

# PREVENTION IN A COVID RECOVERY SOCIETY

Challenges of planning and implementing prevention  
approaches in the new normality

## 12th EUSPR conference and members' meeting



European Society for  
Prevention Research

29th September -  
1st October 2021

ONLINE EVENT

[EUSPR.ORG](https://euspr.org)



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# WELCOME

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This year's EUSPR's conference programme under the umbrella of Prevention in a COVID Recovery Society is responding to our need of sharing our endeavours to cope with the new normality we are approaching and the exceptional lessons we have just learnt. Prevention research, practice and policy have experienced important shifts and divisions of public opinion on the role of science, public health and preventive thinking. Not only nurtured by the pandemic, but also by the grotesque consequences of climate change so many people went through massive transformations in different corners of Europe and particularly beyond. The online gatherings the scientific committee has put together with the lead of Dr. Elena Gervilla, reveal the most interesting and exciting projects and studies set up in the past year, despite the known obstacles. Keynotes, presentations, poster sessions, pre-conference workshops and the member's meeting will reflect our thoughts, opinions, knowledge and skills from the past challenging period. All to make interventions and actors in prevention and more resilient, also against fake science.

I look forward to meeting you one more – and hopefully the last – time in online mode, and say welcome to you all!

”



PEER VAN DER KREEFT  
EUSPR President

# PARTNERS

## Co-organisers



European Monitoring Centre  
for Drugs and Drug Addiction

### European Monitoring Centre for Drugs and Drug Addiction

<https://www.emcdda.europa.eu>

The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) is the central source and confirmed authority on drug-related issues in Europe. For over 20 years, it has been collecting, analysing and disseminating scientifically sound information on drugs and drug addiction and their consequences, providing its audiences with an evidence-based picture of the drug phenomenon at European level. It sits at the hub of the European information network on drugs and drug addiction ('Reitox network'), comprising national monitoring centres in 30 countries. The agency monitors the drug situation and responses to it and operates a rapid-information system on the emergence and risks of new drugs and related trends. In 2017, it launched the EMCDDA Strategy 2025, a long-term strategic and operational plan setting out an ambitious course of travel for the coming years. This presents a vision to contribute to a healthier and more secure Europe, through better informed drug policy and action.

## Collaborating organisations



### European Institute of Studies on Prevention

<http://irefrea.eu/>

The IREFREA network was founded in 1988 with experts from several European countries and it is one of the oldest professional drug networks. The Spanish group has had the scientific leadership of the different research projects since the group's initiation. The areas covered by IREFREA include alcohol and drug prevention (research, evaluation and programme implementation) covering questions like risk factors, risky behaviours, related violence and programmes efficiency among others. IREFREA members are very active in several professional and scientific arenas, having been invited to collaborate with organizations including EMCDDA, EC, NIDA, UNODC and the PNSD (Spanish National Plan on Drugs) and actively participate in networks such as Eurocare, EUSPR, DC&D and The Civil Society Forum on Drugs



**Universitat**  
de les Illes Balears

### Faculty of Psychology at University of the Balearic Islands

<http://www.uib.eu/>

The University of the Balearic Islands (UIB) is a work-oriented environment designed to educate, generate knowledge and innovate. The UIB is one of the country's leading universities in teaching, research, international cooperation and technological development and innovation. The UIB has made research its fundamental objective. To achieve this objective, it has excellent researchers and high-quality research facilities that let them work with a high-quality level. The UIB is a prestigious university in research and has a strong international impact. With almost 20.000 students, the University of the Balearic Islands is among the 500 best universities in the world, according to the Academic Ranking of World Universities 2019.

# ACKNOWLEDGEMENTS

We would like to offer our special thanks to the following colleagues who have helped in organising the programme, reviewing abstracts, and supporting administration.

**Alba González-Roz** – University of the Balearic Islands, Spain  
**Bárbara Oliván-Blázquez** – University of Zaragoza, Spain  
**Boris Chapoton** – Université Jean Monnet Saint-Etienne, France  
**Capilla Navarro-Guzmán** – University of the Balearic Islands, Spain  
**Carmela Martínez** – University of Santiago de Compostela, Spain  
**Daniel Lloret** – Miguel Hernández University of Elche, Spain  
**Dinka Caha** – Faculty of Law, Department of Social Work, Croatia  
**Elisardo Becoña** – University of Santiago de Compostela, Spain  
**Emma Crawshaw** – Crew 2000, Scotland  
**Fátima Méndez-López** – Health Research Institute of Aragon, Spain  
**Federico Leguizamo** – University of the Balearic Islands, Spain  
**Giovanni Aresi** – Catholic University of the Sacred Heart, Italy  
**Joan Amer** – University of the Balearic Islands, Spain  
**Larissa Nobre** – IREFREA, Spain  
**Lauren Gardner** – University of Sydney, Australia  
**Oihana Rementeria** – GAYA Consulting, Spain  
**Rosaria Galanti** – Karolinska Institutet, Sweden  
**Samuel Tomczyk** – University of Greifswald, Germany  
**Víctor Villanueva** – Valencian International University, Spain  
**Violeta Rojeab** – Pontifical Catholic University, Ecuador  
**Yasmina Castaño** – IREFREA, Spain

## Scientific Committee

**Boris Chapoton** – Université Jean Monnet Saint-Etienne, France  
**Capilla Navarro** – University of the Balearic Islands, Spain  
**Danielle Spellacy** – Washington State University, United States  
**Elena Gervilla** – University of the Balearic Islands, Spain  
**Emma Crawshaw** – Crew 2000, Scotland  
**Frederick Groeger-Roth** – Crime Prevention Council of Lower Saxony, Germany  
**Gregor Burkhardt** – EMCDDA, Portugal  
**Ina Koning** – Utrecht University, Netherlands  
**Johan Jongbloet** – Hogeschool Gent, Belgium  
**Karin Streimann** – ???, Estonia  
**Lauren Gardner** – University of Sydney, Australia  
**Nick Axford** – University of Plymouth, UK  
**Rachele Donini** – ???, Italy  
**Samuel Tomczyk** – University of Greifswald, Germany

## Organising Committee

**Boris Chapoton** – Université Jean Monnet Saint-Etienne, France  
**Elena Gervilla** – University of the Balearic Islands, Spain  
**Federico Leguizamo** – University of the Balearic Islands, Spain  
**Gregor Burkhardt** – EMCDDA, Portugal  
**Mariàngels Duch** – IREFREA, Spain  
**Maite Kefauver** – IREFREA, Spain  
**Peer van der Kreeft** – University College Ghent, Belgium  
**Samuel Tomczyk** – University of Greifswald, Germany

# LIVE SESSIONS' SPEAKERS



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**EUSPR.ORG**

## Prevention and COVID

### **Diederik Gommers**

Erasmus University Medical Center, Netherlands

Diederik Gommers (born 1964) is a Dutch Intensive Care physician. He works at the Erasmus MC in Rotterdam and is chairman of the Dutch Union for Intensive Care. During the COVID-19 pandemic in the Netherlands, Dr. Gommers has been part of the Outbreak Management Team that advises the government of Mark Rutte on measures required to reduce the spread of the disease Covid-19. He is also responsible for informing the Tweede Kamer on the current state of Intensive Care Units in the Netherlands during the crisis.



### **Susana Al-Halabí**

Universitat of Oviedo, Spain

Susana Al-Halabí is associate professor of Psychology at the University of Oviedo (UniOvi), general health psychologist and a specialist in third-generation therapies. She has participated in various European Commission projects related to suicide and was a visiting professor at the National Suicide Research Foundation in Cork (Ireland) and at the Center for Practice Innovations-Suicide Prevention at Columbia University (New York, USA). She received a grant from the Fulbright Program for her research stay in the US. Susana is a researcher in the Addictive Behaviors Group (UniOvi) and collaborates with the European Institute of Studies on Prevention (IREFREA, Spain). She is currently associate editor for the journals Psicothema, Clínica y Salud, and Adicciones. She is a member of the board of the Principality of Asturias Official College of Psychologists.



## Climate Change and Health

### **Cristina O'Callaghan-Gordo**

Universitat Oberta de Catalunya, Spain



Cristina O'Callaghan-Gordo has a degree in Biology (2005) from the University of Barcelona, a master in Epidemiology from the London School of Hygiene and Tropical Medicine (2011). She did her PhD (2011) between the Barcelona Centre for International Health and Manhica Health Research Centre (Mozambique). In 2013 she joined the Centre for Research in Environmental Epidemiology (ISGlobal) as postdoctoral fellow within the Cancer programme. In 2017 she was awarded a PERIS fellowship and obtained an Assistant Research Professor position at ISGlobal. Since February 2020, she is Professor of the Faculty of Health Sciences at Universitat Oberta de Catalunya, where she leads the master degree on Planetary Health. Cristina's research is oriented towards the study of a wide range of environmental exposures in association with non-communicable diseases in both high-income countries and low and middle-income countries under a Planetary Wellbeing perspective. She is currently the principal investigator of a research project from the Health Research Fund of Carlos III Health Institute, co-PI of a project of FRIAT foundation and co-researcher of two European H2020 projects.

### **Pau de Vilchez**

University of the Balearic Islands, Spain



Pau de Vilchez Moragues, PhD in International Environmental Law, also holds a Master's degree in International Relations (Sciences-Po Paris) and a bachelor's degree in Law (University of Salamanca). He has working experience at the International Criminal Tribunal for the former Yugoslavia (ICTY) and the United Nations High Commissioner for refugees (UNHCR). He has also worked for several years on development and human rights projects in Africa and the Mediterranean basin. Since 2011 he teaches International Law at the University of the Balearic Islands and focuses his research on the intersection of climate change, environmental law, and human rights, devoting special attention to climate litigation. He is the Deputy Director of the Interdisciplinary Lab on Climate Change (LINCC) of the University of the Balearic Islands, President of the Climate Change Committee of the Balearic Islands, Legal Analyst at the Climate Change Litigation Initiative (C2LI), Project officer for the Clean Energy for EU Islands Initiative in Spain, and Focal point of the University of the Balearic Islands (UIB) at the UNFCCC. He is currently conducting a study on how to implement a Climate Citizens' Assembly in the Balearic Islands.

## Climate Change and Health

### Ina Koning

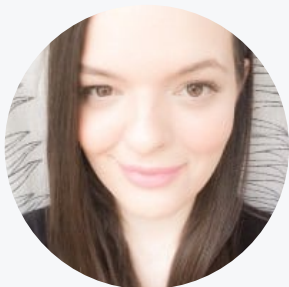
Utrecht University, Netherlands



Dr. Ina Koning is Assistant professor in Youth Studies engaged in research into (the prevention of) digital media and substance use addiction. In this research, Dr. Koning focuses on how knowledge can be translated into practice (interventions), by having the target group engaged in her research. For example, Dr. Koning collaborates with municipalities to tailor interventions to the needs of the specific (local) problem situation. She is also a board member of the European Society for Prevention Research (EUSPR) and a member of the Open Science / Public Engagement framework at Utrecht University.

### Vasilka Lalevska

Nordic Financial Unions, Sweden



Vasilka Lalevska is an expert in sustainability who joined the EUSPR in 2017. She has long years of experience working with alcohol and narcotic drugs issues from a policy perspective, including as part of the Civil Society Task Force connected to the UNGASS on Drugs in 2016, where she represented Youth. Vasilka's professional interests have led her to work with global health advocacy, patient's rights and recently with sustainability and EU sustainable finance initiatives. Her education is in the area of Economics, E-Business and Project Management which, combined with her professional experience, help her bring a fresh perspective to prevention research.

## Adapting prevention programmes to new contexts: lessons learned

### Jeremy Segrott

Cardiff University, Wales



Jeremy is a Lecturer in the Centre for Trials Research and the DECIPHER Centre, at Cardiff University, Wales, UK. His main research interests are the evaluation of school- and family-based prevention interventions – particularly relating to alcohol misuse, and the study of programme implementation processes.

## Impact of COVID-19 on Adolescence



### **Alexandra Morales**

Miguel Hernández University, Spain

Alexandra Morales is an Assistant Professor at the Department of Health Psychology at Miguel Hernández University. She is also a member of AITANA Research Group at the same University. Her research interest focuses on the study of sexual risk behaviors in adolescents and the evaluation of affective-sexual health promotion programs in schools. More recently her research interests have focused on the evaluation and treatment of emotional problems in children and young people. Along with other team members, she has analyzed the impact of the COVID-19 pandemic on the well-being of children and adolescents. Alexandra Morales is a co-director of the Master in Psychological Therapy on Children and Adolescents. She is also associate editor of the Journal of Clinical Psychology with Children and Adolescents.



### **Sophie Li**

Black Dog Institute, Australia

Sophie Li is a Clinical Psychologist and post-doctoral researcher at the Black Dog Institute. Her research and clinical expertise are in adolescent mental health, CBT-based digital intervention development and evaluation, and gender differences and gender-related factors associated with psychopathology. She is currently leading a three-year project to develop and evaluate a Black Dog Institute flagship digital treatment program for young people. Dr Li's emerging research profile includes 17 publications in leading journals, including Lancet Psychiatry and Clinical Psychological Science. Her research has formed the basis of reports delivered to government audiences on adolescent mental health and has featured in outlets such as The Conversation, ABC News and Galileo tv series.



## **Zila Sanchez**

Federal University of Sao Paulo, Brazil

Zila Sanchez is an Associate Professor of Epidemiology at the Preventive Medicine Department of Universidade Federal de São Paulo, Brazil. She is the head of the Graduate Program in Public Health at the same institution. Her field of research involves mainly the prevention of substance use among adolescents. She has been principal investigator of several RCTs of governmental prevention programs in Brazil and has published more than 120 peer-reviewed papers in the past two decades.



## **Alejandro de la Torre-Luque**

University Complutense of Madrid, Spain

Alejandro de la Torre-Luque, PhD in Neuroscience, is an assistant professor at the Department of Legal Medicine, Psychiatry and Pathology at UCM. His research interests fall into the Psychiatric Epidemiology, Clinical and Health Psychology and Biostatistics fields. More concretely, Dr. de la Torre-Luque has worked extensively on disentangling key mechanisms involved in the development of psychopathology in critical periods across the lifespan, such as adolescence and old age are. The study of emotional disorders, suicide and psychiatric comorbidity profiles are within his main study topics. Dr. de la Torre-Luque has authored more than 60 research papers in leading scientific journals as well as 20 book chapters.

# PRE-CONFERENCE WORKSHOPS



European Society for  
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29 SEPTEMBER

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# PRE-CONFERENCE WORKSHOPS

## Workshop 1 How to build bridges between agile development, ethics and impact in prevention? | 9:00 – 12:00 CEST

### Karin Streimann

Estonian National Institute for Health Development, Estonia

The Estonian National Institute for Health Development, together with the Estonian Public Sector Innovation Team, invites EUSPR Conference participants to attend a pre-conference workshop about innovation and ethics in the prevention field.

Agile development is seen as a way to solve wicked problems, such as poor mental health, delinquent behaviour, risky driving or environmental crisis. It is difficult to know in advance if the process itself or the new solutions might have unintended consequences, what are the dangers of disruption when dealing with vulnerable populations, and if products will create actual systemic change. The workshop will debate how we can design at a fast pace, without causing any harm.

Guest presenters: Triin Vilms (Estonian National Institute for Health Development ), Grete Arro (Tallinn University Centre for Innovation in Education), Miska Simanainen (Finnish Social Insurance Institution). Alex Sutherland (Behavior Insights team, United Kingdom), Riina Raudne (Estonian researcher, social entrepreneur and activist) and Daniel Kotsjuba (Estonian Public Sector Innovation Team).

## Workshop 2 From threat to opportunity – and back again? Digital prevention following the COVID-19 pandemic | 13:00 – 14:30 CEST (Early Career)

### Desirée Schmuck (Belgium) and Samuel Tomczyk (Germany)

Leuven School for Mass Communication Research, University of Greifswald

This workshop will explore the experiences, consequences, and opportunities of the “digital push” in prevention following the COVID-19 pandemic, particularly for early career researchers and practitioners in prevention-related disciplines. The workshop will begin with an overview of the literature on coping with a changing digital landscape, in particular digital stress, digital well-being, and digital detox through the lens of communication sciences and health psychology. Then, participants are asked to share their experiences, fears and successes connected to digital change throughout the pandemic. Finally, in a joint discussion, helpful strategies for digital self-care, dealing with challenges in digitalizing prevention research and practice, and key implications for future research and collaborative action will be identified.

# PRE-CONFERENCE WORKSHOPS

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## **Workshop 3** Restorative justice and prevention of sexual violence | 13:00 – 16:00 CEST

### **Karin Streimann**

Estonian National Institute for Health Development, Estonia

The Estonian Ministry of Justice is delighted to invite all EUSPR Conference participants to attend a pre-conference workshop about restorative justice and prevention of sexual violence. Presenters from different European countries will introduce the developments in the field.

Janine Carroll (UK) will be talking about evaluation of restorative practices in the area of harmful sexual behaviour exhibited by children and Kristel Buntinx (BE) will be sharing her experience with dialogue group of victims and offenders of sexual violence who are not related by the same crime.

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## **Workshop 4** Unplugged | 9:00 – 10:30 CEST

### **Johan Jongbloet and Annemie Coone**

Hogeschool Ghent, Belgium

The workshop is aimed at experienced school prevention trainers from the EU-Dap Faculty network focusing on the implementation of online Unplugged activities for teachers. We also open up to trainers of other interactive prevention programmes who are interested in implementing online interactive elements in their TOTs.

We will introduce (30 min) the participants in the adaptation of the three-day Unplugged training of teachers to an online mode. We have a look at some core elements of the adapted training outline (e.g. concepts like 'building risk level in a group', 'building low risk to high risk subjects'). To close we discuss the strengths, difficulties and opportunities of this adapted three-day teacher training.

In the second part of the workshop (60 min), we have a look at some good practices with online TOTs experiences from different EU-Dap faculty partners. Next to this we exercise some of the 'new' online Unplugged train the trainers activities. We debrief and exchange opinions to adapt this to other teachers trainings in different cultures and contexts. This workshop is interactive, building on experiences and visions of participants. They will be provided with the draft edit of the Unplugged Trainer's Manual in online version.



# FULL PROGRAMME



European Society for  
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30 SEPTEMBER

[EUSPR.ORG](https://euspr.org)

# FULL PROGRAM - 30 SEPTEMBER

## Welcome ceremony | 9:30 – 10:00 CEST

**Peer Van der Kreeft** EUSPR President

**Marica Ferri** European Monitoring Center for Drugs and Drug Addiction

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## Keynote session | Prevention and COVID-19 | 10:00 – 11:00 CEST

**Chair:** Ina Koning (Utrecht University, Netherlands)

**Presenter:** Diederik Gommers (Erasmus Medical Center, Netherlands),

**Presenter:** Susana Al-Halabí (University of Oviedo, Spain)

Every life lost to suicide is one life too many. Globally, suicide is an enormous social and public health issue accounting for almost a million deaths annually, with another twenty attempts for each death by suicide. The human cost associated with suicidal behavior for individuals, families, communities, health care, and society is beyond doubt. Despite these data and decades of research into suicidal behavior, there are still significant gaps between policy, research, prevention, and clinical practice. One guiding principle, however, is that suicide is preventable, and action should be taken now to protect people's mental health. It must be prioritised while we wait for a clearer picture. COVID society could represent an occasion for protective factors such as social support, feelings of belonging, and information about what help is available for crisis situations. Vaccines are critical, but also we have 'psychological inoculations' that have proven effective for reducing suicide attempts and deaths.

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## Coffee break in Slack | 11:00 – 11:30 CEST

# Poster and oral poster presentations in Slack | Session 1 Prevention and COVID-19 | 11:30 – 12:30 CEST

**Chair:** Samuel Tomczyk (University of Greifswald, Germany)

## ALCOHOL RISK CONSUMPTION DURING THE COVID-19 IN LATIN AMERICA ACCORDING TO SEX AND AGE

**Ms. Catalina Espitia Cepeda (1), Dr. Barbara Gonzalez Amado (1), Dr. Verónica Villanueva Silvestre (1), Dr. Lorena Belda (1), Dr. Andrea Vázquez Martínez (1), Dr. Manuel Isorna (2), Dr. Víctor José Villanueva Blasco (1)**

1. Valencian International University
2. Vigo University

**ABSTRACT.** Introduction: Alcohol risky consumption in Latin America and the Caribbean exceed the worldwide average of consumption, being men the ones who present a major consumption (OPS y OMS, 2020). The aim of the study was to establish the prevalence of alcohol risky consumption among adult population (18-64 years) in Latin America (Colombia, Ecuador and Perú) during COVID-19 lockdown. Method: The sample was constituted by 511 participants (55,38% women, 44,61% men). Instruments: AUDIT-C to establish the alcohol risky consumption, considering the score in men from 5 points and in women from 4 points (García-Carretero et al., 2016). Descriptive and mean comparison analyzes were performed with SPSS-26, according to sex and age (18-24; 25-44 and 45-64). Results: Alcohol risky consumption presented significant differences in terms of sex in the mean score ( $t=3,42$ ;  $p=0,000$ ), being higher in women ( $M=0,59$ ;  $SD=0,49$ ) than in men ( $M=0,44$ ;  $SD=0,49$ ). In terms of age, alcohol risky consumption presented significant differences in the mean score ( $F(508)=9,31$ ;  $p=0,000$ ) between groups, being lower scores in the group aged 18-24 ( $M=0,39$ ;  $SD=0,48$ ) group scores between 24-44 group ( $M=0,59$ ;  $SD=0,49$ ) and 44-64 ( $M=0,61$ ;  $SD=0,49$ ) no significant differences were evident among the alcohol risky consumption. Conclusions: There is a higher prevalence of women with risky alcohol consumption than in men. Risky consumption is lower among the youngest aged group. These findings suggest preventive and treatment interventions focused on women and aged group between 24-64 years old in similar situations to confinement due to COVID-19.

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## ARE WE READY TO FOLLOW COVID-19 PREVENTIVE MEASURES IN POSTPANDEMIC PERIOD: PREDICTORS OF PREVENTIVE BEHAVIOR

**Prof. Laima Bulotaite, Dr. Arunas Ziedelis, Dr. Dalia Bagdziuniene, Dr. Ruta Sargautyte**

Vilnius University

**ABSTRACT.** Introduction. The WHO identifies preventive behaviour as a particularly important tool to limit the spread of the infection in the context of COVID-19 pandemic. It is emphasized, that even after vaccination some preventive behaviour would be recommended. Encouraging to follow preventive recommendations is crucial to control not only the spread of COVID-19 but other infections in postpandemic period. The aim of our study was to examine the key predictors of the intention to follow various preventive recommendations. Methods. 472 respondents (85.4 percent women, mean age - 35.1,  $SD = 13.4$ ), participated in this study. An online survey questionnaire was prepared for the study, which consisted of scales to assess intentions to follow the recommended COVID - 19 infection control measures, personal attitudes, perceived social norms towards this behaviour, Health locus of control scale and some questions to collect background information.

Results. Most study participants (from 86.0 to 99.0 percent) followed the recommendations to wear masks, keep a distance when communicating, limit unnecessary contacts, visit shopping places less often and follow the rules of self-isolation during the pandemic period. In postpandemic period 10 percent less respondents intend to follow preventive behavior recommendations. Intentions for future preventive behavior are related to personal attitudes and perceived social norms. The results allowed us to detect and characterize groups with different intentions to be engaged in preventive behavior action.

Conclusion. The results revealed that intentions to continue to follow the recommendations are best predicted by behavior-specific personal attitudes and social norms, beliefs about one's own health control, and poorer health. The results of our study could be of great practical importance in creating effective communication strategies to engage people into preventive behavior. Identification of groups with lower intention to follow recommendations would help us to take the necessary steps towards improving their health behaviour.

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## CAPACITIES OF COMMUNITY ENGAGED COURSES TO BUILD SOCIAL CAPITAL IN POST-COVID-19 PERIOD

**Dr. Dinka Caha (1), Dr. Carmen Luca Sugawara (2)**

1. University of Osijek
2. Indiana University

**ABSTRACT.** This paper introduces a community-engaged assignment and discusses its role in building social work macro-practice competencies. Building on Paulo Freire's pedagogy of engagement theory (1970), the community assessment assignment provides students with an opportunity to step out of the classroom and engage with local community organizations to deepen their understanding of existing social issues, while discovering local assets. Through observations, analysis of existing data, interviews, and literature reviews, we discuss the type of competencies students build, while serving local communities. The paper, first, introduces the major components of the assignment and discusses both challenges and what would make such an assignment a success for both- the academic unit and the host community organization.

Learning through community engaged course emphasizes that experience and knowledge are equally important and enables students to take responsibilities in co-production of knowledge. Such courses help strengthen local assets within local community for implementation of future projects. Implications of community-engaged assignments in shaping social work macro-practice competencies are discussed.

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## CHANGES IN PSYCHOTROPIC MEDICATION USE IN PREGNANT AND POSTPARTUM WOMEN DURING COVID-19 LOCKDOWN

**Ms. Dalila Eslava Pérez (1), Dr. Carmela Martínez Vispo (2), Dr. Andrea Vázquez Martínez (1), Dr. Verónica Villanueva Silvestre (1), Dr. Barbara Gonzalez Amado (1), Dr. Ana Pellin Carcelén (1), Dr. Víctor José Villanueva Blasco (1)**

1. Valencian International University
2. University of Santiago de Compostela

**ABSTRACT.** Introduction: The use of psychotropic medication during pregnancy is in approximately 5% of pregnant women, with a percentage of these through self-medication without prescription. The aim was to examine the differences in psychotropic medication use before and during COVID-19 lockdown in a sample of pregnant and six-months postpartum women. Method: The sample was composed of 187 women from Spanish-speaking countries (age range: 18 - 59 years), who were pregnant (52,9%) or had given birth in the last six months (47,1%). The instrument used was the Tranquillisers, Sedatives, Sleeping pills and Antihistamines Use Frequency Questionnaire

(ad hoc). Non-parametric tests were used due to the groups were not normally distributed according to the Kolmogorov-Smirnov statistic ( $p < 0,01$ ). Results: Of the total sample, 1,01% of pregnant women and 6,81% of six-months postpartum women used prescribed psychotropic medication during the last six months, while 4,04% and 4,54%, respectively, used such medication without prescription. In the last seven days, none of pregnant women and 2,27% of six-months postpartum women used prescribed psychotropic medication, while 1,01% and 3,41%, respectively, used this medication without prescription. Non significant differences were found in the average amount of psychotropic medication use between the period before and during lockdown. Conclusions: Findings showed no significant changes in the average amount of psychotropic medication use between the period before and during COVID-19 lockdown in this sample of pregnant and postpartum women. However the use of non-prescribed medication is observed in both groups before and during confinement. The observed data have clinical implications in terms of public health.

## CHANGES IN RISKY ALCOHOL USE AMONG PREGNANT AND 6-MONTHS POSTPARTUM WOMEN DURING AND AFTER COVID-19 LOCKDOWN

**Ms. Dalila Eslava Pérez (1), Dr. Carmela Martínez Vispo (2), Dr. Andrea Vázquez Martínez (1), Dr. Verónica Villanueva Silvestre (1), Dr. Manuel Isorna (3), Dr. Víctor José Villanueva Blasco (1)**

1. Valencian International University
2. University of Santiago de Compostela
3. University of Vigo

**ABSTRACT.** Introduction: The substance use prevalence of pregnant women is very similar to the general population. Therefore, a stabilization or decrease is expected in line with the substance use reports conducted during the COVID-19 pandemic. The aim was to examine the differences in alcohol use before and during the lockdown in pregnant and 6-months postpartum women. Method: The sample included 187 women from Spanish-speaking countries between 18 and 59 years old who were pregnant (52,9%) or had given birth in the last six months (47,1%). The instruments used were: Alcohol Use Frequency Questionnaire (ad hoc) and the Alcohol Use Disorders Identification Test (AUDIT). Non-parametric tests were used for mean differences because the groups were not normally distributed according to the Kolmogorov-Smirnov statistic ( $p < 0,01$ ). Results: Of the total sample, 7,07% of pregnant women and 18,18% of 6-months postpartum women reported risky alcohol use before lockdown, while during this period they reported 3,03% and 17,04% respectively. Pregnant woman showed a more frequent alcohol use before than during lockdown ( $Z = -3,218$ ,  $p < ,01$ ), and higher frequency of binge drinking episodes ( $Z = -2,121$ ,  $p < ,05$ ). No differences between periods were found in average daily use ( $Z = -1,000$ ,  $p = ,317$ ) and in the average amount of SDUs per day ( $Z = -1,342$ ,  $p = ,180$ ). No differences were found between periods in the sample of 6-months postpartum women ( $p > ,05$ ). Conclusions: Findings showed risky alcohol use in pregnant and postpartum women both before and during the lockdown. The pattern of alcohol use experienced a significant decrease in frequency and quantity during the lockdown in pregnant women, while no differences were found in postpartum women. Therefore, the development of specific interventions with these populations is warranted.

## CHANGES IN SMOKING BEHAVIORS AND ATTITUDES DURING THE COVID-19 PANDEMIC

**Ms. Cécile Jartoux, Mr. Romain Guignard, Ms. Guillemette Quatremère, Mr. Raphaël Andler, Ms. Anne Pasquereau, Ms. Viêt Nguyen-Thanh**

Santé Publique France

**ABSTRACT.** Background: Before the Covid-19 outbreak, smoking rate had been decreasing for five years in France and had reached 30.4% of the adult population in 2019. Crisis situations can be associated with a rise in addictive

behaviors. Studying the evolution of attitudes towards smoking was necessary during the Covid-19 pandemic. Methods: Data come from three post-intervention studies conducted after two anti-smoking campaigns in November 2020 and February 2021: a quantitative survey whose data were collected online from a quota sample of 2,006 respondents over 15 years old, and two qualitative surveys which assessed the opinions of 128 adults aged 18-64 through individual interviews and group discussions. Results: Two thirds (68%) of the smokers found that the sanitary crisis did not affect their motivation to quit smoking, 18% felt it was an additional motivation to stop, and 14% reported a decrease in their motivation to do so. During the Covid-19 pandemic, "social" smokers were more prone to reduce their consumption than those who perceived it as a way to alleviate stress. Tobacco cost was also critical in attempting to quit smoking, due to deepened financial difficulties for some disadvantaged smokers. Most participants of the qualitative studies considered that anti-smoking campaigns during the crisis were useful. Conclusions: Smoking habits and changes in motivation to quit during the pandemic varied a lot from one individual to another. Anti-smoking campaigns in this context were acceptable and seem therefore useful to continue promoting smoking cessation.

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## DEPRESSION PREVALENCE IN COLOMBIA, ECUADOR Y PERÚ DURING THE COVID-19 CONFINEMENT ACCORDING TO SEX AND AGE.

**Ms. Catalina Espitia Cepeda (1), Dr. Verónica Villanueva Silvestre (1), Dr. Andrea Vázquez Martínez (1), Dr. Barbara Gonzalez Amado (1), Dr. Manuel Isorna (2), Dr. Joaquín Mateu Mollá (1), Dr. Salvador Simó Algado (3), Dr. Víctor José Villanueva Blasco (1)**

1. Valencian International University
2. University of Vigo
3. University of Vic

**ABSTRACT.** Introduction: The actions taken because of COVID-19 have generated consequences at mental health level (Serafim et al., 2021). The aim of this study was to establish the prevalence of depression among adult population (18-64 years old) in Latin American countries (Colombia, Ecuador y Perú) during the lockdown for COVID-19. Method: The sample was constitute by 1378 participants (63,2% women; 36,71% men). Instrument: Patient Health Questionnaire [PHQ-9] to evaluated depression level. Descriptive and mean comparison analyzes were performed with SPSS-26, according to sex and age (18-24; 25-44 and 45-64). Results: 67,1% of women have some depression symptomatology compared to 61,7% of men; and also presented higher scores in depression ( $M=2,06$ ;  $SD=1,01$ ) than men ( $M=1,92$ ;  $SD=0,97$ ) presenting significant differences ( $t(1376)=2,46$ ;  $p=0,01$ ). Women presented higher moderate, moderately severe and severe depressive symptomatology (26,6%) than men (20,1%). In terms of age, significant differences were found in the mean score ( $F(1375)=33,97$ ;  $p=0,000$ ) between groups, being higher in the 18-24 year-old group ( $M=2,32$ ;  $SD=1,12$ ) compared to the groups of 25-44 years ( $M=1,88$ ;  $SD=1,12$ ) and 45-64 years ( $M=1,78$ ;  $SD=0,93$ ), which among them show no differences. Conclusions: There is a major women proportion with depressive symptoms and more severe than men. Regarding age, there are significant differences between the youngest group and the other two age groups. These findings are important to establish preventive and therapeutic interventions based on sex and age in pandemic situations, to reduce the probability of developing depression, offer therapeutic assistance adapted to the circumstances for a better prognosis and reduce the mental health impact.

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## DRINKING BEHAVIOURS AND ATTITUDES IN IRELAND IN THE CONTEXT OF THE INITIAL COVID-19 LOCKDOWN PHASE

**Dr. Ann Stokes, Ms. Sheena Horgan**

Drinkaware

**ABSTRACT.** The objective of this study was to examine Irish adults' behaviour and attitudes towards alcohol in the unique context of the initial Lockdown phase of COVID-19, as the public were required to stay at home and be socially distant. A quota-controlled sampling procedure was utilised to deliver a nationally representative sample of 1,000 adults aged 18+. Online surveys were conducted April - May 2020. Questionnaire design incorporated internationally recognised question models including the AUDIT-C, Drinking Motive Questionnaire: Revised Short Form and Short Warwick-Edinburgh Mental Wellbeing Scale. Significant shifts regarding alcohol consumption were identified: More people were drinking daily (6% v 1% in 2018), at least once a week (52% v 44% in 2018), alone on a weekly basis (36% v 15% in 2018); 46% binge drank in the 'past 30 days; 6% indicated drinking for coping reasons. High mental wellbeing dropped to 20% from 63% (2018). Some encouraging results included 25% reported drinking less and 31% made positive changes to their drinking habits. The findings highlight the challenges of alcohol consumption in the initial lockdown phase - the prevalence of over-consumption and use of alcohol as a coping strategy - and give an indication of drinking habits being formed as a result. The data allows for examination of how shifts in stress and mental wellbeing, drive increased consumption. The positive shifts in behaviour also warrant further investigation. This survey was part of a series over several time-points. Behaviour changes during the initial stages of the pandemic are crucial to understanding and anticipating the likely sustainability of these shifts, and the design of appropriate behaviour change interventions to prevent and reduce alcohol misuse and harm going forward.

## DRUG USE AND PANDEMIC: ANALYSIS OF THE STAGE OF SOCIAL DISTANCING CAUSED BY COVID-19 PANDEMIC AND ITS EFFECTS IN DRUG USE IN ECUADOR

**Ms. Violeta Rojeab (1), Ms. Gabriela Hernández (2), Mr. Estéfano Viteri (3)**

1. Pontifica Universidad Católica del Ecuador
2. Universitat de Valencia
3. Escuela Politécnica Nacional

**ABSTRACT.** Since the pandemic caused by COVID-19, the world has undergone structural changes at all levels. Authorities of Ecuador put in confinement to the population, but measures began to become more flexible on July 2020 although the crisis did not decrease. It is predictable that psychosocial problems related to drug use will appear (consumption patterns, contagions, withdrawal, difficulty in access, appropriate health care). Faced with this, we conducted research from the beginning of the confinement until now, aiming to know the changes in substance use and their relationship with psychosocial consequences. This study is divided into two parts: The first, to understand the issues mentioned above in the city of Quito at the time of total confinement. Now, expanded to Ecuador, we research how these patterns and psychosocial problems have arisen from the relaxation of confinement measures. This is an ongoing study, with currently 360 participants. Age range (91.1%) between 18 and 45 years old. Variables: Type, frequency, quantity of substances used; current work and family situation; contagion by covid-19; acquisition of illicit substances; physical and emotional consequences; risks taken while attending massive events or acquire drugs; violence. Results: Substance use: Alcohol (75.9%), tobacco (44.3%), cannabis (43.2%). Supplying illicit drugs: face to face with a dealer (21,6%). Alcohol use: 1-3 times a month (61,2%). Binge drinking: 1-3 times a month 52,1%, never 37,1%. Attendance to massive events 58,3%. Victim of some type of violence 14.1%, violent reactions against others 20.7% (mostly psychological). Symptoms of withdrawal: 20,9% had psychological symptoms. Work difficulties related to the pandemic 51,6%. This study helps to understand the changes of the stage of social distancing on substance use and its associated psychosocial consequences. This allows knowing better how to respond to them, based on evidence. No other research like this is known to be made in Ecuador.

## MENTAL HEALTH AND PSYCHOLOGICAL WELLBEING DURING THE COVID-19 LOCKDOWN: A LONGITUDINAL STUDY IN THE BALEARIC ISLANDS (SPAIN)

**Mrs. Joana Ripoll (1), Dr. Maria Jesús Serrano-Ripoll (1,2), Mrs. Aina Soler (1,2), Dr. Sara Contreras-Martos (3), Dr. Magdalena Esteva (1)**

1. Health Research Institute of the Balearic Islands (IdISBa)
2. University of the Balearic Islands
3. Catalan Institute of Health - IDIAP Jordi Gol

**ABSTRACT.** Introduction: Confining the entire population to a lockdown after the outbreak of SARS-CoV-2 was an unprecedented measure designed to protect the health of those living in Spain. Objectives: Our objective is to assess the evolution of mental health and psychological wellbeing during lockdown. Methods: Longitudinal study, via an online survey over the eight weeks of lockdown (weekly assessments). Variables: Sociodemographic, along with data related to COVID-19, psychological wellbeing (anxiety, depression, psychotropic drugs, consultations made to improve mood or anxiety). Statistical analysis: Descriptive analysis to assess the evolution of the dependent variables each week. McNemar's test (paired analysis) to analyze the differences in the psychological wellbeing indicators from the first to the fourth week, and from the beginning to the end of lockdown. Chi-squared test for the relationship of the sociodemographic with the evolution of the psychological wellbeing indicators halfway through and at the end of lockdown. Results: 681 individuals participated, 76.8% were women, mean age was 43 years old (SD=12.7). The 1st week 12.8% reported symptoms of anxiety, 12.8% symptoms of depression, 12.2% consumed psychotropic drugs and 17.4% contacted a mental health professional or a webpage in order to improve their mood or reduce anxiety. Discussion: Initially, high scores were reported for anxiety, depression, and the number of consultations to improve mood, but these decreased significantly over the study period. The reverse seems to be true for intake of psychotropic drugs. We identified groups whose psychological wellbeing was more susceptible to the effects of lockdown. Women, those worried about their jobs after the pandemic, and those afraid of being infected were the most affected individuals. More generally, after the initial negative effect on psychological wellbeing, various indicators improved over lockdown period.

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## NURSING AND HEALTHCARE ASSISTANT STAFF HEALTH AND WELLBEING DURING THE COVID19 PANDEMIC

**Dr. Ailsa Lyons (1), Ms. Joan Killeen (1), Ms. Caroline Walsh (1), Prof. Cecily Kelleher (2), Prof. Patricia Fitzpatrick (2)**

1. St Vincent's University Hospital
2. University College Dublin

**ABSTRACT.** Introduction. During the COVID19 pandemic there were well-recognised challenges to hospital staff. In Ireland there have been three major waves of COVID-19 to date. The aim of this study was to identify the health status of nursing and healthcare assistant staff in a large university hospital in Ireland. Methods. A cross-sectional health and wellbeing survey was created, including questions on lifestyle behaviours, stress (PSS, Perceived Stress Scale) and wellbeing (WHO 5 Wellbeing Index); it was offered in hard-copy and electronic format to all eligible nursing and healthcare assistant staff; 459 surveys were completed (estimated 32.5% response rate). The survey was conducted in the period between the second and third Covid19 waves. Results were compared with the general population from the national annual lifestyle survey (NALS) from 2019. Results. Just 11.5% smoked, lower than NALS (17%); 4.3% currently used and 6.6% had ever tried electronic cigarettes (E-cigs) compared to 5% and 12% in the NALS. Healthy weight by BMI was higher than the NALS (43% vs 37%) but proportions in the obese category were similar (22.4% v 23%). Over half, 54.7%, reported getting six to seven hours sleep, similar to 7.1 hours average sleep

in the NALS; 37.6% of respondents reported no sleep difficulties, compared with 76% of the NALS reporting fairly good or very good sleep quality. Most participants showed moderate perceived stress (64.2%), with 27.3%/8.4% showing low/high stress. Mean WHO-5 Wellbeing Index score was 14.4 (range 2-25), with 34.5% of scores below 13, indicating poor wellbeing. Discussion. For a number of lifestyle factors (smoking, E-cig use and weight) the hospital's nurses and healthcare assistants demonstrated healthier behaviours, however there was greater reported levels of poor sleep, high stress and lower levels of overall wellbeing than the NALS general population.

## PATTERNS OF ALCOHOL USE AMONG ITALIAN YOUNG ADULTS BEFORE AND DURING A COVID-19 LOCKDOWN: A LATENT CLASS ANALYSIS STUDY

**Dr. Giovanni Aresi (1), Dr. Angela Sorgente (1), Dr. Michael J. Cleveland (2), Dr. Elena Marta (1)**

1. Università Cattolica del Sacro Cuore
2. Washington State University

**ABSTRACT.** Introduction: Two not mutually exclusive theories have been proposed to explain the effects of the COVID-19 pandemic on alcohol use: The Availability hypothesis contends that reduced opportunities to drink due to the closure of outlets and consumption sites should lead to decreases in alcohol use, whereas the Stress and Coping hypothesis argues that those exposed to stressful situations may increase drinking. Aims: This study aimed to test such hypotheses by describing pre/during-COVID-19-pandemic changes in patterns of alcohol use among the Italian young adults (18–34 years). Methods: This study involves the secondary analysis of data collected in 2015 and 2020 from nationally representative samples of Italian young adults. Latent class analysis (LCA) was used to identify common patterns of alcohol use. Results: Five classes were found: current non-drinker class (CND), weekend risky (WRD) and weekend non-risky drinkers (WnRD), daily non-risky (DnRD) and daily risky drinkers (DRD). Results indicate gender-specific changes in the prevalence of the five drinker profiles from 2015 to 2020. Conclusions: In support to the Availability hypothesis, increases in abstaining women and men were observed, however among men there were also increases in the prevalence of patterns characterized by risky drinking and related harm (Stress and Coping hypothesis).

## REQUIREMENTS FOR EFFECTIVE PSYCHOSOCIAL INTERVENTIONS TO PREVENT LONELINESS IN OLDER PEOPLE LIVING AT HOME

**Mr. Ludwig Grillich, Ms. Viktoria Titscher**

Danube University Krems

**ABSTRACT.** People who suffer from loneliness have a 27% higher risk of mortality (Holt-Lunstad et al., 2015), are more likely to suffer from depression (Leigh-Hunt et al., 2017) and have a 27% higher risk of cardiovascular disease (Valtorta et al., 2018). Thus, loneliness is a risk factor that is comparable in its health effects to other risk factors such as smoking (Holt-Lunstad et al., 2015). In the course of the pandemic, social distancing measures were taken to reduce the risk of SARS-Cov-2 infections. This affected older people in particular, and led to an increase in loneliness among older people. Therefore, effective measures are needed to prevent loneliness among the elderly. We used the umbrella review method to evaluate recent research. We systematically searched Ovid MEDLINE®, Health Evidence, Epistemonikos, Global Health (Ebsco) from 2017 to 2021 for systematic reviews and ECRI Guidelines Trust, NICE Evidence Search, AWMF from 2018 to 2021 for evidence-based guidelines. We used predetermined criteria to include and exclude systematic reviews and guidelines. Two authors independently screened abstracts and full-text

publications and determined the risk of bias of the included systematic reviews with the AMSTAR 2 tool and guidelines with the AGREE II tool. We screened 342 abstracts and 24 full texts of systematic reviews for eligibility. Finally, we included four systematic reviews with moderate quality. Furthermore, we screened 402 abstracts and six full texts of guidelines and included one guideline with high quality. Due to the diversity of causes of loneliness, there is no one effective intervention to prevent loneliness in older people living at home. However, the evidence synthesis revealed very specific requirements that interventions should meet in order to be effective. These evidence-based requirements can be the basis for both the design of new effective interventions and the evaluation of existing interventions to prevent loneliness.

## SUBSTANCE USE AMONG WORKERS IN FRANCE IN 2017

**Mr. Raphaël Andler, Ms. Gabrielle Rabet, Mr. Romain Guignard, Ms. Anne Pasquereau, Ms. Guillemette Quatremère, Mr. Jean-Baptiste Richard, Ms. Việt Nguyen-Thanh**

French National Public Health Agency

**ABSTRACT.** Background. While employment is usually associated with lower levels of substances use levels, strong disparities can be observed between economic sectors. Our objective was to describe those disparities in France using data from a representative general population survey. Methods. Data come from the 2017 Santé publique France Health Barometer, a national random phone survey of adults living in France. Between January and July 2017, 14,604 working adults aged 18-64 were asked about their alcohol, tobacco, cannabis and other illegal drugs use habits. Results. Among both men and women, the sectors of hotels and restaurants and of arts, entertainment and recreation had above-average consumption rates for both legal and illegal drugs use. Among men only, the agricultural, construction, and real estate sectors had above-average alcohol and tobacco consumption rates. Those findings confirmed previous ones from 2010 while highlighting new sectors with higher consumption rates. Conclusions. Alcohol, tobacco and illegal drugs consumption differed between economic sectors in France in 2017, paving the way for targeted preventive interventions. Main messages. Our findings stress out the need for targeted prevention intervention among French workers.

## THE GOOD BEHAVIOUR GAME IN ENGLAND – LEARNING FOR THE SECTOR FOUR YEARS LATER

**Ms. Jamila Boughelaf (1), Prof. Neil Humphrey (2)**

1. Independent
2. University of Manchester

**ABSTRACT.** In 2015 the Mentor Foundation UK (Mentor UK) received a grant from the Education Endowment Foundation (EEF) to undertake the biggest cluster RCT in England of the Good Behaviour Game (GBG), with licence from the American Institute for Research. Evaluated by the University of Manchester, the trial took place between September 2015 and July 2017 in a total of 77 schools. The efficacy trial was designed to evaluate impact of the intervention on reading (primary outcome) and behaviour (secondary outcome) with pre-test and post-test. The University of Manchester team, however secured additional funding to undertake a 1-year and 2-year post-intervention follow up. Initial results from the trial found no evidence that GBG improves pupils' reading or behaviour, with high security rating. There was tentative evidence that children identified as at-risk of developing behavioural problems may benefit from GBG. Considering these findings and EEF requirements for intervention scale up, it was agreed that GBG was not suitable to be delivered in English schools. Mentor UK subsequently ceased to exist and with it any iterations of the programme in England. The University of Manchester, however, continued their

work and analysed data from the post-test follow ups. Whilst results remained null through intention to treat (ITT) analysis, complier average causal effect (CACE) analysis showed immediate post-test effects of the intervention on behaviour outcomes and sleeper effects on attainment at 1 year follow-up for moderate compliers. Considering the void left by the closure of Mentor UK in sharing learning for practitioners, the authors intend to address the following reflections:

- 1-year & 2-year follow up analysis findings
- Implementation challenges and learning based on trial delivery and subsequent CACE analysis
- Implications for the sector, with focus on learning from null results
- Importance of behavioural and social and emotional learning approaches in the COVID-19 recovery context.

## THE IMPACT OF COVID-19 ON THE SUPPORT OF OPIOID USERS IN GERMANY

**Mrs. Ines Arendt**

Free University of Bolzano

**ABSTRACT.** The PhD-project focuses on the support of older opioid users (45 years +) in Germany. Treatment for opioid users generally consists of medical substitution treatment with substances like methadone, which is accompanied by psychosocial counselling. Interventions such as psychosocial counselling with e. g. motivational interviewing or case management have shown positive effects on the psychosocial situation and well-being of opioid users. Due to the usually impaired health condition (such as COPD, Hepatitis C and cardio-vascular diseases), opioid users are at a higher risk for negative consequences through Covid-19. The impact of Covid-19 on the support of opioid users is diverse: the support through low threshold institutions or other mostly social-work-related offers were reduced substantially, especially during the first lockdown in 2020, and in many cases the contact with professionals was limited (Werse/Klaus, 2020). Professionals were confronted with their own fear of putting their health at risk (Streck, 2021), whereas they reported that they feared negative health and psycho-social consequences for their clients, such as an increase of loneliness. At the same time has it been possible to continue the substitution treatment and through legal decisions, it was easier to provide substitution patients with take-home-prescriptions (Pogarell et al., 2020). By this it was no longer a requirement for the patients to come and visit the substitution facility every day, which during pandemic comes with a certain risk. Within the PhD-project a qualitative interview study with social work professionals and opioid users in western Germany is conducted. Study design is based on health services research and qualitative practice research. One part of the interviews with opioid users, which will be conducted in summer 2021, focuses on the diverse experiences in the context of Covid-19. The interviews will be analysed using qualitative content analyses. In the presentation the preliminary findings will be presented.

## THE MALTESE SITUATION IN THE DELIVERY OF PREVENTIVE PROGRAMMES PRE- AND DURING THE COVID-19 PANDEMIC

**Mr. Jareth Grima, Ms. Amy Taylor, Ms. Stephanie Mizzi Cascun**

Foundation for Social Welfare Services Sedqa

**ABSTRACT.** Overview. Sedqa Agency, the Maltese National Agency against Drugs, Alcohol Abuse and Compulsive Gambling, boasts a fully dedicated team of professionals within its Prevention Services. The team encompasses 15 professionals with various professional backgrounds amongst which social workers, youth workers, persons with a teaching background, and psychology graduates. The Prevention Services aim to provide clear, correct, and age-appropriate information, targeting the topics of alcohol, substance abuse, as well as gambling and other potential addictive behaviours, with the vision of equipping individuals with skills to enhance healthy lifestyle. Prevention

Programmes. The Prevention Services offer three main structured programmes within the national education system, mainly targeting: students at Primary school level. These preventive programmes ensure that students are prepared for any contingencies that might lead their ways into substance addictions or addictive behaviours. All programmes are delivered to state, church, and independent schools, aiming to prevent the use of substances and, when not successful, delay the onset of addictions. All programmes are developed in accordance with the EMCDDA international standards. COVID Adaptability. The scholastic year 2019-2020 has seen a number of challenges, brought about by the COVID-19 pandemic. While face-to-face sessions were delivered between the period of October 2019 and mid-March 2020, the Prevention Services needed to adapt to online methods of session delivery either through live or recorded sessions. The latter medium came into place as off mid-March 2020, taking the team through the rest of the scholastic year as such. Adapting to such method of sessions delivery was challenging, both in terms of getting used to the system and the logistics necessary to meet the availabilities of collaborating entities. In collaboration with the national Public Broadcasting Services (PBS – Agency Sedqa recorded all its sessions in preparation for the event when online delivery was not a possibility.

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## WHO ARE MORE WILLING TO LIMIT SOCIAL CONTACTS DURING THE PANDEMIC: TRUST IN INFORMATION SOURCES, OPENNESS TO CHANGE VALUES, ATTITUDES AND BEHAVIORAL INTENTIONS

**Dr. Arunas Ziedelis, Prof. Laima Bulotaite, Dr. Ruta Sargautyte, Dr. Dalia Bagdziuniene**

Vilnius University

**ABSTRACT.** Introduction. Interacting with people is a pleasant experience for most individuals and being related to others is one of the basic human needs. Thus, although limiting unnecessary social contacts is important to reduce the spread of coronavirus, it is also understandable that not everyone is equally eager to follow this recommendation. The aim of our study was to explore the moderating role of openness to change values (i.e., self-direction and stimulation) in the relation between trust in sources of information, attitudes and subsequent intentions to limit social contacts. Methods. 472 respondents (403 women and 69 men), ranging in age from 18 to 76 years ( $M = 35.1$ ;  $SD = 13.4$ ), participated in this study. The questionnaire included items to assess trust in official information sources, intention and attitudes towards limiting social contacts, openness to change values, and some relevant background information. Moderated mediation analysis was used to test study hypotheses. Results. Having trust in such information sources as the Ministry of Health, physicians, researchers, and the media was associated with more favourable attitudes and a more pronounced intention to limit social contacts. Moreover, favourable attitudes partly mediated the effect of trust in information sources on intentions to limit social contacts. Trust in information sources was more salient among those individuals, who cherish openness to change values of stimulation and self-direction. Conclusion. The results of our study revealed that value differences between people affect the extent to which they attach importance to the trustworthiness of an information source. People who cherish openness to change values of self-determination and stimulation are less likely to comply to recommendations, if they do not trust the leading sources of information. Information campaigns aimed at this segment of the audience should produce the greatest effect when promoting social distancing during the pandemic.

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## YES, I CAN! EVALUATION OF AN ONLINE INTERVENTION TO FOSTER SELF-HELP FOR DEPRESSIVE SYMPTOMS DURING THE COVID-19 PANDEMIC

**Prof. Samuel Tomczyk, Mr. Sascha Heineck**

University of Greifswald

**ABSTRACT.** Background. Despite increasing psychotherapeutic efforts in recent years, depression is on the rise,

leading to a so-called depression epidemic. The COVID-19 pandemic has exacerbated this development. Evidence-based and cost-effective low-threshold interventions therefore have the potential to foster positive mental health, in addition to treatment. This study examines the effect of an online intervention to build self-help skills and self-efficacy in persons with depressive symptoms. **Methods.** In a randomized controlled online trial, 324 persons (Mage = 48.38; SD = 15.37; 62% female) were asked to empathize with a person with depression (via a vignette) and subsequently either completed an intervention promoting self-efficacy and self-help for symptom management (intervention group; IG) or a matrix test (control group; CG). Both groups were surveyed before, immediately after, and two weeks after the intervention. A repeated measures ANCOVA examined intervention effects on self-efficacy and self-help skills, controlling for gender, age, and self-reported depression severity. **Results.** Following the intervention, self-help skills were higher in the IG than the CG. Regarding self-efficacy, a significant interaction (group x time) revealed a small interventional effect at follow-up ( $\eta^2 = .017$ ): While self-efficacy remained high in the IG, it dropped in the CG following the presentation of the vignette and remained low at follow-up. **Discussion.** The results indicate that a short, accessible online intervention can increase self-help skills and stabilize self-efficacy in persons with depressive symptoms. This holds promise for blended care and prevention. Future research should replicate the findings in larger, cross-cultural samples with more extensive follow-ups.

## GAMING DISORDER IN YOUNG LATIN AMERICAN ADULTS BEFORE AND DURING CONFINEMENT BY COVID-19

**Ms. Sara González Álvarez (1), Dr. Verónica Villanueva Silvestre (1), Dr. Andrea Vázquez Martínez (1), Dr. Pere Blay (1), Dr. Beatriz Abad Villaverde (2), Dr. Manuel Isorna (3), Dr. Jorge Oceja (1), Dr. Salvador Simó Algado (4), Dr. Víctor José Villanueva Blasco (1)**

1 Valencian International University

2 Pedro Henríquez Ureña National University

3 Vigo University

4 University of Vic

**ABSTRACT.** Introduction: Addiction to video games is being studied mainly in adolescents, however, there are also high prevalence rates in young adults. This problem may be aggravated by confinement by COVID-19. The objective was to establish changes in the problematic game to video games and addiction to them in young adult population (18-30 years) in Latin America during confinement by COVID-19. Method: The sample includes 1834 people (57.5% women; 42.5% men) with an average age of 22.32 (SD=3.5). Instruments: Scale of addiction to video games for adolescents (GASA) validated by Lloret et al. (2018). Descriptive analyses and comparison of means between before and during confinement were performed. SPSS-26 was used. Results: 14.6% played video games and 13.8% played online video games all or almost every day before confinement, increasing to 31.5% and 31.8% respectively during confinement. There is a prevalence of 12.4% for problematic games and 2.6% for addiction before confinement, increasing to 15% in problematic games and 4.2% in addition to video games during confinement. Significant differences ( $t(1832) = -6.049$ ;  $p=0.000$ ) were found between the mean results before ( $M=0.18$ ;  $SD=0.442$ ) and during containment ( $M=0.23$ ;  $SD=0.513$ ). Conclusions: The confinement by COVID-19 has had repercussions in the increase of the frequency of use of video games, favoring also the increase of the percentage of young adult players that present problematic game and addiction to video games.



# Poster and oral poster presentations in Slack | Session 2 Early Careers | 15:00 – 16:00 CEST

**Chair:** Boris Chapoton (Institut PRESAGE, France)

## 'INTERPRETED SPACE' AS A MEDIATOR BETWEEN PHYSICAL ENVIRONMENT AND SITUATED SUBSTANCE USE: OUTLINE OF A SOCIO-SPATIAL THEORY FOR SUBSTANCE USE PREVENTION

**Ms. Angelina Brotherhood**

University of Vienna

**ABSTRACT.** Social science approaches to 'environment' have been discussed in relation to treatment but less so in relation to prevention. This doctoral research drew on Löw's (2001, 2016) 'sociology of space' to develop a theoretical model which could explain substance use socio-spatially, in a format suited to prevention research. Mixed-methods research was conducted with 24 current users of alcohol or cigarettes, recruited from a female student population in Vienna. Mapping, repertory grid and qualitative interview techniques were combined to elicit salient dimensions along which participants experienced spaces of their everyday lives (e.g., home, bar). Situational pathways explored the event-level interplay of these dimensions with other factors in relation to substance use and abstinence. On this basis, a visual theory is proposed which outlines three intermediary steps between physical environment (presumed independent variable) and situated substance use or abstinence (outcomes of interest). The theory posits that the physical environment is transformed into (1) 'perceived space': living beings and social things perceived as meaningful ensembles. From this emerges (2) 'interpreted space': the latent qualities of a space as understood by a person or group. These prompt (3) thoughts and feelings which subsequently affect final outcomes. Personal and cultural factors moderate this process. Original features of the theory include its structured visualisation of complex interplay between socio-spatial and other factors. This can further our understanding of when environmental 'invitations' may be accepted or declined. The study thus bridges socio-spatial theory with applied substance use research. The conceptual distinction between 'perceived' and 'interpreted' space, alongside empirical examples, offers new opportunities for research into contextual factors of substance use as well as intervention planning. In particular, the theory enhances existing perspectives in environmental prevention (Oncioiu et al., 2018) and aligns with the recent interest in mechanisms in this area.

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## ONLINE GAMBLING AND PSYCHO-SOCIAL FACTORS DURING COVID LOCKDOWN IN SPANISH POPULATION

**Ms. Ines Saez, Prof. Daniel Lloret Irles**

Health Psychology Department, Universidad Miguel Hernández

**ABSTRACT.** From March to June 2020 in Spain, freedom of movement was restricted and only being allowed to leave the house for justified reasons. This period of confinement was called Lockdown. This situation led to a cessation of social activities and increased feelings of loneliness and boredom, with concerns about the possible impact on addictive behaviours such as gambling. Objective: To analyse gambling behaviour according to its frequency, expenditure and severity, as well as to know the associated psychological variables such as social support, stress, anxiety, depression or coping strategies during Phase s. Participants: 104 gamblers and 188 non-gamblers from all over Spain, 64.7% women, completed an on-line questionnaire and a questionnaire on the gambling experience before and during quarantine and psychological variables associated with stressful moments. Results: Pathological

gamblers recorded a significant decrease in their gambling behaviour while non-gamblers have engaged in sporadic gambling. Maladaptive coping style and perceived social support have a direct relationship with gambling during confinement, finding no relationship between psychological variables and gambling behaviour.

## INTERACTIVE EFFECTS OF SEX AND MENTAL HEALTH ON THE RELATIONSHIP BETWEEN EMOTION DYSREGULATION AND INTERNET GAMING DISORDER: INSIGHTS FROM SPAIN

**Ms. Yasmina Castaño (1,2), Prof. Alba González-Roz (2), Prof. Elena Gervilla (2,5), Prof. Sara Weidberg (3), Prof. Victor Martínez-Loredo (4), Prof. Roberto Secades-Villa (3)**

1. IREFREA – European Institute of Studies in Prevention
2. University of the Balearic Islands
3. University of Oviedo
4. University of Zaragoza
5. Health Research Institute of the Balearic Islands (IdISBa)

**ABSTRACT.** Background. Concerns about Internet Gaming Disorder have increased during the past decades, while anxiety and depression disorders have become more prevalent in the past months. Gaming is robustly associated with men, psychopathology and emotional deficits. Little is known about explanatory mechanisms of Internet Gaming Disorder Severity (IGDS). This study pursued: 1) to examine sex differences in IGDS and emotional dysregulation, and 2) to explore the mediational role of mental health on the relationship between emotion dysregulation and IGDS, moderated by sex. Method. The sample included 138 emerging adults [% females: 69.6; age M= 20.22], from three Spanish universities recruited during the re-opening phase of lockdown. Pearson correlations were undertaken between IGDS, emotional dysregulation (DERS-28) and concurrent psychopathology (DASS-21). A moderated mediational analysis was performed to determine the interactive effects of sex and anxiety, stress, and depression (measured by the DASS-21 subscales) in the relationship between emotional dysregulation and IGDS. Results. Statistically significant correlations were found between male sex and higher IGDS [ $r = -0.385$ ,  $p < 0.001$ ]. Significant positive correlations were found between female sex and higher lack of clarity [ $r = 0.229$ ,  $p = 0.041$ ], and interference [ $r = 0.291$ ,  $p = 0.009$ ]. All the DASS-21 subscales provided similar results. There was a significant sex\*DASS-total score interaction [ $\beta = -0.967$ ,  $SE = 0.465$ ; 95%CI: -1.89, -0.04], which suggested that the relationship between lack of clarity and IGDS was mediated by the total score in DASS-21 in males only. Similarly, there were significant interactions between sex\*DASS-anxiety [ $\beta = -0.949$ ,  $SE = 0.461$ ; 95%CI: -1.86, -0.03] and sex\*DASS-stress [ $\beta = -0.965$ ,  $SE = 0.467$ ; 95%CI: -1.89, -0.03]. Discussion. Results suggest that the inclusion of emotion regulation strategies in preventive programs should be gender-sensitive. Men presenting with anxiety or stress symptoms might particularly benefit from emotion regulation training.

## WRITING THE FUTURE – EXAMINATION OF THE IMPACT OF THE BEST POSSIBLE SELF-INTERVENTION ON POSITIVE AFFECT IN EARLY ADOLESCENCE

**Ms. Stefanie Bartha, Prof. Silke Schmidt, Prof. Samuel Tomczyk**

University of Greifswald

**ABSTRACT.** Background. The Best Possible Self intervention (BPS; King, 2001), a future-oriented positive-psychological writing intervention, has demonstrated efficacy in promoting positive affect, optimism and well-being in various populations. Therefore, it holds promise for universal health prevention. However, no study has yet investigated BPS's efficacy in early adolescence. The goal of our study is to examine the efficacy of the BPS in a digital format. Method. We conducted a randomized-controlled online intervention study with adolescents ( $N = 210$ ,  $M_{age} = 14.00$  years,  $SD = 1.5$ , age range = 11-15 years). Participants were randomly assigned to the BPS condition ( $n = 65$ ), a

writing control group (writing about daily activities;  $n = 72$ ) or a non-writing control group (problem-solving tasks;  $n = 73$ ). Affect (PANAS-C-SF) was measured pre- and post-intervention and at 1-month follow-up ( $n = 72$ ). The affect-inducing effect will be examined using a Mixed ANOVA. Results. We are currently in the process of data preparation. Preliminary analyses of baseline data show slightly higher positive affect in the BPS group ( $m = 2.95$ ,  $SD = .94$ ) than in the control groups ( $m = 2.79$ ,  $SD = .99$  in the writing control group,  $m = 2.80$ ,  $SD = 1.08$  in the non-writing group) after the intervention. The pre-post-differences were not significant between groups ( $F(2,207) = 2.103$ ,  $p = .125$ ,  $\eta^2 = .02$ ). A longitudinal comparison of the affect-inducing effect of the BPS and the control-groups will be presented at the conference. Conclusion. Preliminary analyses showed a slight but not significant positive effect of the BPS. Analyses of subgroups (e.g., gender), multiple outcomes and follow-up effects are recommended.

## QUALITY OF LEISURE TIME AS A PROTECTIVE FACTOR FOR THE DEVELOPMENT OF BEHAVIOURAL PROBLEMS: PROJECT PRELIMINARY DATA

**Mrs. Matea Belosevic, Prof. Martina Ferić**

University of Zagreb

**ABSTRACT.** During the year 2021, Laboratory for Prevention Research (ERF, UNIZG, Croatia) conducted a project with the purpose to explore the influence of structured leisure time on mitigating adolescents' involvement in risk behaviours. Background of the research was Leisure Activity-Context-Experience Model and risk behaviours, since leisure can be a powerful context for positive youth development, but also a context for youth involvement in risk behaviours. The sample consists of a total population of high school students from one county in Croatia (2,977 students, from 9 high schools). The age of the participants ranged from 14 to 20 years (51% female). The data show that 57% of the participants currently participate in structured leisure activities. In terms of motivation for participating in structured leisure activities, participants assessed intrinsic and identified motivation the highest and amotivation for participation the lowest. Participants also reported that participation in structured leisure activities contribute, on the one hand, to the development of teamwork and social skills and taking initiative and on the other to the experience of stressful situations and social exclusion. Concerning substance use, 39% of participants used alcohol and 5% of participants used cannabis in the last month. Regarding risk sexual behaviours, 29% of participants had experienced sexual intercourse, and of those 16% reported having experienced it before the age of 14. Unprotected sexual intercourse in the past 6 months under the influence of alcohol was reported by 15% and under the influence of cannabis by 6% of participants. The research intended to obtain quality epidemiological data on adolescents that could serve as a foundation for planning preventive interventions. The broader perspective and understanding of adolescents' leisure time and how it influences adolescent's behaviour and/or developmental outcomes is important for planning evidence-based strategies and interventions in the field of adolescents' leisure time.

## COVID-19 AND INFLUENCERS: NEW SOCIAL MARKETING STRATEGIES APPLIED TO HEALTH

**Mrs. Magaly Rabeyrin, Mr. Boris Chapoton**

Chaire Hyg e, institut PRESAGE

**ABSTRACT.** Background: Since the beginning of the year 2020, we are facing a global pandemic caused by the outbreak of covid-19 in Wuhan. Meanwhile, public health actors have witnessed a new discipline emerging: social marketing applied to health. This discipline is an innovative approach to public health campaigns. Purpose: This study aims to understand how French influencers can be part of social marketing strategies applied to health in the context of the covid-19 health crisis. Methodology: We conducted an experimental and quantitative study using an online survey. The survey included two videos of influencers addressing the topic of covid-19. We

asked participants to rate their level of connection with these opinion leaders in order to correlate their answers with the adherence to the health message delivered in these videos. Results: Our sample included 153 responses. Positive and significant correlations ( $p < 0.001$ ) were revealed between the levers of influence and the level of receptivity to the covid-19 message. Furthermore, Generation Z (native from 1996 to present) is the most connected and likely to follow an influencer on social networks ( $p < 0.001$ ). Discussion: The use of influencers as a vehicle for health information allows targeting a young population (under 24 years of age). The influencer-follower connection facilitates the transmission of a message, yet, to be effective, more factors should be considered. Indeed, the way the video is perceived by the audience (professional, entertaining, emotional, etc.) or the intervention of health experts could optimize the message. However, some factors such as a politicized intervention could reduce the impact.

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## **SOCIAL SKILLS VIA SOCIAL MEDIA: CHALLENGES AND OPPORTUNITIES OF INSTAGRAM-BASED LIFE SKILLS INTERVENTIONS IN ADOLESCENTS**

**Mrs. Elizabeth Zimmermann, Prof. Samuel Tomczyk**

University of Greifswald

**ABSTRACT.** Background: The coronavirus pandemic has intensified social and health inequalities and driven the digitalization of daily life and human interactions. This emphasizes the need and potential for social media-based interventions, yet the impact of evidence-based life skills programs via social media is largely unclear. This study presents challenges and opportunities of the ongoing development of an Instagram-based prevention program for 10th graders to foster life skills, media literacy, and health equity. Methods: The aim of this study is to develop a needs-based and theory-grounded intervention: (1) A literature review identifies facilitators and barriers of social media interventions, (2) a conceptual evaluation of evidence-based programs reveals core components and methods of life skills interventions, which are adapted for Instagram, and (3) which are tested and discussed by 40 adolescents in focus groups regarding user experience and usability. Results: The literature review pointed to high reach and flexibility of Instagram-based prevention, but underlined ethical and practical challenges in study preparation, data collection, and monitoring. The conceptual evaluation revealed various socio-technical requirements for transferring components of evidence-based programs to social media. In focus groups, participants will discuss social media interventions and express preferences regarding the type and presentation of content. Discussion: While a prevention program through social media can meet the needs of adolescents, the effectiveness of such an intervention has yet to be investigated. Ethical and practical questions remain regarding informed consent procedures, data security and management. Prospectively, a pilot study and a cluster-randomized controlled trial are planned to answer these questions.

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## **EFFECTS OF SOCIAL MEDIA ON BODY IMAGE IN ADOLESCENTS - CHALLENGES AND OPPORTUNITIES FOR PREVENTION RESEARCH AND INTERVENTION**

**Mrs. Zrinka Selestrin**

Faculty of Education and Rehabilitation Sciences

**ABSTRACT.** In the past decade, social media use is increasing worldwide, especially in terms of use among adolescent girls and boys (Chassiakos et al., 2016), with the association and prediction of mental health issues, such as body image concerns (Tiggemann & Slater, 2017). Since adolescents are shifting their focus from traditional media such as television and magazines to social networking sites, research has also started to explore possible positive and negative effects of these new media on adolescents' mental health issues. It has been shown that adolescents with increased use of social media have a higher risk for depression, low self-esteem and body image concerns (Markey, 2010; McCrae, Gettings & Purssell, 2017; Kelly, Zilanawala, Booker & Sacker, 2019). In the light of these

findings, researchers are focusing their attention on the possible effects and consequences of the new media, trying to explore in which direction these effects work. This article will try to explain and emphasize all the indicators of social media influence on body image concerns as well as remain an objective overview of available literature. The review also includes an explanation of individual strengths and vulnerabilities which may predispose certain adolescents to engage in social media in positive or negative way, as well as behaviours and experiences that may have risk potential. Further, it is also enhancing possibilities of social media in a positive way and its opportunities for mental health promotion and awareness. New findings and results can contribute to the scientific community in improving previous preventive investments and efforts, but also early intervention planning and programming.

## FACTORS MEDIATING THE EFFECT OF THE SCHOOL-BASED PREVENTION PROGRAM "UNPLUGGED" ON ALCOHOL USE IN NIGERIA

**Ms. Emina Mehanović (1), Ms. Marta Alesina (1), Dr. Ljiljana Damjanovic (1), Dr. Akanidomo Ibanga (2), Ms. Juliet Pwajok (3), Mr. Glen Prichard (2), Mr. Peer van der Kreeft (4), Ms. Harsheth Kaur Virk (2), Prof. Federica Vigna-Taglianti (1), The Unplugged Nigeria Coordination Group (5)**

1. University of Torino
2. United Nations Office on Drugs and Crime
3. University of Jos
4. University College Ghent
5. Piedmont Centre for Drug Addiction Epidemiology

**ABSTRACT.** Background: School-based programs are the most convenient interventions to tackle substance use among youth. In 2015, the effectiveness of the Social Influence school curriculum "Unplugged" was evaluated through a cluster Randomized Controlled Trial in Nigeria. This study aims to investigate the factors mediating the effect of "Unplugged" on adolescent's alcohol use. Methods: The study involved 32 secondary schools of Nigeria randomly allocated to intervention and control arms. A self-completed anonymous questionnaire was used for baseline and follow-up surveys. The analysis sample included 2685 pupils aged 10-15.5 years. Mediation analysis was performed to test the mediating role of secondary outcomes at follow-up (beliefs, risk perception, class climate, perception of peers' and friends' prevalence of use) on the effect of Unplugged on recent alcohol use using the PROCESS macro for SPSS. The mediation effect was tested separately for each mediator adjusting for baseline level of the mediator and baseline level of the outcome. Results: The Unplugged program significantly reduced adolescent's low negative beliefs on consequences of alcohol use, low class climate, perception of friend's and peer's alcohol use and low risk perceptions on drinking alcohol occasionally as compared to controls (path a). Low negative beliefs, low class climate and low risk perceptions partially mediated the effect of the program on alcohol use, as the direct effects remained significant. The mediation role of perception of friend's and peer's alcohol use did not reach statistical significance. Conclusions: The Social Influence school-based program "Unplugged" was effective in preventing alcohol use among Nigerian students improving negative beliefs, class climate and risk perceptions. The implementation of the program on a large scale in the country should be supported.

## THE MOVE ONLINE: SMOKING CESSATION IN COVID TIMES, ST VINCENT'S UNIVERSITY HOSPITAL, DUBLIN, IRELAND

**Ms. Ana Mattson (1), Dr. Kirsten Doherty (2), Dr. Ailsa Lyons (2), Ms. Grainne Ni Eidhin (1), Prof. Cecily Kelleher (1), Prof. Patricia Fitzpatrick (1)**

1. University College Dublin
2. St. Vincent's University Hospital

In March 2020, in-person smoking cessation courses, running for many years at St Vincent's University Hospital were converted to online delivery due to COVID-19. The difficulties in forming supportive networks online and lack of carbon monoxide monitoring for motivation when developing an "ex-smoker" identity were concerns. The aim of this study was to compare in-person and online participation and quit rates. Registration and follow-up data were analysed from January 2015 – February 2020 (in-person group 6-week course; 272 participants) and March 2020 – April 2021 (online group 6-week course; 35 participants). There was a non-significantly higher proportion of females in the online courses (71.4% vs 58.9%). The mean age of the online participants was 5 years younger than the in-person group (50.9 vs 45.8 years;  $p=0.02$ ). Participation was better online, with 58.8% attending 5 or more sessions compared to 42.1% ( $p=0.06$ ). The online group was significantly more likely to use drug treatment to support their quit attempt (85.3% vs 47.8%), either in the form of NRT or Champix, or some combination of the two ( $p<0.001$ ). The online cohort were significantly more likely to be quit at one month from quit date than the in-person group (56.3% vs 35%;  $p=0.02$ ). Interestingly, a smaller drop-off in quit rates between the end-of-course and one month from quit date was seen in the online cohort. The online cohort was significantly more likely to hear about the course on the internet ( $p<0.001$ ) which has implications for marketing these courses in the future. The move online was successful. Group size was smaller, but participants were committed. Technology requirements may have deterred older smokers. Long-term follow up data will be important. The awareness of the link between smoking and COVID-19 severity may have impacted quit rates during this time.

## ALCOHOL ABSTINENCE, DELAY DISCOUNTING AND COVID-19-RELATED DISTRESS: A NETWORK ANALYSIS

**Prof. Alba González-Roz (1), Dr. John F. Kelly (2), Dr. James MacKillop (3)**

1. University of the Balearic Islands
2. Massachusetts General Hospital
3. McMaster University

**ABSTRACT.** Background: Individuals with substance use disorders are a highly vulnerable population. They also show elevated levels of impulsivity and high susceptibility to mental health impairment. Very few studies have focused on individuals in early recovery from an alcohol use disorder and examined whether impulsivity and mental health factors may be associated with abstinence. Aims: The study sought to examine the role of impulsivity and COVID-19 related distress variables (depression, post-traumatic stress symptoms) in predicting alcohol abstinence. Methods: The sample included 125 ( $M= 49.11$ ,  $SD= 12.13$ ; % males= 58) individuals in alcohol use disorder treatment recovery. At the time of the assessment (May 28th - June 29th, 2020), all participants had initiated a recovery attempt since approximately six months. Patients provided information on sociodemographic and substance use. The Patient Health Questionnaire (PHQ)-9 and the Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5) were used to assess for COVID-19-related distress. A partial correlation network using LASSO regularization was implemented. The following variables were entered in the network: Delay discounting (DD), items from the PHQ-9 and the total score of the PCL. Several centrality indicators were computed to inform on their contribution to abstinence outcomes. Results: A total of 45/125 patients were abstinent during the lockdown. Variables that were directly related to alcohol abstinence were: DD, PCL, items 2, 6, and 9 from the PHQ-9. Of the tested variables, the most central to account for alcohol use abstinence were DD [strength: 1.55; closeness: .012; betweenness: 16], depressed mood (item 2-PHQ-9) [strength: 1.44; closeness: .015; betweenness: 28], and sense of failure (item 6-PHQ-9) [strength: 1.64; closeness: .016; betweenness: 38]. Conclusions: Though longitudinal studies are needed to confirm causality, this study suggests that DD, and COVID-19 related depressed mood, and sense of failure may jeopardize ongoing abstinence among individuals in early recovery from AUD.

## HYPOTHETICAL PURCHASE TASKS TO INFORM OF DRUG DEMAND: AN EMPIRICAL ASSESSMENT IN A SAMPLE OF SPANISH TOBACCO AND CANNABIS CO-USERS

**Prof. Alba González-Roz (1), Ms. Nuria Balagueró-Vera (1), Prof. Elena Gervilla (1,3), Ms. Yasmina Castaño (1,2)**

1. University of the Balearic Islands
2. IREFREA – European Institute of Studies in Prevention
3. Health Research Institute of the Balearic Islands (IdISBa)

**ABSTRACT.** Background: Hypothetical Purchase Tasks are valid assessment tools for assessing drug use motivation (demand) and discerning between dependent and non-dependent users. The existing evidence on cannabis users has mostly examined the relationship between Marijuana Purchase Tasks (MPTs) and cannabis related variables (i.e., frequency, craving) in emerging adults. However, no prior work has examined hypothetical tobacco and cannabis demand in Spanish adults. Aims: This study sought to: 1) assess cannabis and tobacco demand in a sample of tobacco+cannabis co-users, and 2) examine differences in tobacco demand between cigarette only users and cigarette+hashish/marijuana co-users. Methods: The sample included 94 (47,9% females) Spanish adults [45 cigarette only users and 49 cigarette+cannabis users] recruited between 2020-2021. Cigarette users were recruited from the general population, while cannabis+tobacco users were recruited from social cannabis clubs. An ad-hoc battery assessment was used to collect sociodemographic (age, sex), and substance use related characteristics (cigarettes/joints per day, and years of regular drug use). The Cigarette Purchase Task (CPT) and the MPT were used to assess tobacco and cannabis demand, respectively. Four observed (breakpoint, omax, pmax, intensity), and one derived (elasticity) indicators were computed to inform of drug demand. Results: Relative to cigarette only users ( $M=17.59$ ,  $SD=22.53$ ), cannabis+tobacco users ( $M=7.99$ ,  $SD=9.07$ ) showed lower maximum expenditure on tobacco [ $t(56.93)=2.66$ ,  $p=.007$ ]. Notably, both samples evidenced similarly high tobacco demand in the remaining CPT indicators. The price at which 52.3% of participants would cease cannabis consumption was 15€. For cannabis, mean elasticity was 0.020 meaning that an increase of 100% in the cannabis illegal marketplace might lead to a decrease of 2% in cannabis use. Conclusions: CPT and MPT are useful measurement tools to inform of potential effects of environmental preventive interventions in the adult population. Though tax increases are valuable, examining determinants of psychosocial cannabis and tobacco co-use is an urgent matter.

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## THE RELATIONSHIPS BETWEEN SOCIAL MEDIA AND DEPRESSION IN ADOLESCENTS

**Mrs. Ana Banovac**

University of Zagreb

**ABSTRACT.** The lives of the new generations of adolescents worldwide have been intertwined with and inseparable from the use of mobile technologies and social media, especially in the last decade. Interestingly, the rise of social media use in adolescents corresponded with increasingly common occurrence of mental health issues in adolescents, such as anxiety, depression, self-esteem, and body image problems. This led to a widespread belief that the (excessive) use of social media can lead to depression and resulted in research defining the use of social media as a risk factor for developing depression. On the other hand, several research have indicated possible preventive effects of social media. After objectively examining the existing literature on said issue, the goal of this paper is to elaborate the different relationships between the use of social media and depression in adolescents, as well as to detect and establish various factors such as individual characteristics, behaviours and experiences that influence different directions of those relationships. The detected and relevant factors described in the literature will be defined through user and usage characteristics, categorized as risk or protective factors, and divided into positive and negative effects of social media on depression in adolescents. Lastly, emphasis will be placed on those characteristics of social networks that enable informing people about depression, detecting depression by analyzing

the content of social networks and the possibilities of treating depression using social networks and new technologies as platforms. The importance of all these findings can be reflected in future intervention planning and programming as well as in improving the existing preventive investments and efforts.

## THE MEDIATING ROLE OF ADOLESCENTS' OWN CIGARETTE AND ALCOHOL USE ON THE INFLUENCE OF PARENTAL NORMS ON THE RISK OF ADOLESCENTS' ILLICIT DRUG USE.

**Ms. Emina Mehanović (1), Prof. Federica Vigna-Taglianti (1), Prof. Fabrizio Faggiano (2), Prof. Maria Rosaria Galanti (3), The EU-Dap Study Group (4)**

1. University of Torino
2. Avogadro University
3. Karolinska Institutet
4. Piedmont Centre for Drug Addiction Epidemiology

**ABSTRACT.** Background: The influence of parental norms toward cigarettes and alcohol on the risk of adolescents' substance use is not unique to the same substance, but may generalize to different substances. The mechanisms of this cross-relation were scarcely explored. The purpose of this study is to investigate the mediating role of adolescents' own use of cigarettes and alcohol on the relationship between parental norms toward licit substances and adolescents' risk of illicit drug use. Methods: The present study analysed longitudinal data from 12-14-year old students of seven European countries allocated to the control arm of the EU-Dap trial. Mediation analysis was conducted on the sample of baseline past 30-day non-users (n=2,975). The mediating effect of adolescents' own cigarette and alcohol use on the relationship between parental permissive norms and adolescents' illicit drugs use at 6-month follow-up was investigated through mediation models adjusting for gender, age, family composition and parental cigarette smoking. Results: Adolescent's own cigarette and alcohol use mediated the effect of perceived parental permissive norms on the risk of using illicit drugs. The perceived parental permissive norms toward cigarettes and alcohol significantly predicted adolescents' own cigarette and alcohol use (path a), respectively, which in turn were associated with an increased risk of illicit drug use (path b). The association of parental norms toward cigarettes and adolescents' illicit drug use at follow-up was fully mediated by adolescent's cigarette use, and the direct effect was no longer significant. The association of parental norms toward alcohol with illicit drug use was partially mediated by adolescent's alcohol use, and the direct effect remained significant. Conclusion: Parental permissive norms toward licit drugs predicted adolescents' use of illicit drugs through adolescents' own cigarette and alcohol use. The enforcement of parental disapproval toward all substances should be tackled in prevention interventions focused on strengthening parental skills.

## WHAT ABOUT HEALTH AND WELLBEING EDUCATION FOR ADOLESCENTS DURING LOCKDOWN? 'CLIMATE SCHOOLS' PROVIDES A SOLUTION

**Ms. Lyra Egan, Dr. Lauren Gardner, Prof. Nicola Newton, Dr. Katrina Champion, Prof. Maree Teesson**

The Matilda Centre for Research Excellence in Mental Health and Substance Use, University of Sydney

**ABSTRACT.** Background: The COVID-19 pandemic has significantly affected the lives of young people, with data reporting increased psychological distress and use of certain substances. Given substance use, depression, and anxiety are leading causes of disability among youth in high-income countries, timely and effective prevention is

critical. Climate Schools are internet-based substance use and mental ill-health prevention programs for adolescents. Co-designed with students, teachers and health professionals, the curriculum-aligned modules utilise cartoon storylines, quizzes, and activities to educate students. To ensure schools have access to high quality evidence-based programs during the COVID-19 pandemic, Climate Schools has been made available free-of-charge. This presentation provides an overview of the effectiveness of Climate Schools, access during the COVID-19 pandemic, and future directions. Methods: At present, five Climate Schools modules have been developed: 1) Alcohol; 2) Alcohol & Cannabis; 3) Cannabis & Psychostimulants; 4) Ecstasy & Emerging Drugs; and 5) Mental Health. The programs have been evaluated in eight randomised controlled trials (240 schools, >21,000 students) in Australia and a pilot trial in the UK. Results: Compared to health education as usual, students who received the Climate Schools programs showed reduced psychological distress, substance use and related harms; slowed progression of anxiety symptoms; and improved knowledge about mental health, alcohol and other drugs. Students found the cartoons an enjoyable and interesting way to learn, and teachers rated the education quality highly. Since offering the programs free-of-charge in April 2020, 511 organisations (8,089 students, 915 teachers) have registered. Conclusions: Climate Schools are evidence-based prevention programs that can be readily accessed via the Internet. Despite learning disruptions associated with lockdowns, students and teachers have been able to use the programs during school- or home-based learning. Future directions include rebranding Climate Schools as OurFutures in 2022, with plans to upscale the program to maximise accessibility and students' social well-being.



## EMOTIONAL ANALYSIS AND SUICIDE PREVENTION: DETECTING SUICIDE RISK IN TWITTER IN SPAIN

**Ms. Claudia Garcia-Martinez, Dr. María Cruz Pérez-Yus, Dr. Ana Belén Martínez-Martínez, Dr. Bárbara Oliván-Blázquez, Dr. Javier Fabra, Dr. Yolanda López-Del-Hoyo**

University of Zaragoza

**ABSTRACT.** People at risk of suicide express their feelings through social media. This study aims to explore the emotional content of Twitter posts in Spain and their relationship with risk of suicide at the time of writing the tweet. Through Twitter's public API, 2509 tweets containing specific lexicon related to suicide were filtered. Expert psychologist judges were trained to independently evaluate these tweets. Each tweet was evaluated by 3 experts. Tweets were filtered by experts regarding their relevance to suicide risk. They also evaluated: 1) severity of suicide risk at the time (real-time risk) 2) emotional valence and intensity of 5 basic emotions and 3) intensity of suicidal ideation. 8,61% tweets were considered suicidal by most experts. Results show correlations between suicide risk in real time and sadness ,266 (<0,001) and intensity of suicidal ideation ,766 (<0,001). Intensity of suicide ideation was a predictor of the severity of suicidal risk at the time, as well as fear, sadness and emotional valence. The model explained 65,8% of the variance. This exploratory study suggests that it is possible to identify emotional content on suicidal tweets on a Spanish sample and emotional analysis might be key for real-time suicide prevention on social media.



## THE IMPACT OF COVID-19 ON HEALTH: SMOKING SELF-EFFICACY IN SPANISH TREATMENT SEEKING SMOKERS BEFORE AND DURING THE PANDEMIC

**Mr. Daniel Suárez-Castro, Mrs. María Barroso-Hurtado, Dr. Carmela Martínez Vispo, Prof. Carmen Senra, Prof. Elisardo Becoña, Dr. Ana López-Durán**

University of Santiago de Compostela

**ABSTRACT.** Background: In the smoking cessation field, self-efficacy represents the confidence that smokers have regarding their ability to cope with high-risk smoking triggers. This should be examined across different situations because abstinence self-efficacy can change depending on the context. Research has shown that higher self-efficacy is related to higher probability of quitting smoking, while a lower self-efficacy is associated with smoking relapse. This study aims to explore whether there are differences in smoking self-efficacy between treatment seeking smokers before the COVID-19 pandemic compared to those who wanted to quit during the pandemic. Methods: The sample was composed of 210 Spanish treatment seeking smokers (57% women; Mage=45.46; SE=11.17). Of them, 105 requested it before the COVID-19 pandemic and 105 during the pandemic. The assessment was at pretreatment and the Smoking Self-Efficacy Scale short form (SSE) was used. This questionnaire reflects the intensity of urges (temptations) to smoke when people are in difficult situations and consists of nine items assessing three dimensions (habit/craving situations, social situations, and negative affect situations). Results: Significant differences were found in habit/craving situations dimension ( $t = 2.313$ ;  $p \leq .05$ ). Treatment seekers smokers during the pandemic obtained higher scores ( $M = 11.52$ ;  $SD = 2.59$ ) than those before the pandemic ( $M = 10.65$ ,  $SD = 2.91$ ). No significant differences were found in the other two dimensions. Discussion: Findings are in line with recent research showing that smoking craving has increased during the COVID-19 pandemic. Craving is one of the main causes of relapse. Therefore, smoking cessation treatments in times of COVID-19 should focus on increasing strategies to manage cravings in order to increase the likelihood of achieve and maintain abstinence and prevent relapse.

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## CHANGES IN A COGNITIVE-BEHAVIORAL TREATMENT FOR SMOKING CESSATION IN TIMES OF COVID: SESSIONS ATTENDANCE AND SATISFACTION WITH THE TREATMENT.

**Mrs. María Barroso-Hurtado, Mr. Daniel Suárez-Castro, Dr. Carmela Martínez Vispo, Prof. Carmen Senra, Prof. Elisardo Becoña, Dr. Ana López-Durán**

University of Santiago de Compostela

**ABSTRACT.** Background: Tobacco is the leading cause of preventable death in the world. Psychological smoking cessation interventions have shown their effectiveness. Traditionally, these treatments have been offered in face-to-face (FF) formats. However, currently, there has been a proliferation of face-to-face treatment using technology, like video calls (FF video-calls). This procedure has increased in 2020 due to the COVID-19 pandemic and the social distance measures implemented. In this sense, the use of technology has many advantages like cost reduction, comfort, and accessibility since it can be done from home. Thereby, the aim of the present study is to examine if there are differences concerning sessions attendance and satisfaction with treatment when the same psychological intervention for smoking cessation is applied through FF video-calls or FF sessions in the clinic unit. Methods: The sample was composed of 200 Spanish smokers (59% women; Mage = 45.85; SE = 11.22) who received the same cognitive-behavioral treatment to quit smoking. Of the total sample, 100 received the FF treatment in the unit, and the remaining 100 the FF video-call treatment through Microsoft Teams. The Client Satisfaction Questionnaire (CSQ-8) was used. The comparisons between means in sessions attendance and satisfaction with treatment were made using Student's t-test. Results: No significant differences were found in sessions attendance ( $t = -1.26$ ;  $p = 0.20$ ) and satisfaction with treatment ( $t = 1.49$ ;  $p = 0.13$ ) between the FF in person and FF video-call formats. Discussion: Treatments using FF video-calls are a feasible option for tobacco treatment since they show similar adherence rates and satisfaction to traditional FF treatments. This is a positive indicator to continue researching new formats of treatment delivery. Therefore, FF video-calls may be an important option to consider due to their many advantages in terms of cost and accessibility.

## Keynote session | Climate Change and Health | 16:00 – 17:00 CEST

**Presenters:** Brenda Miller (SPR, United States), Cristina O'Callaghan (Open University of Catalonia, Spain), Ina Koning (Utrecht University, Netherlands), John Toumbourou (Deakin University, Australia), Pau De Vilchez (University of the Balearic Islands, Spain) and Vasilka Lalevska (Nordic Financial Union, Sweden)

**Chair:** Elena Gervilla (University of the Balearic Islands, Spain)

- **Working group on Prevention Science at the Intersection of Public Health and Climate** (Brenda Miller).
- **State of the art of climate change** (Pau De Vilchez, Interdisciplinary Laboratory on Climate Change, University of the Balearic Islands, Spain).
- **Health effect of the climate crisis. Time to act!** (Cristina O'Callaghan, Faculty of Health Sciences, Universitat Oberta de Catalunya (UOC), Barcelona, Spain & ISGlobal, Barcelona, Spain).
- **Community engagement in intervention development: engage the people!** (Ina Koning, EUSPR).
- **Prevention Science and Climate Action: Insights from Positive Youth Development** (John Toumbourou).
- **Fridays for Future** (Clara Mayer).
- **Policy on Climate Change** (Vasilka Lalevska, Nordic Financial Unions, Sweden).

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## Discussion with delegates and presenters in Slack | 17:00 – 17:30 CEST

**Facilitators:** Federico Leguizamo (University of the Balearic Islands, Spain), Larissa Nobre (BRAPEP, Brazil) and Livia Edegger (International Society of Substance Use Professionals, Austria)



# FULL PROGRAMME



European Society for  
Prevention Research

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**1 OCTOBER**

**EUSPR.ORG**

## Poster and oral poster presentations in Slack | Session 3 Prevention and COVID-19 Impact | 9:30am – 10:30am CEST

**Chairs:** Elena Gervilla (Spain) and Federico Leguizamo (Spain)

### THE IMPACT OF COVID-19 ON PREVENTION SERVICES IN AUSTRIA: RESULTS FROM THE AUSTRIAN DRUG REPORT

**Ms. Angelina Brotherhood**

Gesundheit Österreich GmbH

**ABSTRACT.** In March 2020, the Austrian government introduced measures to prevent the spread of COVID-19. This led to the cancellation of hundreds of prevention-related events. To better understand how prevention services in Austria were affected by the COVID-19 crisis, this year's questionnaire to the nine regional prevention centres (Fachstellen für Suchtprävention; questionnaire sent out annually to inform the national drug report) included an open question asking about changes in how interventions are implemented in times of COVID-19. Responses were received from all nine centres. The responses showed that some measures (e.g., courses for professionals) could be transferred online, albeit requiring varying degrees of adaptation. In other cases, a direct transfer to a virtual format was not feasible or desirable, and alternative strategies were developed. Some prevention centres attempted to translate activities into an online format but found that technical and material resources precluded target groups from participating. Projects addressing socially disadvantaged youth in non-school settings found that they could no longer reach their target groups. Some prevention centres developed strategies to continue in-person delivery of measures in line with COVID-19 regulations. Other centres used gaps in service provision to revise existing materials or to develop new initiatives. The findings suggest that web-based interventions will play a greater role in the future. However, they also highlight the potential for a strengthened role for prevention: namely to support recovery from the COVID-19 crisis and as part of emergency preparedness plans. The experiences of the prevention centres highlight the gains as well as limits of digital prevention approaches, whilst also pointing toward other delivery modes, strategies and aims. These lessons learnt can inform the development of interventions in the future. An unexpected finding was that established structures and processes for addiction prevention may be adapted to serve the need of a "COVID Recovery Society".

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### MIXED METHODS EVALUATION OF THE "REAL-WORLD" IMPLEMENTATION OF GROUP-BASED BEHAVIOURAL STOP SMOKING SUPPORT THROUGH FACEBOOK

**Mr. Edward Murphy (1), Dr. Laura Heavey (1), Dr. Paul Kavanagh (1), Ms. Rachel Wright (1), Mr. Ben Cloney (1), Ms. Muiriosa Ryan (1), Ms. Martina Blake (1), Dr. Frank Doyle (2)**

1. Irish Health Service Executive
2. Irish Royal College of Surgeons

**ABSTRACT.** Introduction. While trials of social media based stop smoking support offer promise, there is little real-world evidence to support service planning and user experience has been under-explored with qualitative methods. A mixed-method evaluation was conducted to inform the implementation of a closed Facebook group-based

behavioural stop smoking support programme in Ireland in 2018. Method. Pre-and post-programme surveys measured smoking abstinence (self-reported 7-day point prevalence), changes in smoking attitudes and behaviour, and participant experience. Engagement with Facebook was measured through counting “likes” and comments, and was used to categorise groups as “more active” and “less active”. Thematic content analysis of semi-structured participant interviews explored programme experience in depth. Results. In total, 13/52 participants reported smoking abstinence post-programme (25.0% (95% Confidence Interval 14.0-39.0%). Participant engagement with Facebook was variable and reduced over the duration of the programme. Membership of a “more active” group was associated with better reported participant experience (e.g. 90.9% agreeing “Facebook group helped me to quit or reduce smoking”, versus 33.3% “less active” group,  $p < 0.05$ ). Qualitative analysis identified three over-arching themes: importance of social interactions; perception of health information; and appeal of online support.

Discussion. Facebook is a feasible and acceptable platform for delivering group-based behavioural stop smoking support in the real world. Outcomes similar to published studies and better than unsupported quitting can be achieved. Engagement and peer-to-peer interactivity should be maximised to support positive participant experience. Practical/Social/Research Implications. Digital health innovations can help extend the reach and increase the impact of stop smoking services. Facebook is a feasible platform for delivery of effective group-based behavioural support and participants can achieve better outcomes compared to unassisted quitting. Implementation of group-based behavioural support delivered through Facebook should be planned to maximise participant engagement and peer-to-peer interactivity to ensure good experience.

## MAINTAINING THE PROVISION FOR PROFESSIONAL DEVELOPMENT IN THE COVID ERA: THREE PRACTICAL EXAMPLES

Mr. Jeff Lee, Mrs. Livia Edegger, Mrs. Olivia Woodrow

### ISSUP

**ABSTRACT.** The International Society of Substance Use Professionals (ISSUP) offers an international focal point for those wishing to develop their professional competence in the field of prevention in order to provide high quality, evidence-based and ethical prevention policy and practice. Throughout the COVID period and with the reduction in “normal” opportunities for communication, learning and sharing, ISSUP has offered a range of “virtual” inputs to help maintain its support to the prevention community. The session will provide examples from three different activities and responses to what has been undertaken to maintain engagement with the prevention community through the pandemic: The examples offered will illustrate the value of the role and contribution from ISSUP's National Chapters and of the collaboration with other National and International organisations and institutions in order to engage meaningfully with prevention stakeholders. Three specific activities will be shared:

- Webinar provision as a route for new learning: contributions to research, training and information provision: are good numbers enough?
- An international virtual Conference: Taking African issues to the world - a cost effective way to Conference and Event provision?
- Online training of facilitators of a prevention programme for beginners: INEP Plus: a good enough alternative to face to face training?

Each activity will be described in terms of the development process, its implementation and outcomes. The strengths and weaknesses of the activities will be identified to help identify future developments and provision for the post pandemic period. It will offer considerations to address the way forward to maintain an effective provision of prevention for practitioners, policy and decision makers from both the cost and professional development perspectives in supporting the ongoing quality provision for the professionalisation of the prevention workforce.

## SUBSTANCE USE PREVENTION IN LITHUANIA'S WORKPLACES DURING THE COVID-19 PANDEMIC

**Ms. Ruta Gedminiene, Dr. Inga Bankauskiene**

Lithuanian Drug, Tobacco and Alcohol Control Department

**ABSTRACT.** During the COVID-19 pandemic, poor psychological well-being and psychoactive substance use problems remain relevant. However, in some workplaces, less preventive action is taken than before the pandemic. This was shown by the study of Drug, Tobacco and Alcohol Control Department conducted in 2021. The aim of the study was to assess the need and availability of substance use prevention measures in the workplaces of Lithuania, and the changes in activities caused by the pandemic. 551 workplace representatives were interviewed; half of the respondents were employers themselves. The study revealed that 1 out of 5 workplaces no longer carried out substance use preventive measures they had taken before, or limited them. Only 2 percent of workplaces implemented more measures, including new ones, and in 7 percent of workplaces the scale of prevention measures remained the same, but their nature and methods of implementation changed. The implementation of all assessed substance use prevention and control measures decreased in at least some of the workplaces. About a third of the workplaces that have implemented measures such as improving employee mental health, education, counselling on psychoactive substance use problems, and assistance to employees with such problems stopped these activities during the pandemic. A quarter of workplaces that had tested employees for alcohol use, and more than half of the workplaces that tested employees for drugs use stopped testing during the pandemic.

## USING WEB-BASED MINDFULNESS APP IN PREVENTING BEHAVIORAL PROBLEMS AND PROMOTING MENTAL HEALTH OF STUDENTS IN ELEMENTARY SCHOOLS

**Prof. Josipa Mihic**

University of Zagreb

**ABSTRACT.** The purpose of this study was to assess effects of implementation of the web-based mindfulness app for children with 3rd and 4th grade students over a 12-week period. This randomized controlled trial was conducted during 2019 with three randomly selected schools from the state of Washington, USA. One school was randomly assigned into the intervention playlist condition whose teachers were asked to play 2 recorded sessions from a specified playlist of sessions each school day. This group included 208 students (44.2% female, mean age 8.5 years old). Second school was assigned into the condition with mindfulness no playlist of sessions and involved 101 students in total (48.5% female, mean age 8.7 years old) while the third school was assigned into comparison condition and involved 44 students (41% female, mean age 8.9 years old). Since this mindfulness intervention is app-based, it was easily implemented in a regular classroom setting without any formal training for teachers. Some intervention sessions were based on animated videos while in other sessions, a still image was projected on the whiteboard accompanied with audio instructions. The sessions were lasting between 5 and 7 minutes. Impact on students' outcomes was assessed through teacher-report measures and student self-report assessments. The analysis has shown at post-test, students in the mindfulness playlist condition had significantly reduced scores on conduct problems and significantly improved scores on prosocial behavior compared to the mindfulness no playlist condition. Estimated impact on prosocial behavior was .16 and -.30 on conduct problems, which translates to small-to-medium size effects. The presented study shows that using new technologies in developing mindfulness skills of students within classroom setting could be a promising approach in promoting positive behaviors in students. Teachers' and students' perspectives provide valuable insights for improving these kinds of interventions effectiveness.

## QUALITATIVE EVALUATION OF THE FRENCH DRY JANUARY – THE JANUARY CHALLENGE IN 2020: COMMITMENT AND EXPERIENCES

**Ms. Guillemette Quatremère, Mr. Raphaël Andler, Mrs. Jalpa Shah, Ms. Việt Nguyen-Thanh**

French National Public Health Agency

**ABSTRACT.** Background. In France, the first alcohol-free month challenge "Dry January - Le défi de janvier" took place in January 2020, organized by health organizations from civil society. A qualitative post-test survey was conducted to identify the barriers and levers to participation and success of the challenge. Methods. Individual interviews and focus groups were conducted in February 2020 with registered (n=22) and non-registered challenge participants (n=25), and non-participants (n=24). The sample was structured to obtain a diversity of profiles in terms of sociodemographic variables, level of alcohol consumption and modes of participation in the challenge. Results. Participants' motivations were both individual (questioning their consumption, testing their ability to abstain, regaining a healthier lifestyle) and collective (encouraging relatives, for fun), and varied according to their attitude towards alcohol. Consequently, levels of commitment, modes of participation and needs to complete the challenge are different, drawing a typology of profiles. Several barriers and levers to participation (feeling concerned, social cost, anticipated stigma vs. perceived benefits, feeling of self-efficacy) and to the success of the challenge (social pressure vs. support) are described by respondents. Conclusions. Improvements for next editions of the challenge are identified, such as the need for a bigger media coverage of the challenge and the development of tailored support tools to the experiences and profiles of the participants.

## MONEY, MONEY, MONEY: TIME TO ADDRESS PREVENTION SCIENCE'S BLIND SPOT?

**Dr. Nick Axford (1), Dr. Vashti Berry (2), Dr. Georgina Warner (3), Ms. Nina Johansson (3), Prof. Anna Sarkadi (3)**

1. University of Plymouth
2. University of Exeter
3. Uppsala University

**ABSTRACT.** The purpose of this study was to assess effects of implementation of the web-based mindfulness app for children with 3rd and 4th grade students over a 12-week period. This randomized controlled trial was conducted during 2019 with three randomly selected schools from the state of Washington, USA. One school was randomly assigned into the intervention playlist condition whose teachers were asked to play 2 recorded sessions from a specified playlist of sessions each school day. This group included 208 students (44.2% female, mean age 8.5 years old). Second school was assigned into the condition with mindfulness no playlist of sessions and involved 101 students in total (48.5% female, mean age 8.7 years old) while the third school was assigned into comparison condition and involved 44 students (41% female, mean age 8.9 years old). Since this mindfulness intervention is app-based, it was easily implemented in a regular classroom setting without any formal training for teachers. Some intervention sessions were based on animated videos while in other sessions, a still image was projected on the whiteboard accompanied with audio instructions. The sessions were lasting between 5 and 7 minutes. Impact on students' outcomes was assessed through teacher-report measures and student self-report assessments. The analysis has shown at post-test, students in the mindfulness playlist condition had significantly reduced scores on conduct problems and significantly improved scores on prosocial behavior compared to the mindfulness no playlist condition. Estimated impact on prosocial behavior was .16 and -.30 on conduct problems, which translates to small-to-medium size effects. The presented study shows that using new technologies in developing mindfulness skills of students within classroom setting could be a promising approach in promoting positive behaviors in students. Teachers' and students' perspectives provide valuable insights for improving these kinds of interventions effectiveness.

## POSITIVE YOUTH DEVELOPMENT IN CROATIAN CONTEXT - VALIDATION OF 5C SHORT MEASURE OF PYD

**Dr. Toni Maglica (1), Prof. Miranda Novak (2), Prof. Josipa Mihic (1), Dr. Darko Rovis (3)**

1. University of Spit
2. University of Zagreb
3. Public Health Teaching Institute of Primorsko

**ABSTRACT.** A framework for understanding the interrelationship of individual and environmental factors that influence adolescent outcomes, as well as opportunities for policy-level interventions, is known as Positive Youth Development (PYD). PYD has been conceptualized in several theoretical frameworks to index the strengths of adolescents. The five C's model operationalized C's that provide common terminology for indices describing thriving youth - competence, confidence, character, connection and caring (Lerner et al, 2005). 5C's were shown to be predictors of positive trajectories and person-context relations. This paper is a part of study "Testing the 5C framework of positive youth development: traditional and digital mobile measurement - P.R.O.T.E.C.T." funded by Croatian Science Foundation, UIP – 2020 – 02 – 2852. The aim is to present information about short 5C questionnaire (Geldhof et al, 2013) validation in Croatian context. Various measures are being used to test the pathways between positive youth development and adolescent risk behaviors and mental health outcomes. Psychometrically sound tools are needed to address adolescent's development. For Croatian context, short 5C's questionnaire was chosen due to its parsimony, easily computable scale scores for individual C's and overall level of individual's positive youth development. Short 5C measure was administered to 310 college students from three Croatian cities within the Google forms format . Participants were more likely to be female than male (65%) and more than half of them were living in urban areas (59%). CFA and ESEM analyses in M plus () were employed to test the model's factor structure. We have found that higher order models have acceptable fit. Measure can be easily taken over by researchers and practitioners to provide science-based approach to youth policy and programming in various context.

## FURTHER ENHANCING THE IMPLEMENTATION OF QUALITY STANDARDS IN EUROPE (FENIQS-EU): A COUNTRY-BY-COUNTRY OVERVIEW

**Mrs. Matea Belosevic (1), Prof. Martina Ferić (1), Prof. Alba González-Roz (2), Dr. Dijana Jerković (3), Ms. Katarina Serdar (1), Prof. Wouter Vanderplasschen (3)**

1. University of Zagreb
2. University of the Balearic Islands
3. Ghent University

**ABSTRACT.** The FENIQS-EU project (funded by the DG Justice Program of the European Commission– Drug Policy Initiatives) focuses on strengthening the implementation of Quality standards (QS) in drug prevention, treatment and harm reduction across the EU, with more services, organizations and countries applying QS in daily practice. The aim of this presentation is to provide an overview of QS application in the EU and implementation needs and challenges - with a focus on drug prevention. One of the work packages focuses on the current application of QS in all EU countries, by checking adherence with the Minimum QS (adopted by the EU Council, 2015), identifying barriers, needs and challenges regarding QS implementation and collecting good practice examples of QS implementation. To accomplish these tasks, key informants were identified in each EU country who were invited to participate in an online survey to provide information on the implementation of QS in a specific country/drug demand reduction area. In the final stage of the process, some key informants will be invited to participate in an online interview to provide more detailed information on the implementation of QS in their country, with a particular focus on good practice examples. This up-to-date assessment will contribute to a comprehensive, country-by-country overview of QS implementation level and will be a building block for describing case studies of good practice examples of QS implementation and for producing a field-tested implementation toolkit.

## GOOD, BETTER, BEST?! OPERATIONALIZING RATING CRITERIA FOR PROGRAMME REGISTRIES- UPDATING THE "GREEN LIST PREVENTION" IN GERMANY.

**Mrs. Katharina Bremer (1), Mr. Frederick Groeger-Roth (2), Mrs. Anan (Antje) Kula (1)**

1. Hanover Medical School
2. State Prevention Council of Lower Saxony

**ABSTRACT.** Programme registries are a more and more common approach to improve the identification and implementation of evidence-based prevention programmes. Registries are usually set up as online databases and intending to apply clear inclusion criteria for eligible programmes and practices. Though programme registries are in general utilizing common scientific standards of evidence, there is a lot of variance in terms of operationalizing these standards. In Germany, the "Green List Prevention" was developed by the State Prevention Council of Lower Saxony (LPR) and is now running in cooperation with the Hanover Medical School (MHH). In 2011 the first version of the rating criteria for the inclusion of programmes has been published, utilizing a three-tier system with different levels of scientific conclusiveness for programme effects. A decade later and after rating more than 300 programme evaluation studies we started an update process to redefine the rating criteria. Existing limitations and methodological challenges were identified in particular about operationalizing logic models of programme theories (tier 1) and specifying different study types for tier 2 and 3. We will present the rationale for redefining the inclusion criteria and the results of the revision process. Recommendations for further development of rating criteria for evidence-based prevention programme registries will be discussed.

## EVOLUTION OF QUIT ATTEMPTS DURING THE FRENCH MOIS SANS TABAC ("A MONTH WITHOUT TOBACCO") CAMPAIGN, 2016-2019

**Mr. Romain Guignard, Mr. Arnaud Gautier, Mr. Raphaël Andler, Ms. Noémie Soullier, Ms. Guillemette Quatremère, Mr. Emmanuel Lahaie, Ms. Viêt Nguyen-Thanh**

Santé Publique France

**ABSTRACT.** Background: In October 2016, Santé publique France, the National Public Health agency, launched the first "Mois sans tabac", a national campaign based on social marketing principles, inspired by the English campaign 'Stoptober'. This campaign sets smokers the objective of being smokefree for one month, in November, and relies on mass-media communication, help cessation services (e.g. website, quitline, mobile app, quit kit, etc.) and the dissemination of local events to raise public awareness and offer face-to-face interventions.

Methods: The effectiveness evaluation of this intervention is based on the Health Barometer, an annual random phone survey representative of the population aged 18-75 living in France. A total of 12,477 daily smokers at the launch of each edition of Mois sans tabac over the 2016-2019 period were included in this analysis.

Results: The rate of quit attempts during the last quarter of the year continuously increased between 2016 (15.9%) and 2019 (24.5%). The rate of quit attempts directly attributable to Mois sans tabac increased from 2.9% of daily smokers in 2016 and 2017 to 4.8% in 2018, before stabilizing in 2019 (4.3%).

Conclusion: On the whole 2016-2019 period, about 1.8 million quit attempts were attributable to Mois sans tabac, i.e. more than twice as much as the number of registrations on the website (784,874). The impact of the campaign goes far beyond just those who registered, which shows the value of having a tool to monitor its effectiveness based on general population surveys. The significant increase in both indicators (registrations and quit attempts) observed between 2017 and 2018 corresponds to major changes in communication contents, including the design of new TV spots, a renewed digital strategy, and a sharp increase in budget for media advertising. Both aspects may have led to restored visibility and a new interest in smokers' participation in the operation.

## TWO DECADES OF DEVELOPING AND IMPLEMENTING NATIONAL SYSTEM OF QUALITY CONTROL IN SCHOOL PREVENTION IN THE CZECH REPUBLIC: A CASE STUDY IN HISTORICAL PERSPECTIVE

**Prof. Michal Miovsky, Dr. Roman Gabrhelik, Mrs. Elizabeth Nováková, Mrs. Teresa Černíková**

Charles University

**ABSTRACT.** Quality policy and standards in school prevention are always representing very sensitive issues – from all potential perspectives and for all key players. Quality policy and standards are representing a fundamental part of a school prevention system. Quality policy is about the quality of methods, the implementation process, equipment and generally about delivery process and service provider. It is also about quality of staff and quality of education and training (qualification criteria standards) and about safety and ethical rules. Author will describe a comprehensive case study of the creation of national standards for preventive interventions and providers (structural quality standards) which started in 1999. Within more than 20 years has the Czech Republic develop and original national quality system consisted from three fundamental components: (a) quality standards and national certification process for prevention providers and tools/interventions, (b) qualification standards based on competency model and established 4-level qualification system for prevention professionals and (c) national monitoring system SEPA supporting professionals in developing and continual monitoring real prevention work with kids. The system was systematically implemented and repeatedly tested and evaluated. The author reflects practical aspects and impacts on national drug policy, different kind of side effects, etc.

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## Keynote session | Adapting prevention programmes to new contexts | 11:00 – 12:00 CEST

**Presenters:** Alessia Bobbio (360° Psicoterapia Pedagogia Formazione, Italy), Jeremy Segrott (Cardiff University, Wales), Karin Streimann (Estonian National Institute for Health Development, Estonia) and Zila Sánchez (Federal University of Sao Paulo, Brazil)

**Chair:** Annemie Coone (Hogeschool Gent, Belgium)

In this session, the ADAPT guidance to adapt interventions to new contexts will be explained and discussed. Moreover, some examples of evaluated prevention programmes that have been transformed to online implementation due to COVID-19 will be shared:

- Game Behavior Game (GBG)
- Strengthening Families Programme (SFP)
- Unplugged.

Advantages and disadvantages will be highlighted. Delegates are invited to share their experiences with the (online) adaptation of prevention programmes on Zoom or Slack.



## Discussion with delegates and presenters in Slack | 12:00 – 12:30 CEST

**Facilitators:** Elena Gervilla and Federico Leguizamo  
(University of the Balearic Islands, Spain)

## Keynote session | Impact of COVID-19 in Adolescence | 13:00 – 14:00 CEST

**Presenters:** Alejandro de la Torre-Luque (Complutense University of Madrid, Spain), Alexandra Morales (Miguel Hernandez University, Spain), Sophie Li (Black Dog Institute, Australia) and Zila Sánchez (Federal University of Sao Paulo, Brazil)

**Chair:** Rachele Donini (ASL 2, Italy)

The COVID-19 pandemic has represented a significant impact on the lives of adolescents, especially their mental health. In this session, the psychological and lifestyle impact of the COVID-19 pandemic on childhood and adolescence will be explored, from the perspective of parents, children and adolescents. Moreover, the evolution and psychopathological profiles will be presented. Results from Australia, Brazil and Europe (Spain, Portugal, Italy and the United Kingdom) will be presented and four international keynotes will share their research on this topic.

Delegates are invited to share their experiences with the (online) adaptation of prevention programmes on Zoom or Slack.

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## Discussion with delegates and presenters in Slack | 14:00 – 14:30 CEST

**Facilitators:** Elena Gervilla and Federico Leguizamo  
(University of the Balearic Islands, Spain)



# Poster and oral poster presentations in Slack | Session 4 Prevention and COVID-19 Impact | 15:30 – 16:30 CEST

**Chairs:** Boris Chapoton (Institut PRESAGE, France) and Samuel Tomczyk (University of Greifswald, Germany)

## WHAT CONTRIBUTES TO THE INDIVIDUAL RESILIENCE?: ADOLESCENTS' PERSPECTIVE

**Prof. Martina Ferić, Mrs. Matea Belosevic**

University of Zagreb

**ABSTRACT.** Laboratory for Prevention Research, (ERF UNIZG) is the leader of the project "Positive Development of adolescents in Croatia", with an aim to study indicators of positive development, risk behaviour, and mental health of adolescents. The purpose of this paper is to investigate, from the perspective of adolescents, what contributes to the individual resilience of adolescents. More specifically, it aims to determine the unique contribution of gender, age, resilience factors (high expectations, caring relationships, meaningful participation) in the family and community environment, and in explaining adolescents' individual resilience factors. The sample consisted of 10,138 adolescents from five major Croatian cities and regional centers (Zagreb, Split, Osijek, Pula, and Varaždin). Participants were between 14-19 years old ( $M=16.3$ ,  $SD=1.2$ ) and 52.5% of participants were female. The Resilience and Youth Development Module (Hanson & Kim, 2007) were used in the study. Hierarchical regression analyses were conducted. The results showed that gender, age, high expectations, caring relationships, and meaningful participation in the family environment and the community explained 35.1% of the adolescents' resilience. Girls, older adolescents, and those who perceive more caring relationships, higher expectations, and more meaningful participation in the family and community environment perceive more individual resilience factors. The results suggest the importance of taking gender and age into account when planning interventions aimed at strengthening the resilience of young people, as well as the importance of strengthening the environments in which young people interact daily.

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## DELAYING THE ONSET OF ALCOHOL USE DURING ADOLESCENCE: IMPACT ON RISK FOR ALCOHOL AND OTHER SUBSTANCE USE DISORDERS

**Dr. Lauren Gardner, Prof. Nicola Newton, Dr. Nicholas Olsen, Prof. Maree Teesson, Prof. Tim Slade, Prof. Cath Chapman, Dr. Katrina Champion**

The Matilda Centre for Research Excellence in Mental Health and Substance Use, University of Sydney

**ABSTRACT.** An estimated 107 million people worldwide have an alcohol use disorder. In Australia, 4.5% of the total burden of disease is due to alcohol use, with alcohol use disorders accounting for 50% of the attributable burden among those aged 15-34 years. A landmark study by Grant et al. (2001) found that for each year the onset of drinking was delayed, the odds of developing an alcohol use disorder were reduced by 9%. However, data are now nearly 30 years old and adolescent alcohol use trends have since changed. Further, less is known about how delaying alcohol initiation impacts risk for other substance use disorders. This study explored these relationships in a contemporary adolescent sample. Methods: Harmonised data from the Climate and Preventure (CAP) and Climate Schools Combined (CSC) studies (pooled  $n=9178$  in 97 Australian schools, median age at baseline=13.5 years) were used. Participants completed self-report surveys between 2012-2019 (CAP=6 waves, follow-up rate 50%; CSC=8 waves, follow-up rate 23%). Logistic regression analyses were used to assess whether age of first full standard drink predicted alcohol, cannabis and stimulant use disorders in early adulthood (mean of ~60-months after baseline).

Results: Results indicated that for each additional year of delay in the onset of alcohol use, there were significantly fewer cases of alcohol use disorders (OR=0.82, 95%CI=0.78-0.86), cannabis use disorders (OR=0.74, 95%CI=0.67-0.81), and stimulant use disorders (OR=0.52, 95%CI=0.36-0.75) at follow-up. Conclusions: Earlier initiation of alcohol use is associated with increased risk of developing substance use disorders in early adulthood. Despite trends of decreasing alcohol use among adolescents, delaying the onset of use should remain a key priority within public health policy. Effective and scalable interventions need to be implemented early, before alcohol use has begun, to reduce the risk of alcohol, cannabis and stimulant use disorders later in life.

## POSITIVE YOUTH DEVELOPMENT PROJECT: A UNIVERSITY TRAINING EXPERIENCE IN FAMILY PREVENTION

**Dr. Carmen Orte, Dr. Maria Valero de Vicente, Dr. Margarita Vives Barceló, Dr. Belén Pascual Barrio, Dr. Rosario Pozo, Dr. Maria Antonia Gomila, Mr. Albert Cabellos**

University of the Balearic Islands

**ABSTRACT.** Introduction: The Positive Youth Development project for university undergraduates studying Social Education in University of Balearic Islands (Spain) aimed at improving their skills and attitudes by allowing them to take an active role in prevention activities following UNODC recommendations. It consists of training in an evidence-based family prevention programme of drug abuse and other behavior problems for vulnerable adolescents. In addition to the students' academic and professional training, they have the opportunity to participate and get involved in the Family Competence Program 12-16 (Spanish Strengthening Families Programme-Kumpfer). Methods: The study sample is made up of 75 students in the third year in Social Education degree. The study design is ex post facto based on the collection of pre-post measurements with control group (n=46). Data have been collected on prosocial behaviors, drug use and family relationships, and information on their skills develop from validated questionnaire in Spain COMPETEA (Arribas & Pereña, 2015). Results: Criterial interpretation is organized in levels (1 to 4) and is solved with a matrix created from the normative score grouping S (90-99 very high; 70-89 high; 31-69 medium; 11-30 low; 1-10 very low). Results indicate two weak points in the interpersonal area (Self-control-Emotional stability S=40.42; criterial score (CS)=1.97; Resistance to adversity S=38.55) and in the managerial area (CS=1.96), direction S = 35.23, CS = 1.97 and leadership S=38.79, CS=1.78). The rest of the scale scores are at intermediate levels and criterial scores from levels 2 to 3. The most competent subareas are knowledge of the workplace (S=49.19, CS=2.88), teamwork (CS=38.44, CS=2.81) orientation to the participant or user (S=43.09, CS=2.77), and identification with the philosophy of the program (S=47.28, CS=2.77). Conclusions: Profile of the students' skills development provides strengths and weaknesses to improve the training experience with the aim of empowering young people as active agents of prevention.

## DEVELOPMENT AND IMPLEMENTATION OF A PILOT COMMUNITY-BASED PREVENTION PROGRAMME, WITH EMPHASIS ON THE RISK BEHAVIOUR OF CHILDREN AND YOUTH

**Ms. Helena Fialova (1), Dr. Roman Gabrhelik (1), Ms. Jasmina Burdzovic Andreas (2), Prof. Svetlana Skurtveit (2), Prof. Michal Miovsky (1), Mr. Jaroslav Šejvl (1)**

1. Charles University
2. Norwegian Institut of Public Health

**ABSTRACT.** Through the poster, we would like to present a project that focuses on the mental health of children and adolescents. As part of the project, we will improve preventive services, detection, or impacts of mental illness, focusing on children's risky behaviour as a trigger for mental illness. The aim is to build on the NETAD, VYNSPI I and II

projects, with the project focusing on all professions/areas working in prevention. We need to address this issue through a comprehensive set of individually and environmentally focused activities and a range of strategies implemented across sectors of the community. The poster introduces the partial parts of the project, their interconnection, selection of the target group and regions/localities, the data from the analysis. Modules aimed at preventing mental illness in children and adolescents, according to ICD10 - substance and non-substance addictions (F10 to F19, F63 ), non - addictive substance abuse (F55), eating disorders (F50) and self-harm as a symptom considered across the psychiatric spectrum. We will also focus on the sustainability of the whole project and its future dissemination.

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## THE PREVENTION OF EARLY OVERWEIGHT AND OBESITY -A SYSTEMATIC REVIEW AND META-ANALYSIS OF INTERVENTION IN SCHOOLS

**Mrs. Anan (Antje) Kula, Mrs. Kerstin Bernartz, Mrs. Ricarda Brender, Prof. Ulla Walter**

Hanover Medical School

**ABSTRACT.** Overweight and Obesity in children and youth still are a worldwide challenge due to the association with chronic diseases in adult life like diabetes, cardiovascular disease and higher mortality. An approach within Health Promotion is to support the development and maintenance of a healthy lifestyle over the entire life cycle. Schools seem to be a good setting for this by implementing interventions aiming at reducing the prevalence of overweight and obesity because many children and youth can be reached, as well as their parents and families. This review focusses on the effect of such interventions on abdominal overweight. We did an update of a Health technology assessment (HTA) report on obesity prevention in schools from 2015. Nine databases were searched. Main inclusion criteria were controlled trials on preventive interventions in schools reporting waist circumference as an outcome. At least 23 studies from the new search and 21 studies from the HTA report could be included in the systematic review. The studies were assessed with the Risk of Bias 2-Tool for parallel trials or for cluster trials, according to study design. Non-randomized controlled trials were assessed with the ROBINS-I tool. Studies that report the corresponding effect data will be included in a meta-analysis. Preliminary results, qualitative as well as quantitative, will be presented.

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## WELL-BEING OF HIGH SCHOOL STUDENTS AND CHANGES IN THEIR SUBSTANCE USE DURING THE COVID-19 PANDEMIC

**Ms. Ruta Gedminiene, Dr. Inga Bankauskiene**

Lithuanian Drug, Tobacco and Alcohol Control Department

**ABSTRACT.** In fall 2020 Drug, Tobacco and Alcohol Control Department conducted an online survey of high school students, to assess their substance use, well-being and attitudes towards prevention measures and policy. The sample size was 2,412 students, studying in Lithuania's higher education institutions. Study results showed that during quarantine as much as 23 percent of students' well-being worsened. More than a quarter of respondents were not satisfied with their health. More than a third of them often felt anxiety and had difficulty concentrating. Nearly a third of respondents often had sleep problems, did not want to do anything. 28 percent of students often felt depressed, and the same percentage had been thinking about suicide at some point in their lives. To reduce the stress of studying, relax or fall asleep, as many as a third of students have used nicotine-containing products and alcohol in the last year, with a smaller proportion choosing prescription medications (13%) or drugs (8%). In order to improve study achievements, increase work productivity and performance, in the last year, almost half of the students have consumed energy drinks and other caffeinated products. 23 percent of students used nicotine-containing products for this purpose, 11 percent – alcohol, 8 percent - prescription medications, and 4 percent -

drugs. Students who used psychoactive substances rated some of their health and well-being indicators significantly worse than those who did not use them, especially those who used psychoactive substances to reduce the stress of studying, relax, or fall asleep. Results also showed that students who used alcohol, nicotine or drugs irregularly, were more likely to reduce the use of these substances or abstained during quarantine. However, those who use these substances regularly have increased use during quarantine.

## SCHOOL CULTURE AND STUDENT MENTAL HEALTH: A PARTICIPATORY ACTION RESEARCH STUDY

**Dr. Judi Kidger (1), Ms. Tricia Jessiman (1), Ms. Emma Geijer-Simpson (2), Dr. Greta Kaluzeviciute (3), Mr. Liam Spencer (2), Dr. Mark Limmer (4)**

1. University of Bristol
2. Newcastle University
3. University of Cambridge
4. Lancaster University

**ABSTRACT.** Background. Evidence indicates that the school environment, including physical, cultural and relational aspects, can have an impact on student mental health. Students' active participation in decisions relating to school-life has also been found to have a positive effect on mental health. In this study, we seek to explore the feasibility and potential effectiveness of using participatory action research (PAR) methods to improve school culture. Methods. Three secondary schools have been recruited. Pre-intervention qualitative interviews with staff (n=30) and parents (n=7), and focus groups with students (n=4), have been conducted, to explore how the culture at the three schools is perceived, and the components of school-life that are considered important for student mental health. Four PAR groups have been established across the three schools - 2 x year 8 (12-13 years), 1 x year 10 (14-15 years) and 1 x year 12 (16-17 years) – and are being facilitated by a worker from a young people's mental health charity. The groups will seek to change an aspect of school culture and evaluate the impact, following a series of Act-Observe-Reflect-Plan cycles. We will evaluate the feasibility and potential effectiveness of this method through observations of PAR meetings, PAR facilitator reports, and post intervention interviews/focus groups with PAR group members, school staff, parents, and non PAR group students. Themes will be identified from the qualitative data using the framework approach. Results. Early findings from the pre-intervention qualitative analysis and PAR meetings have revealed that inclusion and celebrating diversity, academic pressure/support and behaviour policies are areas that participants would like to see addressed. Future findings will establish how successfully the groups work through the PAR cycle, and the extent to which their activities are perceived to have had a positive impact on school culture by different stakeholders within the school community.

## PUKOTINE – NEW PLATFORM FOR PROMOTION OF YOUTH POSITIVE DEVELOPMENT AND MENTAL HEALTH IN CROATIA

**Prof. Miranda Novak**

University of Zagreb

**ABSTRACT.** Adolescence is a key developmental period when young people really have to explore on their journey to a responsible adulthood, dealing with many overwhelming experiences and feelings of insecurity, while mastering new competencies that will be the basis for their future life and self. In the field of mental health promotion and youth programs, there is growing evidence that online interventions are effective, have the potential to reach a wide population, and save many human and material resources. The purpose of internet interventions is not to replace human and personal contact but to supplement existing services and increase quality of standard practice. The Pukotine digital hub project is a collaborative endeavor of the Laboratory for Prevention of the Faculty of Education and Rehabilitation, the art collective BoliMe and FamilyLab Croatia organization, with the support of Unicef

Office Croatia and Uniq insurance group. Project background is theoretical framework of positive youth development focused on youth strengths, their competencies and the positive outcomes that are possible when young people experience support from caring adults and communities while growing up. The content and activities of the platform are designed by a group of scientists, psychotherapists and creative professionals, through a science-based approach and active participation of young people. To raise topics and questions that interest and inspire youth, themes are processed in an attractive manner, accompanied by interesting visuals, social network activities and quality videos. Following presentation will cover the results of the research on which the platform is based, the results of the process evaluation of the platform, and the type of content and further plans for the development of the platform will be presented.

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## WHAT STRESSFUL LIFE EVENTS ARE ASSOCIATED WITH HIGHER CHILD ANXIETY DURING THE COVID-19 HEALTH CRISIS?

**Dr. Alexandra Morales, Prof. José Pedro Espada, Prof. Mireia Orgilés**

Miguel Hernández University

**ABSTRACT.** Background. Evidence indicates that the school environment, including physical, cultural and relational aspects, can have an impact on student mental health. Students' active participation in decisions relating to school-life has also been found to have a positive effect on mental health. In this study, we seek to explore the feasibility and potential effectiveness of using participatory action research (PAR) methods to improve school culture. Methods. Three secondary schools have been recruited. Pre-intervention qualitative interviews with staff (n=30) and parents (n=7), and focus groups with students (n=4), have been conducted, to explore how the culture at the three schools is perceived, and the components of school-life that are considered important for student mental health. Four PAR groups have been established across the three schools - 2 x year 8 (12-13 years), 1 x year 10 (14-15 years) and 1 x year 12 (16-17 years) – and are being facilitated by a worker from a young people's mental health charity. The groups will seek to change an aspect of school culture and evaluate the impact, following a series of Act-Observe-Reflect-Plan cycles. We will evaluate the feasibility and potential effectiveness of this method through observations of PAR meetings, PAR facilitator reports, and post intervention interviews/focus groups with PAR group members, school staff, parents, and non PAR group students. Themes will be identified from the qualitative data using the framework approach. Results. Early findings from the pre-intervention qualitative analysis and PAR meetings have revealed that inclusion and celebrating diversity, academic pressure/support and behaviour policies are areas that participants would like to see addressed. Future findings will establish how successfully the groups work through the PAR cycle, and the extent to which their activities are perceived to have had a positive impact on school culture by different stakeholders within the school community.

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## LESS PHYSICAL ACTIVITY, MORE USE OF SCREENS AND CHANGES IN SLEEP PATTERN: A LONGITUDINAL STUDY OF LIFESTYLE HABITS IN EUROPEAN CHILDREN DURING COVID-19 PANDEMIC

**Dr. Alexandra Morales (1), Prof. Rita Francisco (2), Prof. Elisa Delvecchio (3), Prof. José Pedro Espada (1), Prof. Claudia Mazzeschi (3), Prof. Marta Pedro (2), Prof. Mireia Orgilés (1)**

1. Miguel Hernández University
2. Universidade Católica Portuguesa
3. Università degli Studi di Perugia

**ABSTRACT.** Adolescence is a key developmental period when young people really have to explore on their journey to a responsible adulthood, dealing with many overwhelming experiences and feelings of insecurity, while mastering new competencies that will be the basis for their future life and self. In the field of mental health promotion and

youth programs, there is growing evidence that online interventions are effective, have the potential to reach a wide population, and save many human and material resources. The purpose of internet interventions is not to replace human and personal contact but to supplement existing services and increase quality of standard practice. The Pukotine digital hub project is a collaborative endeavor of the Laboratory for Prevention of the Faculty of Education and Rehabilitation, the art collective BoliMe and FamilyLab Croatia organization, with the support of Unicef.

## A REVIEW OF YOUTH-LED INTERVENTIONS TO REDUCE ALCOHOL AND SUBSTANCE USE AND CONSEQUENCES AMONG YOUNG PEOPLE: A SYSTEMATIC REVIEW.

**Dr. Giovanni Aresi, Ms. Valentina Ferrari, Dr. Elena Marta**

Università Cattolica del Sacro Cuore

**ABSTRACT.** Introduction. Young people are often considered passive recipients of health promotion interventions. As part of the Erasmus+ You4Health! project, which aims to increase young people's involvement in public health, this paper presents preliminary results of a review of youth-led alcohol/drug health promotion interventions. The term youth-led refers to the meaningful participation and sustained involvement of youth in an activity. Review questions. What youth-led prevention interventions have been implemented and evaluated to reduce alcohol and substance use and consequences among young people aged 18-29 years? What are their characteristics? What is the evidence for their efficacy/effectiveness? Method. We conducted a systematic review of the scientific literature published since 2001 (Prospero registration CRD42021254214). The search string included terms relevant to the target group (e.g., young adults), the topic of interest (e.g., alcohol interventions) and the participatory approach (e.g., youth-led). Exclusion criteria included non-preventive interventions. A non-systematic search of the grey literature complemented the systematic review. Results. A total of 1,039 articles were assessed for eligibility; following title and abstract reading, 989 articles were excluded because they were unrelated to the target population, did not address the behaviours of interest, or considered young people as target population only. The remaining 50 documents are currently being screened for eligibility by full-text reading and analysed. Preliminary results show that the degree of involvement of young adults in the design, implementation, and evaluation of interventions is often minimal: at best, young adults are involved as peers in the implementation phase of interventions. Importance. Results of this study represents a valuable source of information for youth organisations and any organisation and institution, such as health agencies, local authorities, and policy makers, that are interested in partnering with young people and youth organisations for public health.

**Members' meeting | 16:30 – 17:30 CEST**

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**Award ceremony | 17:30 – 18:00 CEST**

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