

WEB-BASED DRINKING PREVENTION PROGRAM LINKING SCHOOL AND HOME FOR ELEMENTARY SCHOOL STUDENTS

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BACKGROUND/PROBLEM

- The lifetime prevalence estimate of alcohol use disorders in Korea is 13.4%, while that in the World Health Organization's World Mental Health Survey Initiative is 10.8% [1-2].
- Drinking age begins to decline faster as the grade goes down [3].

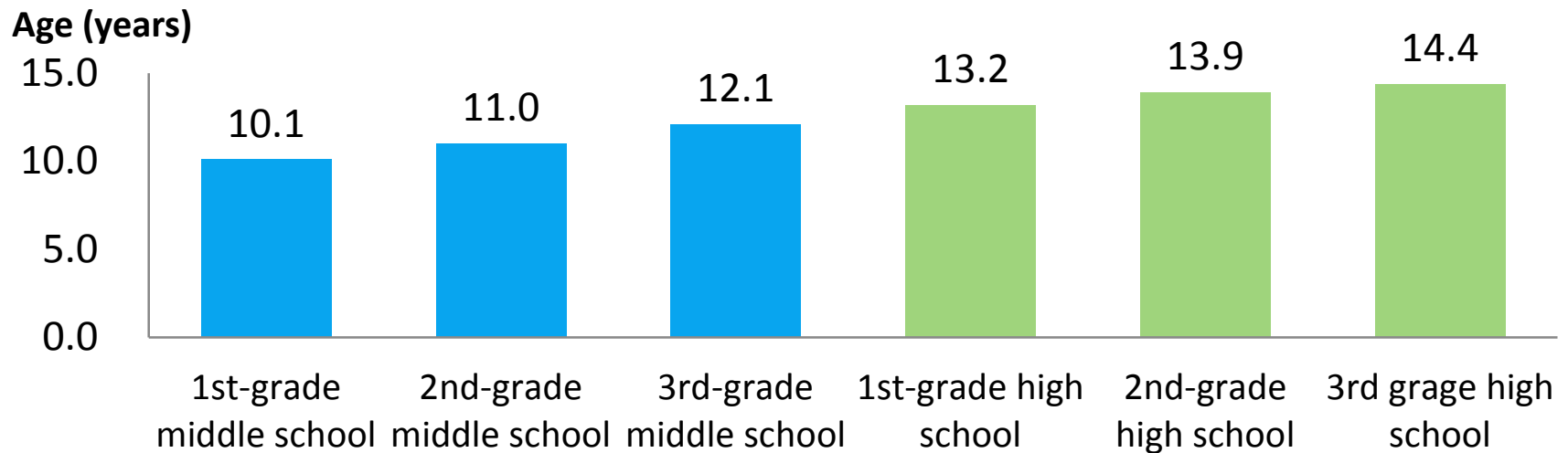


Figure 1. The Starting Age of Drinking in South Korea

1. Cho MJ, Seong SJ, Park JE, Chung I, Lee YM, Bae A. Prevalence and correlates of DSM-IV mental disorders in South Korean Adults: The Korean epidemiologic catchment area study 2011. *Psychiatry Investigation*. 2015;12(2):164-170.
2. Slade T, Chiu W, Glantz M, Kessler RC, Lago L, Sampson N, Al-Hamzawi A et al. A cross-national examination of differences in classification of lifetime alcohol use disorder between DSM-IV and DSM-5: Findings from the World Mental Health Survey. *Alcoholism: Clinical and Experimental Research*. 2016;40(8):1728-1736.
3. Korea Centers for Disease Control & Prevention. The 11th Adolescent Health Behavior Online Survey Statistics in 2015. Cheongju: Korea Centers for Disease Control & Prevention; 2015

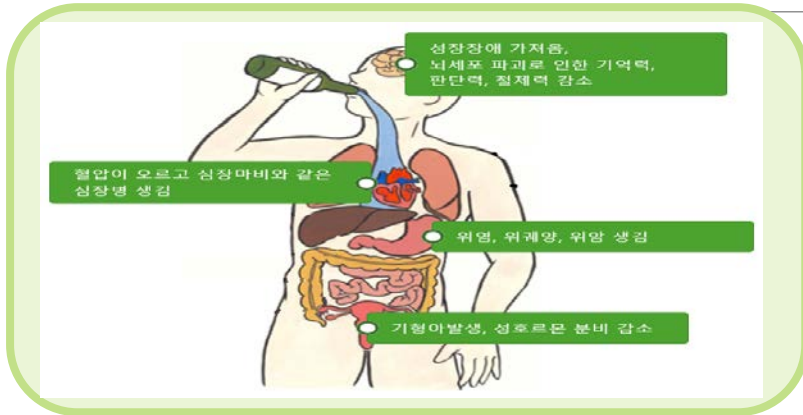
OBJECTIVE

- This study aimed to develop a web-based drinking prevention program for elementary school students based on the theory of planned behavior and to identify the potential effects of it using a pilot test.



METHOD/INTERVENTION

- Web-based drinking prevention program



School

Home

나에게 소중한 사람들

나에게 소중한 사람들의 이름을 적어 보세요. (가족, 친구, 친척 등)

우리 가족에게 소중한 사람들

우리 가족에게 소중한 사람들의 이름을 적어주세요(아버지, 할머니, 친척, 이웃 등). 우리 아이에게 건강한 사회적 네트워크를 만들어주세요.

상황 1

영수 잘 알고 지내는 승우 가족들과 협업을 온 지점이 가족 저녁을 먹으면서 즐거운 시간을 보내고 있는 중 승우 아빠가 말을 꺼내는 상황.

예를 들어... 주말에 어떻게 가족들과 시간을 보내나 마저서도 기분이 너무 좋다. 기만... 어떻게 즐거운 날 같이 보낼 수 있나? (승우를 향해) 승우야, 거기 맥주 있지? 이 쪽으로 가져와봐.

승우 아빠

(태아를 위해 놓으려) 여기 있어요. 그런데 아빠, 맥주가 맛있어요? 무슨 맛이에요?

승우

왜? 궁금하니? 그럼 내리도 조금만 마셔볼래?

승우 아빠

지현이

상황

"자, 제사를 지내고 나서 음식과 술을 나눠먹는 것을 음복이라고 한다. 음복은 좋은 거니까 너도 조금 술을 마셔볼래? 약간 마시는 정도는 괜찮아."

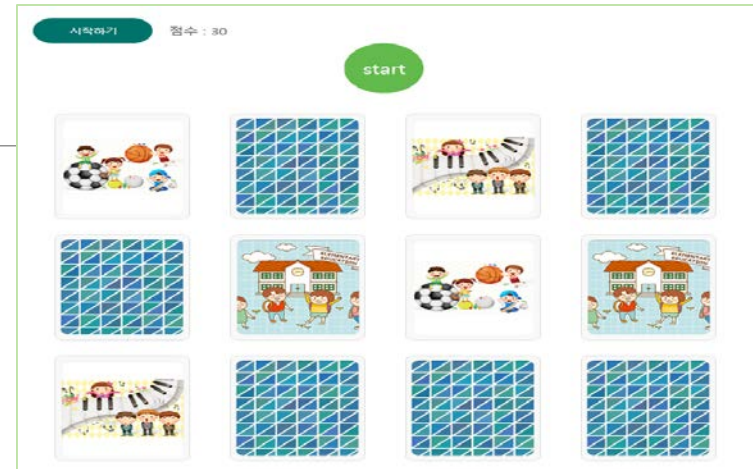
나의 대답

다음과 같은 상황에서 어떻게 대답하는 것이 가장 좋을지 가족들과 함께 적어 보세요.

School

Home

Examples of formative evaluation



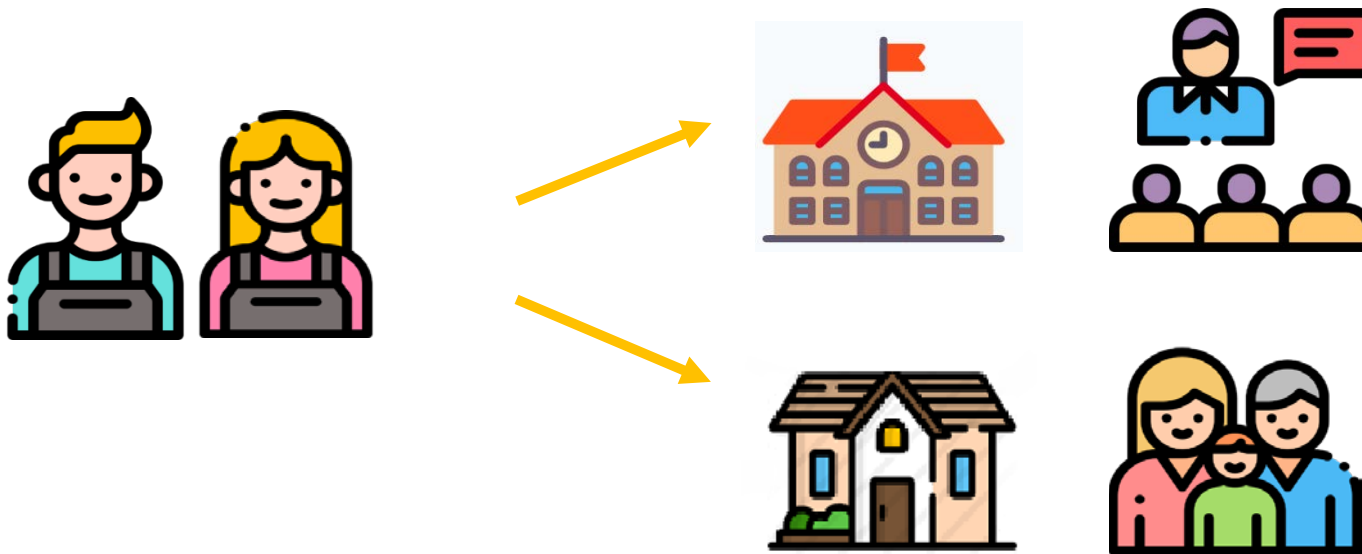
Information for parents



Learning objectives

Information for parent's participation

- The one group pretest-posttest design was used in this study.
- A total of 46 nine-year old students (24 boys and 22 girls) participated in two classes.
- Students participated in the program using a computer or a smartphone once a week for five weeks, with the teachers at school (40 minutes), and with parents or adult family members at home (20 minutes).



RESULTS

- After completion, there was significant improvement in attitudes ($z = -3.40$, $p = .001$), subjective norms ($z = -2.54$, $p = .011$), and intentions toward drinking prevention behavior ($z = -2.74$, $p = .006$), but no significant improvement in perceived behavioral control toward drinking prevention behavior ($z = -1.33$, $p = .183$).

CONCLUSIONS / LESSONS

- This web-based drinking prevention program was effective in improving intentions toward drinking prevention behavior in elementary school students.
- The program needs to be expanded to delay the onset of drinking, and it could suggest strategies linking schools and homes to improve health behaviors of children.

RELEVANCE TO HPH



Web-based drinking prevention program

Country

- lower the alcohol consumption levels of Korean adults



Community

- improve the drinking culture



Individual

(Elementary school students)

- reduce the harmful effects of alcohol consumption



THANK YOU

