

**The Impact of the T.I.G.S. Prevention Conference on High School-aged  
Participants:  
A 3-Year Study, 2000-2002  
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**Study:**

The following data were collected over a three-year period (2000-2002) to measure the impact of the TIGS program on adolescent knowledge, behavior and attitudes regarding drug and alcohol abuse, as well as natural highs. The study used a pre-test/ post-test design, with a period of three months separating the two evaluations. The experimental group (TIGGERS) and controls were recruited from the schools that attended TIGS. The data were merged over the three years and analyzed using SPSS 10.0 software. The TIGGERS were compared directly to the age-matched control groups and only significant effects were reported. A draft of the report is available, but the final report is currently being edited for eventual journal submission.

**Demographic:**

Matched Surveys: TIGS Participants, 314, Controls, 125  
 Gender (%): Male 30.8, Female 69.2;  
 Mean Age: 15.4, +/- 1.04 years;  
 Race: (%): Caucasian 66.9, African American 18.5, Hispanic, 6.2, Asian American, 3.2, Mixed/ Other 5.2;  
 Week Represented (%): Wk. I 68.4, Wk. II 31.6;  
 Home Environment (%): Urban 11.5, Suburban 79.5, Rural 17.0

**Results:**

• **Knowledge**

2000-2002: Significant improvements in knowledge in the following areas:

- Knowledge regarding deaths from tobacco use (p<.05).
- The risks of tobacco use relative to illicit drug use (p<.05).
- The effects of tobacco use on the lungs (p<.05).
- Knowledge regarding the psychosocial effects of alcohol abuse, such as enabling behavior (p<.05) and alcohol-related violence (p<.05).
- There was also a significant increase in knowledge regarding the benefits of natural highs (i.e. laughter) over chemically induced highs (p<.05).

• **Behavior**

2000-2002 TIGGERS vs. Controls: alcohol, cigarette and marijuana use, past 30 days

	TIGS-pre	TIGS-post	% change	P-value	Control Pre	Control Post	% change	P-value
Alcohol	21.3%	10.1%	<b>-11.2%</b>	<.05	46.6%	47.2%	+0.6%	ns
Cigarettes	9.3%	4.2%	<b>-5.1%</b>	<.05	28.5%	27.2%	-1.3%	ns
Marijuana	7.0%	2.0%	<b>-5.0%</b>	<.05	19.6%	19.2%	-0.4%	ns

P-values: <.05= significant effect greater than chance; ns= not significant

TIGGERS vs. Controls: members of prevention organizations in their high schools  
 2000-2002 TIGS Prevention Membership    2000-2002 Control Prevention Membership

	Yes	No	Yes	No
Pre	<b>75.2%</b>	<b>25.1%</b>	<b>15.6%</b>	<b>84.4%</b>
Post	<b>95.2%</b>	<b>4.8%</b>	<b>13.0%</b>	<b>87.0%</b>

- **Attitudes**

Significant decrease in the frequency of ‘closest friends’ drinking alcoholic beverages (p<.05) compared to controls.

Significant decrease (p<.05) in the number of students who rode in a car operated by a driver who had been drinking, compared to controls.

Significant increase in the number of students (p<.05) who endorsed “when I have a problem, I think about the best alternative to solve the problem” compared to controls.

Significant increase in awareness of ethnic and racial attitudes (p<.05) compared to controls.

- **Qualitative Data**

61.5% of TIGGERS surveyed reported that TIGS convinced them to reduce or continue to avoid alcohol use three months post-TIGS.

67.8% of TIGGERS surveyed reported that TIGS convinced them to reduce or continue to avoid tobacco use three months post-TIGS.

66.7% of TIGGERS surveyed reported that TIGS convinced them to reduce to continue to avoid marijuana use three months post-TIGS.

For further questions regarding the study, please refer to the current draft of the report or contact me directly at [mattbellace@att.net](mailto:mattbellace@att.net).