The "HOPE" Program: A Moroccan innovative School-Based Preventive against psychoactive substance use

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Abstract

Adolescence is a critical period in life when many unhealthy behaviors often begin to take hold. Early use of psychoactive substances is a major population challenge that has an impact on individuals, families and communities, as its effects are cumulative and contribute to costly social, physical and mental health problems. Prevention in early adolescence through School-Based prevention programmes is a means that has been shown to be effective in reducing or eliminating these risks.

Our aim is to develop, implement and evaluate a prevention programme called "HOPE", based on the development of knowledge, attitudes and psychosocial skills towards the use of substances, the physical symptoms (insomnia and violent behavior) and psychological symptoms (stress, depression, anxiety, and suicidal risk) associated with it among students in the city of Fez, Morocco.

A quasi-experimental study with pre-post intervention measurement will be carried out in 12 secondary schools involving first-year secondary school students and their parents. A total of 960 students will be included: 480 benefiting from the "HOPE" programme and 480 will belong to the control group, in addition to 40 - 100 tutors/parents of intervention group. Data will be collected by means of questionnaires at various stages of the intervention among the students and focus groups with the parents/guardians.

The expected impact of the "HOPE" programme is to reduce the prevalence of PAS, the prevalence and incidence of physical and mental symptoms associated with PAS use among students participating in the intervention study.

We hope that the "HOPE" programme will serve as a basis for the development of a national Moroccan School-Based prevention programme against PAS use.

Key Words: School-Based Program, prevention, psychoactive substances, psychosocial skills

Professional Biography

Hicham EL MALKI is a 35-year-old doctoral student in the fourth year of his thesis at the Epidemiology and Health Sciences Research Laboratory, Sidi Mohamed Ben Abdellah University, Fez, Morocco. His thesis involves developing, implementing and evaluating a School-Based substance abuse prevention programme for secondary school students.

Recent Publications

- El-Ammari A, Malki HE, Moutawakkil SG, et al (2023) Validation of the Center for Epidemiologic Studies Depression Scale (CES-D) in a Moroccan sample with substance use disorder. In Review

- Moutawakkil S, Malki HE, Ammari AE, Zarrouq B (2023) Prévalence et facteurs associés à la consommation des produits du tabac chez les adolescents marocains : une revue systématique de la littérature. Rev DÉpidémiologie Santé Publique 71:101822. https://doi.org/10.1016/j.respe.2023.101822

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