PROJECT

Adolescent
Learning
Experiences in
Resistance
Training

ALERT

Project ALERT Brief Student Survey

ADMINISTRATION INSTRUCTIONS FOR BRIEF STUDENT SURVEY

The brief student survey is a pre-/post-survey to measure any changes in knowledge, beliefs, intentions, and behaviors following participation in the Project ALERT program. We recommend that the survey be administered before the first Project ALERT lesson and again after the last Project ALERT lesson.

SCORING INSTRUCTIONS FOR BRIEF STUDENT SURVEY

QUESTION 1. Drug use: Lifetime, past 12-month, and past 30-day use of the more common substances in middle school (nicotine, alcohol, cannabis, and misuse of prescription opioids).

Scoring: A "yes" response to "Have you tried this?" indicates lifetime use of that substance. A "yes" response to "Have you used this is the past 12 months?" indicates use of that substance in the past 12 months. Any response above 0 (zero days) to "How many days in the past 30 days did you use this?" indicates the number of days of use of that substance in the past 30 days. There is not a scale. Lower or no reported use of substances is better.

QUESTION 2. Drug use intentions: Intentions to use each of the assessed five substances in the next six months.

Scoring: A response of "Definitely no" to each substance is the lowest self-reported intended future use. A response of "Definitely yes" to each substance is the highest self-reported intended future use.

If there is desire to use this as a scale to assess intentions across substances, assign "0" to "Definitely no," "1" to "Probably no," "2" to "Probably yes," and "3" to "Definitely yes." Sum responses to generate a score between 0 and 15, with higher scores indicating greater overall intentions for future substance use.

	Definitely no	Probably no	Probably yes	Definitely yes
Smoke cigarettes?	0	1	2	3
Vape nicotine?	0	1	2	3
Drink Alcohol (more than just a few sips)?	0	1	2	3
Use marijuana/cannabis?	0	1	2	3
Use prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?	0	1	2	3

QUESTION 3. Expectancies about drug use: Beliefs that positive or negative things will happen to you if you use a substance. The survey assesses one positive expectancy and one negative expectancy per each of the five substances.

Scoring: A response of "Strongly disagree" to each of the positive expectancies indicates low belief that the substance will have a positive effect if used. A response of "Strongly agree" to each of the positive expectancies indicates high belief that the substance will have a positive effect if used.

A response of "Strongly disagree" to each of the negative expectancies indicates low belief that the substance will have a negative effect if used. A response of "Strongly agree" to each of the negative expectancies indicates high belief that the substance will have a negative effect if used.

Students who report high positive expectancies (strongly agree responses) and low negative expectances (strongly disagree responses) are at the greatest risk for substance use.

If there is desire to use this as a scale to assess expectancies across substances, use the following coding system and sum the responses. Higher scores indicate higher positive expectancies and lower negative expectancies (*i.e., high scores indicate greater risk for use*).

		Strongly Agree	Sort of Agree	Sort of Disagree	Strongly Disagree
Smoking cigarettes relaxes you.	positive expectancy	3	2	1	0
Smoking cigarettes can cause long-term health problems.	negative expectancy	0	1	2	3
Vaping nicotine is healthier for you than smoking cigarettes.	positive expectancy	3	2	1	0
Vaping nicotine can cause long term health problems.	negative expectancy	0	1	2	3
Drinking alcohol lets you have more fun.	positive expectancy	3	2	1	0
Drinking alcohol makes you do things you might regret.	negative expectancy	0	1	2	3
Using marijuana/cannabis lets you have more fun.	positive expectancy	3	2	1	0
Using marijuana/cannabis gets you into trouble at school or with your parents.	negative expectancy	0	1	2	3
Using **prescription pain medicines** lets you have more fun.	positive expectancy	3	2	1	0
Using **prescription pain medicines** makes you do poorly at school.	negative expectancy	0	1	2	3

QUESTION 4. Normative perceptions. Beliefs about how prevalent drug use is among same-age/same-school peers.

Scoring: Higher values from 0 to 100 indicate a higher perceived prevalence of substance by peers for each substance.

If there is desire to use this as a scale to assess perceptions across substances, sum the response values and divide by 5 to generate a value between 0 and 100, with *higher* scores indicating higher perceived norms and *greater* risk for substance use.

	0 kids (None)	10	20	30	40	50 (Half)	60	70	80	90	100 kids (All)
Smoked cigarettes	0	10	20	30	40	50	60	70	80	90	100
Vaped nicotine	0	10	20	30	40	50	60	70	80	90	100
Drank alcohol (more than just a few sips)	0	10	20	30	40	50	60	70	80	90	100
Used marijuana/cannabis	0	10	20	30	40	50	60	70	80	90	100
Used prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it	0	10	20	30	40	50	60	70	80	90	100

QUESTION 5. Perceived risk. Beliefs about risk associated with any and regular use of each of the five substances. Each substance has perceived risk for any use and regular use.

Scoring: A response of "No risk" to each substance is the lowest level of belief that using that substance comes with physical or other risks. A response of "Great risk" to each substance is the highest level of belief that using that substance comes with physical or other risks. Lower levels of perceived risk ("No risk" responses) are associated with greater risk for substance use, while higher levels of perceived risk ("Great risk" responses) are associated with lower risk for substance use.

If there is desire to use this as a scale to assess perceived risk across substances, assign "0" to "No risk," "1" to "Slight risk," "2" to "Moderate risk," and "3" to "Great risk." Sum responses to generate a score between 0 and 30, with higher scores indicating greater overall perceived risk. Greater perceived risk scores would be associated with *lower* risk for substance use, whereas lower scores on this measure would be associated with *higher* risk for substance use.

	No risk	Slight risk	Moderate risk	Great risk
Try **smoking cigarettes** once or twice?	0	1	2	3
Smoke one or more packs of **cigarettes** per day?	0	1	2	3
Try **vaping nicotine** once or twice?	0	1	2	3
Vape nicotine regularly?	0	1	2	3
Try **drinking alcohol** once or twice?	0	1	2	3
Drink alcohol regularly?	0	1	2	3
Try **marijuana/cannabis** once or twice?	0	1	2	3
Use **marijuana/cannabis** regularly?	0	1	2	3
Once or twice try **prescription pain medicine**?	0	1	2	3
Regularly use **prescription pain medicine**?	0	1	2	3

QUESTION 6. Resistance Self-Efficacy. Beliefs that one could resist pressure from friends if they were offered each of the five substances.

Scoring: A response of "I would definitely use it" to each substance is the highest level of belief that one *would not be* able to resist using that substance if offered by a friend. A response of "I would definitely not use it" to each substance is the highest level of belief that one *would be* able to resist using that substance if offered by a friend. Lower levels of resistance self-efficacy ("I would definitely use it" responses) are associated with greater risk for substance use, while higher levels of resistance self-efficacy ("I would definitely not use it" responses) are associated with lower risk for substance use.

If there is desire to use this as a scale to assess self-efficacy across substances, assign "0" to "I would definitely use it," "1" to "I would probably use it," "2" to "I would probably not use it," and "3" to "I would definitely not use it" Greater self-efficacy scores would be associated with *lower* risk for substance use, whereas lower scores on this measure would be associated with *higher* risk for substance use.

	I would definitely use it	I would probably use it	I would probably not use it	I would definitely not use it
Your friends are **smoking cigarettes** and they offer you one	0	1	2	3
Your friends are **vaping nicotine** and they offer it to you	0	1	2	3
Your friends are **drinking alcohol** and they offer you a drink	0	1	2	3
Your friends are **using marijuana/cannabis** and they offer you some	0	1	2	3
Your friends are using **prescription pain medicines** and they offer you some	0	1	2	3

SCORING SHEET

QUESTION 1. Drug use: Lifetime, past 12-month, and past 30-day use of the more common substances in middle school (nicotine, alcohol, cannabis, and misuse of prescription opioids). There is not a scale. Lower or no reported use is better.

Sum of Question 1 number of days of use in the past 30 days (lower is better): _____

QUESTION 2. Drug use intentions: Intentions to use each of the assessed five substances in the next six months. Sum responses to generate a score between 0 and 15, with higher scores indicating greater overall intentions for future substance use.

Sum of Question 2 scale scores (lower is better): _____

QUESTION 3. Expectancies about drug use: Beliefs that positive or negative things will happen to you if you use a substance. The survey assesses one positive expectancy and one negative expectancy per each of the five substances. Sum responses, with higher scores indicate higher positive expectancies and lower negative expectancies (*i.e., high scores indicate greater risk for use*).

Sum of Question 3 scale scores (lower is better): _____

QUESTION 4. Normative perceptions. Beliefs about how prevalent drug use is among same-age/same-school peers. Sum the response values and divide by 5 to generate a value between 0 and 100, with *higher* scores indicating higher perceived norms and *greater* risk for substance use.

Sum of Question 4 scale scores (lower is better): _____

QUESTION 5. Perceived risk. Beliefs about risk associated with any and regular use of each of the five substances. Sum responses to generate a score between 0 and 30, with higher scores indicating greater overall perceived risk. Greater perceived risk scores would be associated with *lower* risk for substance use (*i.e., high scores indicate lower risk for use*).

Sum of Question 5 scale scores (higher is better): _____

QUESTION 6. Resistance Self-Efficacy. Beliefs that one could resist pressure from friends if they were offered each of the five substances. Sum responses, with higher self-efficacy scores would be associated with *lower* risk for substance use.

Sum of Question 6 scale scores (higher is better): _____

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Project ALERT Brief Student Survey

Thank you for taking time to do this survey. There are questions about your thoughts, ideas, and experiences.

o   Please answer each of the questions as honestly as you can.
o   You are not required to put your name anywhere on the survey.
o   Read the instructions at each question.
o   Read the whole question and each of the column headings and indicate the response that is best for you.
o   There are no right and wrong answers, just your thoughts and experiences.

Before you begin, please read how we define each substance we ask about.

Cigarettes. Ones that have to be lit and burned. Do not consider vaping (like e-cigarettes).

Vaping. Battery-powered devices that usually contain a nicotine-based liquid. E-cigarettes (e-cigs), JUUL, vape pen, or mods. Do not consider vaping flavor-only or vaping cannabis only.

Alcohol. Things like beer, wine, flavored alcoholic beverages, hard liquor like shots or mixed drinks, hard cider, or hard seltzer.

Marijuana/cannabis. Any marijuana or cannabis products (pot, weed, hash) containing THC in any form (like smoking a joint or blunt, using a bong, vaping, dabs, edibles). Do not consider use of CBD products that contain no THC.

Prescription Pain Medicine. Use of prescribed pain medicine without a doctor's prescription or differently than how a doctor told you to use it. Opioid drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet. These are sometimes referred to as "prescription opioids," "prescription pain killers" or "prescription pain pills." Do not consider things you buy over-the-counter like Tylenol or Advil.

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1. **Please think about your own experience with the substances listed below. Please indicate use of the substance even if it was just a little bit. Indicate the appropriate response for all questions: (a) if you have ever tried the substance; (b) if you have used the substance in the past 12 months; and (c) if you have used the substance in the past 30 days, on how many of those days in the past 30 days you used it. If you didn't use it at all in the past 30 days, write 0 days.**

	Have you ever tried this?	Have you used this in the past 12 months?	How many days in the past 30 days did you use this?
Cigarettes . . .	O No O Yes	O No O Yes	_____ days
E-cigs or other similar devices to vape nicotine . . .	O No O Yes	O No O Yes	_____ days
Alcohol (more than just a few sips like for religious purposes) …	O No O Yes	O No O Yes	_____ days
Drank four or more alcohol drinks (if you are a girl) or **five or more drinks** (if you are a boy) in a row . . .	O No O Yes	O No O Yes	_____ days
Marijuana/cannabis (pot, weed, hash) in any form (like smoking, vaping, dabs, or edibles) . . .	O No O Yes	O No O Yes	_____ days
Prescription pain medicine <u>without</u> a doctor's prescription or differently than how a doctor told you to use it . . .	O No O Yes	O No O Yes	_____ days

2. **Do you think you will do any of the following during the <u>next six months:</u>**

	Definitely no	Probably no	Probably yes	Definitely yes
Smoke cigarettes?	O	O	O	O
Vape nicotine?	O	O	O	O
Drink Alcohol (more than just a few sips)?	O	O	O	O
Use marijuana/cannabis?	O	O	O	O
Use prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?	O	O	O	O

3. **Here are some things kids your age have said about <u>using substances</u>. How strongly do you <u>agree or disagree</u> with each statement?**

	Strongly Agree	Sort of Agree	Sort of Disagree	Strongly Disagree
Smoking cigarettes relaxes you.	O	O	O	O
Smoking cigarettes can cause long-term health problems.	O	O	O	O
Vaping nicotine is healthier for you than smoking cigarettes.	O	O	O	O
Vaping nicotine can cause long term health problems.	O	O	O	O
Drinking alcohol lets you have more fun.	O	O	O	O
Drinking alcohol makes you do things you might regret.	O	O	O	O
Using marijuana/cannabis lets you have more fun.	O	O	O	O
Using marijuana/cannabis gets you into trouble at school or with your parents.	O	O	O	O
Using **prescription pain medicines** lets you have more fun.	O	O	O	O
Using **prescription pain medicines** makes you do poorly at school.	O	O	O	O

4. **Think about a <u>group of 100 typical kids in your grade at school.</u> Among these 100 kids, about how many kids do you think have done each of the following during the past 30 days? Fill in your best estimate for each substance.**

	0 kids (None)	10	20	30	40	50 (Half)	60	70	80	90	100 kids (All)
Smoked cigarettes . . .	O	O	O	O	O	O	O	O	O	O	O
Vaped nicotine . . .	O	O	O	O	O	O	O	O	O	O	O
Drank alcohol (more than just a few sips) . . .	O	O	O	O	O	O	O	O	O	O	O
Used marijuana/cannabis . . .	O	O	O	O	O	O	O	O	O	O	O
Used prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it	O	O	O	O	O	O	O	O	O	O	O

5. How much do you think people <u>risk harming themselves</u> (physically or in other ways), if they…

	No risk	Slight risk	Moderate risk	Great risk
Try **smoking cigarettes** once or twice?	O	O	O	O
Smoke one or more packs of **cigarettes** per day?	O	O	O	O
Try **vaping nicotine** once or twice?	O	O	O	O
Vape nicotine regularly?	O	O	O	O
Try **drinking alcohol** once or twice?	O	O	O	O
Drink alcohol regularly?	O	O	O	O
Try **marijuana/cannabis** once or twice?	O	O	O	O
Use **marijuana/cannabis** regularly?	O	O	O	O
Once or twice try **prescription pain medicine**?	O	O	O	O
Regularly use **prescription pain medicine**?	O	O	O	O

6. Suppose you are <u>offered one of the substances described below</u> and you <u>do not</u> want to use it. What would you do in each of these situations?

	I would definitely use it	I would probably use it	I would probably not use it	I would definitely not use it
Your friends are **smoking cigarettes** and they offer you one	O	O	O	O
Your friends are **vaping nicotine** and they offer it to you	O	O	O	O
Your friends are **drinking alcohol** and they offer you a drink	O	O	O	O
Your friends are **using marijuana/cannabis** and they offer you some	O	O	O	O
Your friends are using **prescription pain medicines** and they offer you some	O	O	O	O

Thank you for doing this survey!