

## Testing the impact of a school-based waterpipe use prevention program in Lebanon: Results of an RCT in Lebanon

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### I. INTRODUCTION

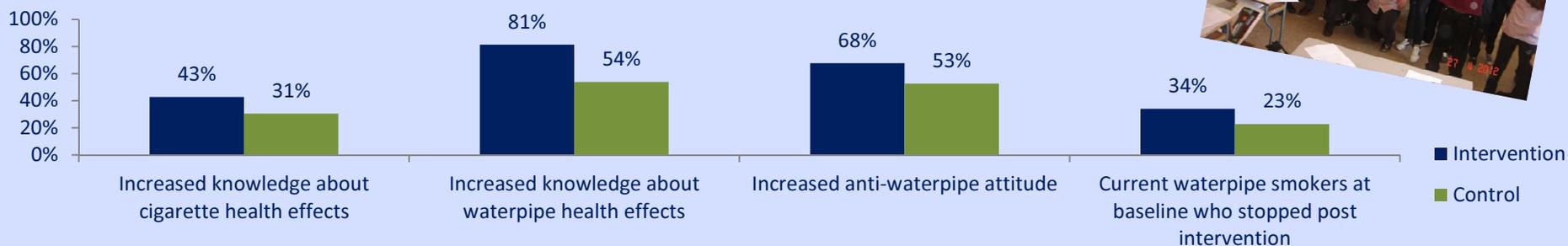
- Tobacco use is a prevalent health risk behavior among youth in the Arab world
- Prevalence of waterpipe use among students aged 13-15 years in Lebanon in 2011 = 39.3% (males) and 31% (females) - according to the Global Youth Tobacco Survey
- Waterpipe use is not a safe alternative to cigarettes
- To date, no school-based waterpipe intervention has been evaluated

### III. RESULTS

#### Process evaluation results:

- Dose delivered: facilitators report that objectives were achieved as planned in **61.9%** of the sessions
- Dose received: facilitators rate **79.1%** of the sessions as 'positive and active'
- Students' satisfaction: students positively rated **86.7%** of the sessions

**Impact evaluation results:** All changes reported below show significant differences by school group (at .001 significance level)



### IV. CONCLUSIONS

- Despite strong social norms promotive of narghile smoking, interventions in schools can be effective to control use.
- Interventions need to consider including various levels of influence, including parents, teachers, school policy, and advocacy for national tobacco control laws.
- Impact on behavior may need longer to become evident, or may require a higher 'dose' of intervention.