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THE EFFECTS OF LIFE SKILLS TRAINING ON MEDIATING FACTORS OF DRUG USE AMONG ADOLESCENTS (STUDENT) AT RISK

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Introduction: Adolescence and its importance in the growth and spread of risky behavior theorists and researchers Mvrdivj Humanities is located. Among the risky behaviors of substance abuse behaviors in adolescence and early adulthood is still one of the most common problems are communities.

Aims: The purpose of the present research was to study the effects of life skills training on reducing individual risk factors of drug abuse among secondary school students.

Methods: In the first phase 636 secondary students at risk were selected by cluster random sampling and answered to risk factors and protective questionnaires. The data were analyzed by correlation coefficients and multi variable regression. The results indicated the following predictive factors: attitude, self- management, social empowerment, family and school ties.

Results: In the second phase based on the results of the first phase by pre-and post- test methods 80 secondary students were selected and divided to case and control groups at random. After performing pre-test for both groups, the case group attended 10 training section. After wards post- test was performed for both. The data analyzing using covariance (comparing post- tests regardless of the pre-test effect) indicated effectiveness of skills training on individual abuse factors. These factors showed significant difference comparing to control group after intervention.

Conclusions: Thus it can be concluded that training life skills in the high risk group can have positive effect on individual abuse variables and reduce the possibility of drug abuse in future among them.