


The Choice Game Evidence-Based Research Conducted during the 2007-2008 School Year

Program Overview



- ❖ *The Choice Game* involved 4,559 youth from various schools in Northern New Jersey.
- ❖ 3,771 of these youth participated in the treatment group and 781 youth participated in the control group.
- ❖ A 33-item questionnaire including three demographic items was administered before the start (pre-test) and a 43-item questionnaire (post-test) was administered at the end of the program. Additional questions on the post-test evaluated participant's reactions to the program.
- ❖ Favorable responses were combined to reflect percent gain for each group and were compared by group according to statistical significance and percent change.

1. What is your sex?						
		Group - Time				Total
		T-pre	T-post	C-pre	C-post	
Female	Count	1975	1672	411	380	4438
	%	52.5%	51.8%	52.8%	52.5%	52.2%
Male	Count	1787	1558	368	344	4057
	%	47.5%	48.2%	47.2%	47.5%	47.8%
Total	Count	3762	3230	779	724	8495
	%	100.0%	100.0%	100.0%	100.0%	100.0%

2. What is your current age?						
		Group - Time				Total
		T-pre	T-post	C-pre	C-post	
12	Count	132	116	19	18	285
	%	3.5%	3.6%	2.5%	2.5%	3.4%
13	Count	191	178	100	79	548
	%	5.1%	5.5%	12.9%	10.9%	6.5%
14	Count	844	609	124	153	1730
	%	22.5%	18.9%	16.0%	21.2%	20.4%
15	Count	927	797	158	173	2055
	%	24.7%	24.7%	20.4%	23.9%	24.2%
16	Count	696	624	127	110	1557
	%	18.6%	19.3%	16.4%	15.2%	18.4%
17	Count	719	657	170	121	1667
	%	19.2%	20.4%	21.9%	16.7%	19.7%
18	Count	243	245	77	69	634
	%	6.5%	7.6%	9.9%	9.5%	7.5%
Total	Count	3752	3226	775	723	8476
	%	100.0%	100.0%	100.0%	100.0%	100.0%

3. How do you describe yourself?


		Group - Time				Total
		T-pre	T-post	C-pre	C-post	
White or Caucasian	Count	195	211	5	11	422
	%	5.2%	6.5%	.6%	1.5%	5.0%
Black or African American	Count	2314	1925	478	440	5157
	%	61.7%	59.6%	61.4%	60.7%	60.8%
Hispanic or Latino	Count	883	789	171	157	2000
	%	23.5%	24.4%	22.0%	21.7%	23.6%
Asian	Count	36	37	11	12	96
	%	1.0%	1.1%	1.4%	1.7%	1.1%
Pacific Islander	Count	18	18	6	11	53
	%	.5%	.6%	.8%	1.5%	.6%
American Indian or Alaskan Native	Count	23	20	7	3	53
	%	.6%	.6%	.9%	.4%	.6%
Arabic	Count	10	10	1	1	22
	%	.3%	.3%	.1%	.1%	.3%
Other	Count	273	221	99	90	683
	%	7.3%	6.8%	12.7%	12.4%	8.0%
Total	Count	3752	3231	778	725	8486
	%	100.0%	100.0%	100.0%	100.0%	100.0%

5. I go to a family member, or a trusted adult, with concerns or questions about drugs or alcohol.

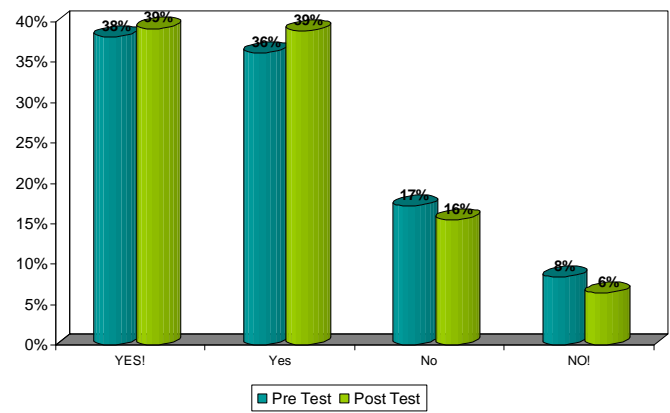
		Group - Time			
		T-pre	T-post	C-pre	C-post
YES!	Count	1435	1270	241	212
	%	38.2%	39.2%	30.7%	29.2%
Yes	Count	1361	1261	294	296
	%	36.2%	38.9%	37.5%	40.8%
No	Count	648	504	140	135
	%	17.2%	15.5%	17.9%	18.6%
NO!	Count	314	207	109	82
	%	8.4%	6.4%	13.9%	11.3%
Total	Count	3758	3242	784	725
	Gain in YES!/Yes responses	T:	5.0%	C:	2.6%

The pre/post gains for the treatment group were significant ($p < .01$).

The treatment group had a 5.0% favorable shift from pre-test to post test indicating they go to a family member or trusted adult with concerns or questions about drugs or alcohol.



5. I go to a family member, or a trusted adult, with concerns or questions about drugs or alcohol.



The pre/post gains for the treatment group were significant ($p < .01$).

20. I plan to avoid drug and alcohol use because they increase my chances of becoming pregnant or getting someone pregnant.

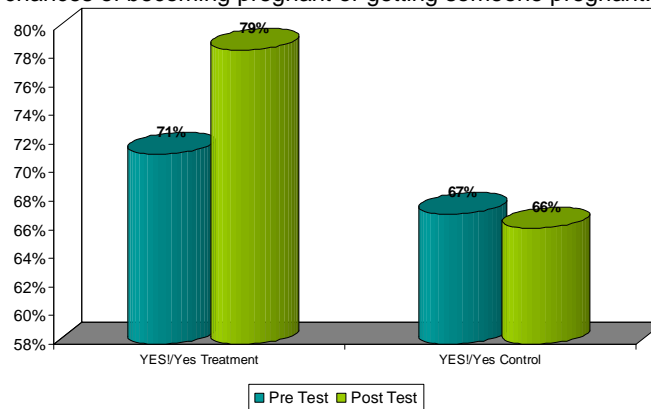
		Group - Time			
		T-pre	T-post	C-pre	C-post
YES!	Count	1462	1344	270	254
	%	39.0%	41.5%	34.8%	35.4%
Yes	Count	1211	1201	250	220
	%	32.3%	37.1%	32.3%	30.7%
No	Count	685	493	156	159
	%	18.3%	15.2%	20.1%	22.2%
NO!	Count	387	200	99	84
	%	10.3%	6.2%	12.8%	11.7%
Total	Count	3745	3238	775	717
	Gain in YES!/Yes responses	T: 10.2%	C: -1.5%		

The Treatment group gained significantly more than the Control group ($p = .02$).
 The pre/post gains for the treatment group were significant ($p < .01$).

The treatment group had a 10.2% favorable shift from pre-test to post test indicating they plan to avoid drugs and alcohol because it increases the chance of pregnancy. The control group had a -1.5% favorable shift.



20. I plan to avoid drug and alcohol use because they increase my chances of becoming pregnant or getting someone pregnant.



The Treatment group gained significantly more than the Control group ($p = .02$).
 The pre/post gains for the treatment group were significant ($p < .01$).
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21. If someone who I liked wanted to have sex with me, drinking or using drugs would make it more difficult to say no.

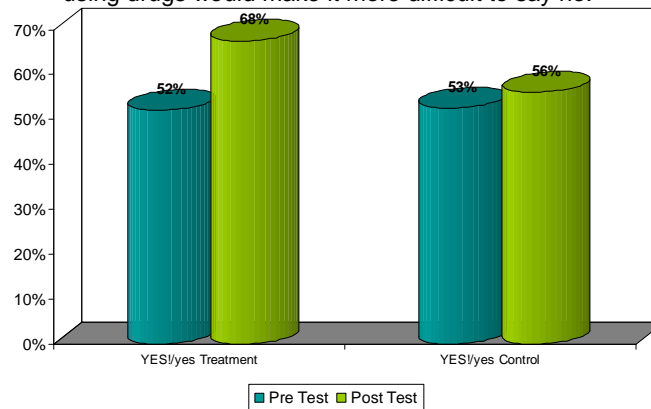
		Group - Time			
		T-pre	T-post	C-pre	C-post
YES!	Count	883	1008	156	169
	%	23.5%	31.2%	20.2%	23.6%
Yes	Count	1069	1173	250	232
	%	28.5%	36.3%	32.3%	32.4%
No	Count	907	590	203	188
	%	24.2%	18.3%	26.2%	26.2%
NO!	Count	895	458	165	128
	%	23.8%	14.2%	21.3%	17.9%
Total	Count	3754	3229	774	717
	Gain in YES!/Yes responses	T: 29.8%		C: 6.7%	

The Treatment group gained significantly more than the Control group ($p < .01$).
The pre/post gains for the treatment group were significant ($p < .01$).

The treatment group had a 29.8% favorable shift from pre-test to post test indicating they believe using drugs and alcohol impair their refusal skills. The control group had a 6.7% favorable shift.



21. If someone who I liked wanted to have sex with me, drinking or using drugs would make it more difficult to say no.



The Treatment group gained significantly more than the Control group ($p < .01$).
The pre/post gains for the treatment group were significant ($p < .01$).
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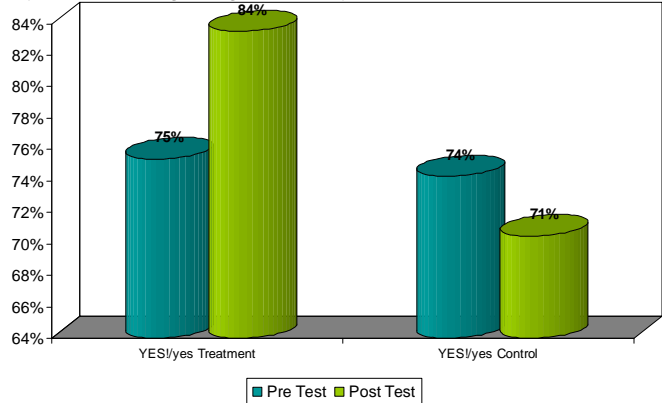
22. I plan to avoid drug and alcohol use because they increase my chances of getting a sexually transmitted disease (STD).

		Group - Time			
		T-pre	T-post	C-pre	C-post
YES!	Count	1563	1465	304	250
	%	41.7%	45.4%	39.1%	35.0%
Yes	Count	1262	1231	274	254
	%	33.7%	38.1%	35.2%	35.5%
No	Count	609	406	122	136
	%	16.2%	12.6%	15.7%	19.0%
NO!	Count	316	127	78	75
	%	8.4%	3.9%	10.0%	10.5%
Total	Count	3750	3229	778	715
	Gain in YES!/Yes responses	T: 10.7%		C: -5.1%	

The Treatment group gained significantly more than the Control group ($p < .01$).
 The pre/post gains for the treatment group were significant ($p < .01$).

The treatment group had a 10.7% favorable shift from pre-test to post test indicating they plan to avoid drugs and alcohol because they increase the chances of getting an STD. The control group had a -5.1% favorable shift.

22. I plan to avoid drug and alcohol use because they increase my chances of getting a sexually transmitted disease (STD).




The Treatment group gained significantly more than the Control group ($p < .01$).
 The pre/post gains for the treatment group were significant ($p < .01$).
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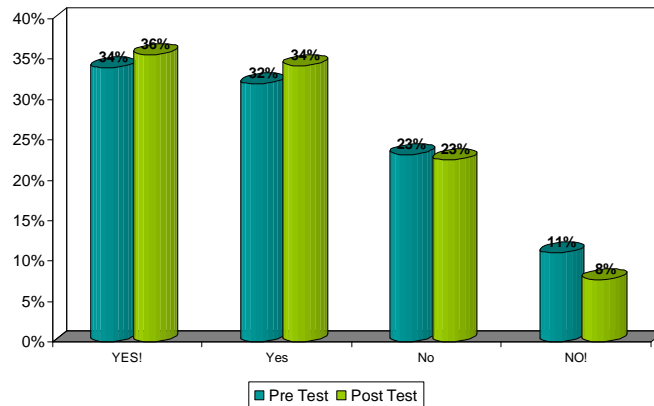
29. I plan to avoid drinking alcohol until I turn 21 years old.					
		Group - Time			
		T-pre	T-post	C-pre	C-post
YES!	Count	1267	1150	240	221
	%	33.9%	35.6%	30.8%	31.1%
Yes	Count	1193	1102	230	237
	%	31.9%	34.2%	29.6%	33.4%
No	Count	869	726	202	162
	%	23.2%	22.5%	26.0%	22.8%
NO!	Count	410	248	106	90
	%	11.0%	7.7%	13.6%	12.7%
Total	Count	3739	3226	778	710
	Gain in YES!/Yes responses	T:	6.1%	C:	6.8%

The pre/post gains for the treatment group were significant ($p < .01$).

The treatment group had a 6.1% favorable shift from pre-test to post test indicating they plan to avoid drinking alcohol until they turn 21 years old.



29. I plan to avoid drinking alcohol until I turn 21 years old.



The pre/post gains for the treatment group were significant ($p < .01$).

Conclusion

As demonstrated through the findings of this study, The Choice Game curriculum produced significant gains in the treatment group in Knowledge, Family Communication, Attitude Toward Abstinence, and Behavioral Intent. These findings are encouraging. In the present study, the use of randomly assigned treatment and control groups and the matching of student scores from pretest to posttest increase the confidence that changes over time were directly attributable to the curriculum intervention.

Limitations of this study included the inability to collect behavioral data and lack of follow-up data. Thus, findings do not reflect actual behaviors of students or the effect of the character development education Choice Game curriculum on behavioral outcomes. Future research must include measures of actual behavior. Additionally, the effects that were produced were immediate program effects. Future research must follow both intervention and control students for an extended period of time.

One of the greatest challenges that any educational/ behavioral change program faces is reaching a large and diverse population of students. This study population included a large percentage of minority students and students from both public and parochial schools. This enhances the external validity of the evidence-based findings. These results are promising for the future of a computer-based character development educational curriculum and demonstrate that a technology driven education program can produce positive student outcomes.