლემის ესკალაციის თავიდან აცილება.
- სოციალიზაცია წარმოადგენს კულტურის სპექტრში მისაღები დამოკიდებულებების, ნორმების, შეხედულებების და ქცევების გადაცემის და ასევე ამ ნიშნებზე სათანადო გზით, იმპულსების სათანადო კონტროლით რეაგირების პროცესს. (EMCDDA)
- Evidence-based socialization where the primary focus is individual decision making with respect to socially appropriate behaviors.
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Quality of evidence

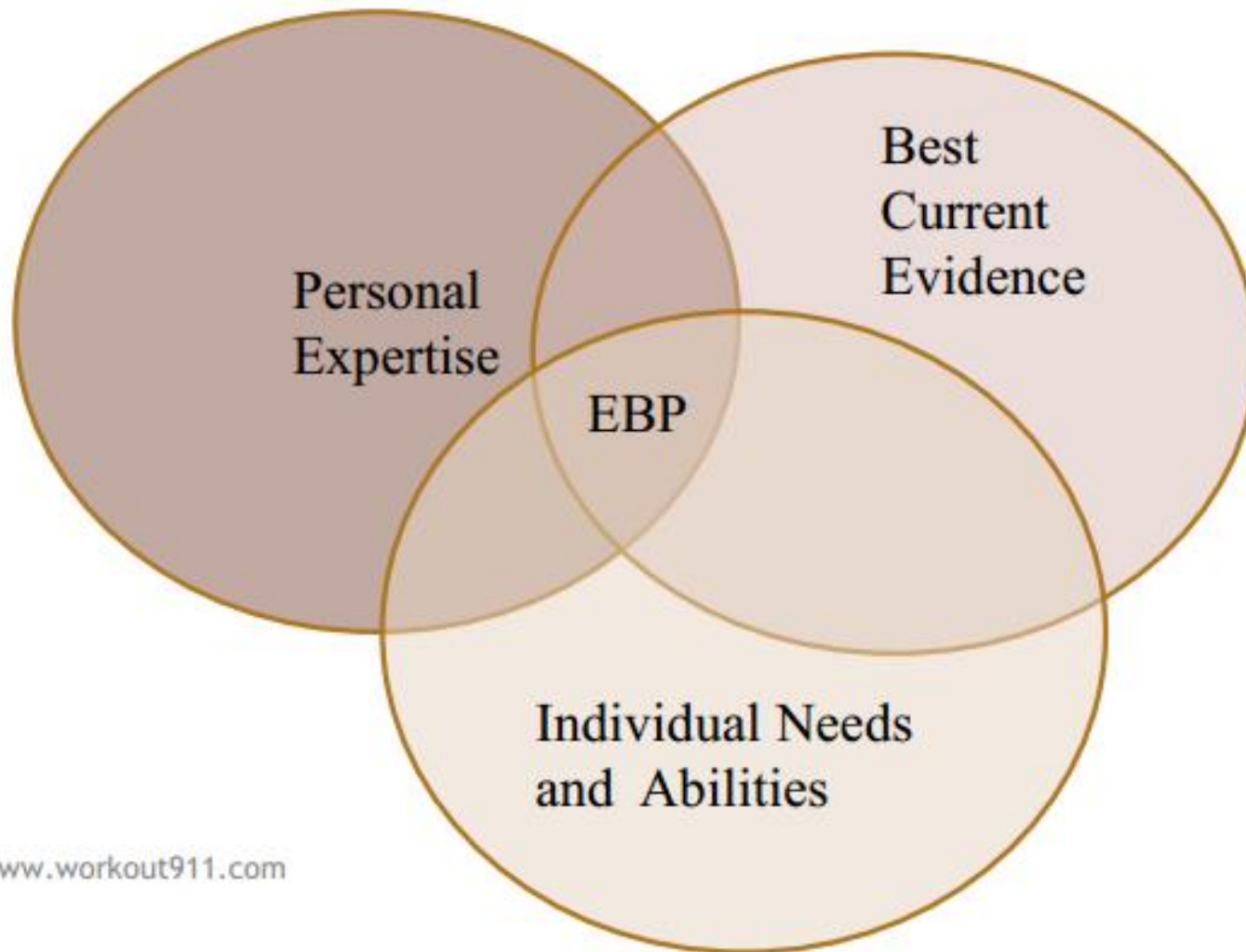


Moore, J. E., Bumbarger, B. K., & Cooper, B. R. (2013). Examining adaptations of evidence-based programs in natural contexts. *The Journal of Primary Prevention*, 34(3), 147-161.
Retrieved from <http://link.springer.com/article/10.1007%2Fs10935-013-0303-6>

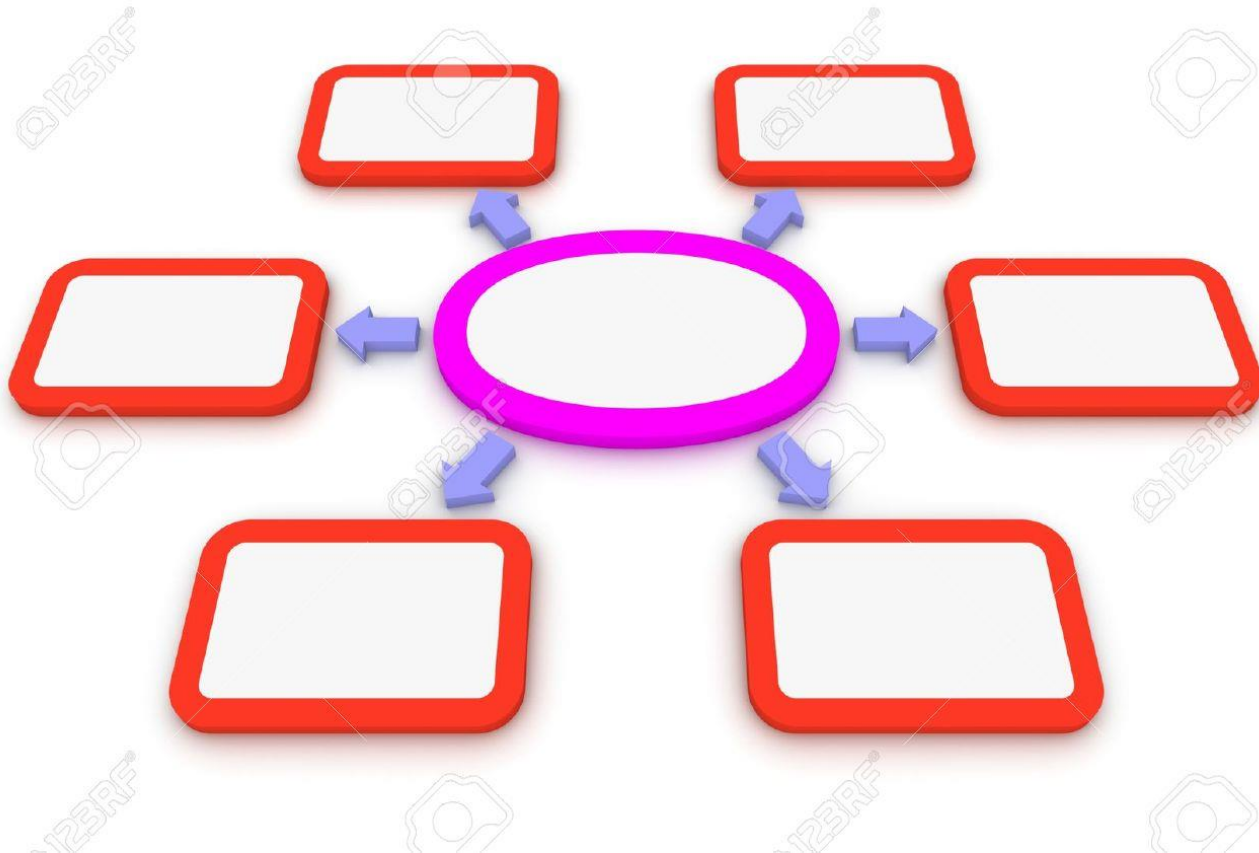
Sources of evidence



evidence-BASED practice is not
evidence-ONLY practice



Evidence based prevention. Classifications.



Biomedical, traditional (since 1957)



Tertiary (FEW)

- Reduced complications, intensity, severity of current cases



Secondary (SOME)

- Reduce current cases of problem behavior

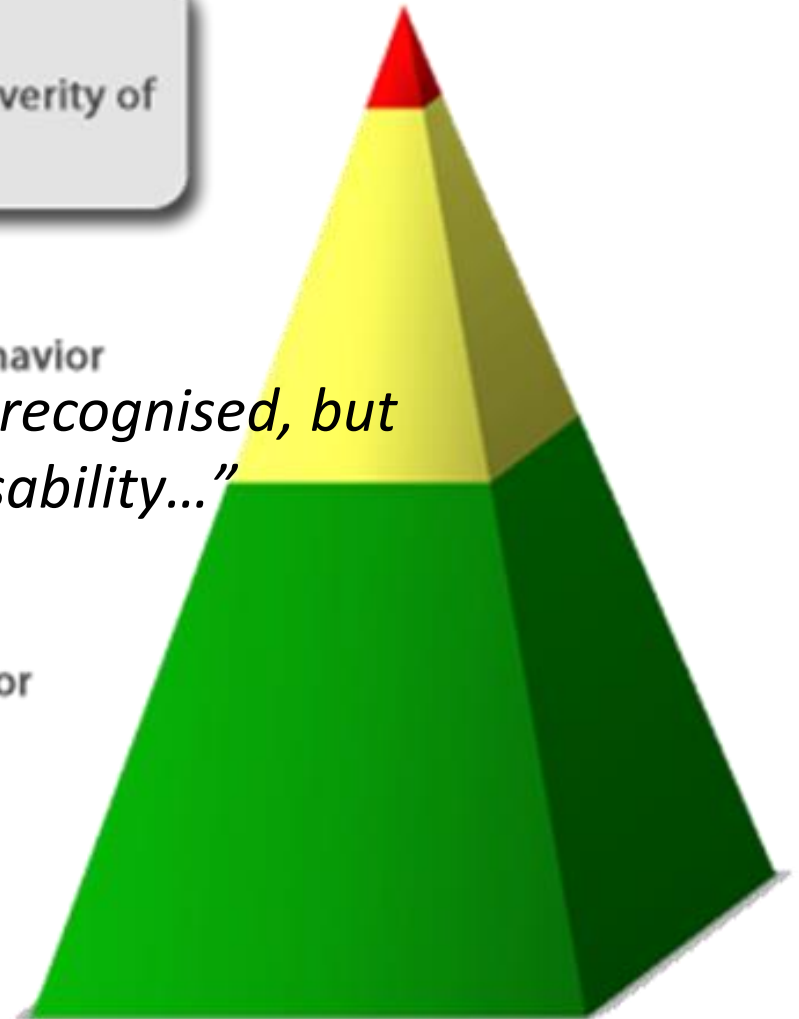
“...practiced after the disease can be recognised, but before it has caused suffering and disability...”



Primary (ALL)

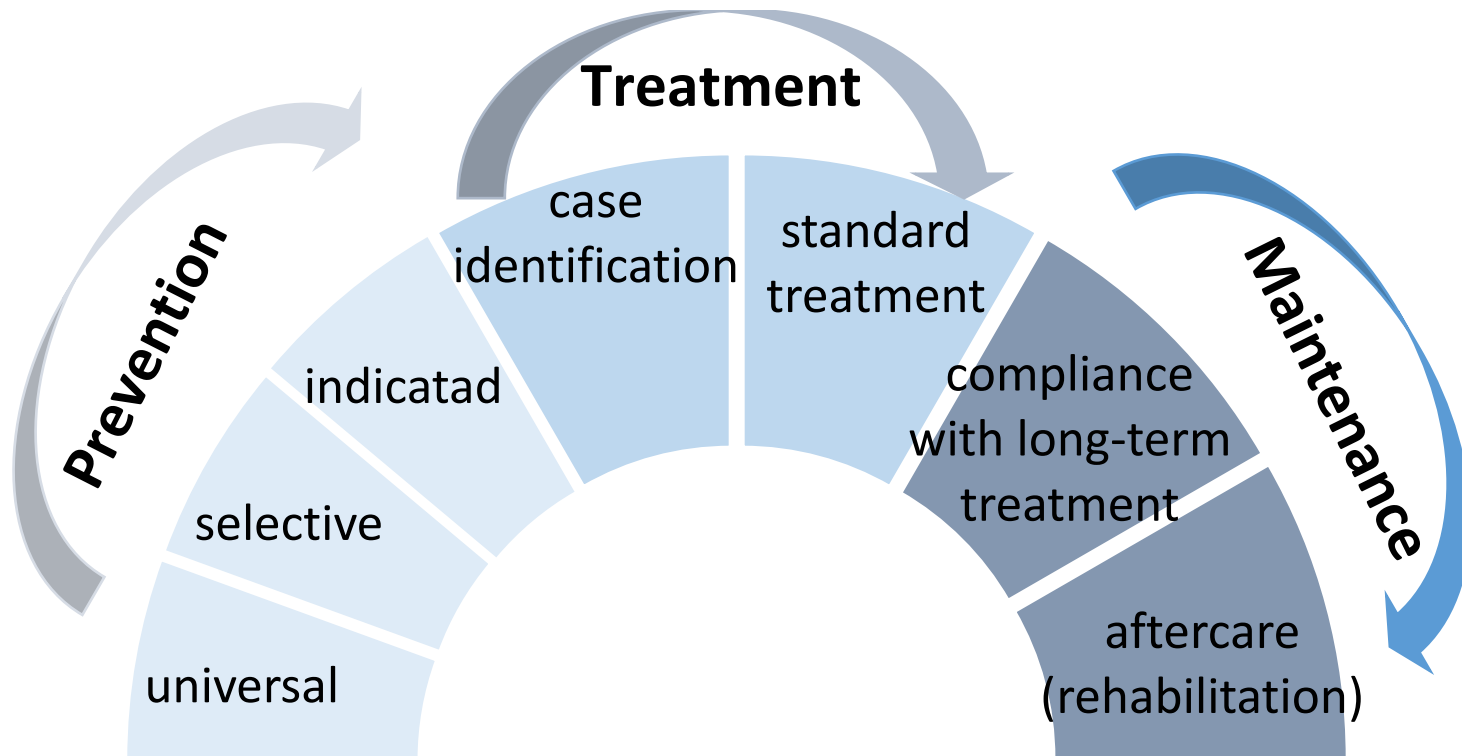
- Reduce new cases of problem behavior

“...practiced prior to the biologic origin of disease...”



Commission on Chronic Illness, 1957

Social, currently used (Mrazek & Haggerty, 1994)



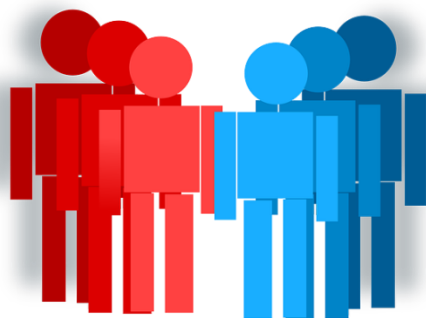
Mrazek P.J., Haggerty R. (1994) Reducing risks for mental disorders. National Academy Press, Washington, D.C.

Universal prevention



Targeted to the general public or a whole population group that has not been identified on the basis of individual risk

Selective prevention

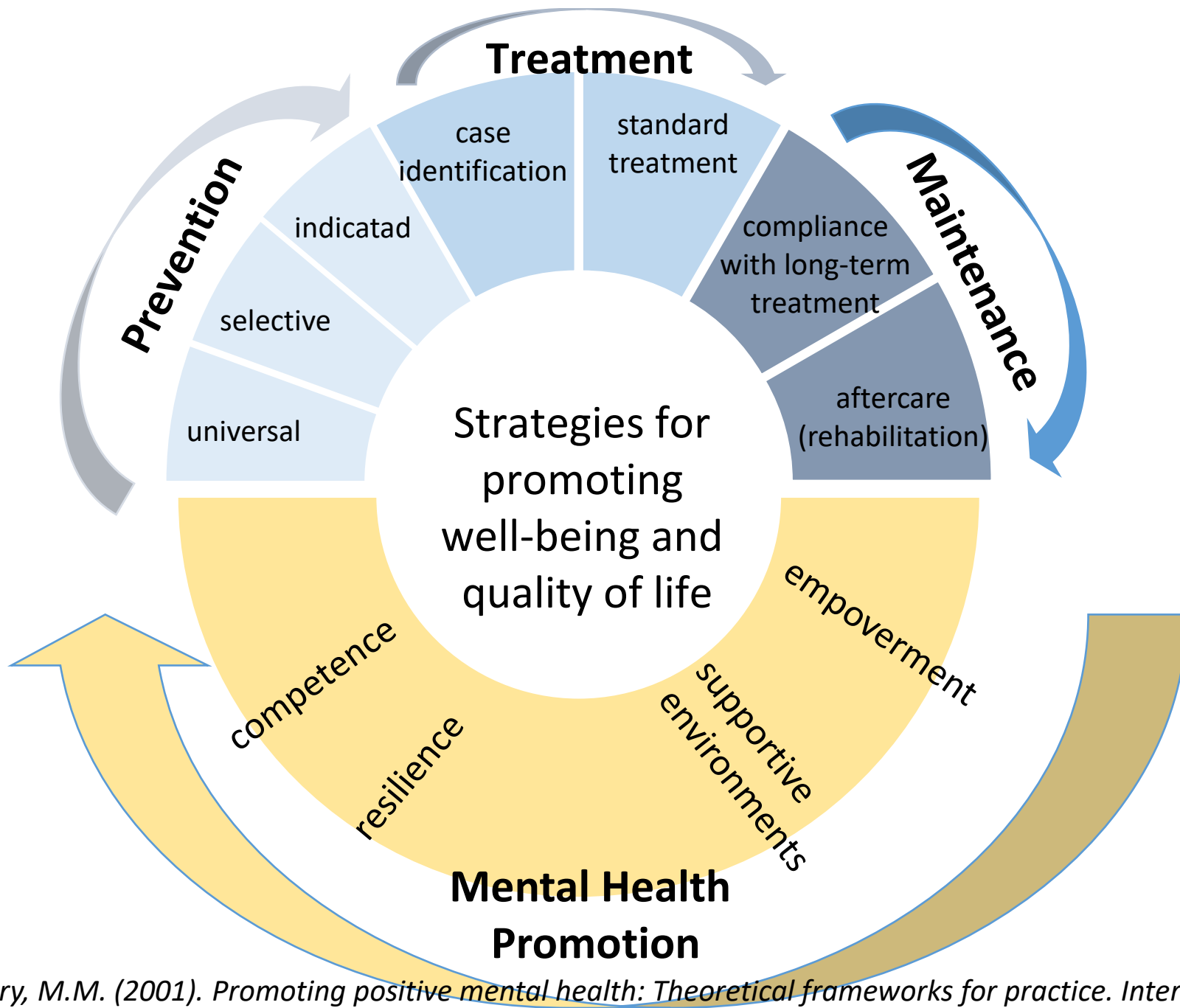


Targeted to individuals or a subgroup of the population whose risk of developing mental disorders is significantly higher than average

Indicated prevention



Targeted to high risk individuals who are identified as having minimal but detectable signs or symptoms foreshadowing mental disorders, or biological markers indicating predisposition for mental disorder but who do not meet diagnostic level at the current time.



Barry, M.M. (2001). Promoting positive mental health: Theoretical frameworks for practice. *International Journal of Mental Health Promotion*, 3(1), 25-34..

Functional, new proposal (Foxcroft, 2014)

Environmental prevention interventions



- aim to limit the availability of maladaptive behaviour opportunities, through system wide policies, restrictions and actions.

Developmental preventive interventions



- aim to promote adaptive behaviours, and prevent maladaptive behaviours, by focusing on the development of skills that are key in socialization and social development of appropriate behaviours.

Informational prevention interventions



- aim to increase knowledge and raise awareness about specific risk behaviours, through communications.

Prevention Forms and Functions (Foxcroft, 2014)

	Universal	Selective	Indicated
Environmental	Tax and pricing policy for alcohol	Reducing alcohol retail outlet density in high risk neighbourhoods	Legislation to prevent problem individuals from accessing alcohol premises
Developmental	Social / life skills programs that provide young people with skills to cope with social influences	Family / parenting programs with families in the most deprived areas in a region or country	Individual counselling programs with adolescent males with impulse control problems
Informational	Mass media campaigns to raise awareness of alcohol dangers	Informational interventions targeted at young males in deprived neighbourhoods with strong gang cultures	Normative feedback interventions for individuals who screen positive for problem drinking