

Project EX

Introduction

Project EX is a school-based, tobacco-use cessation program for high school youth (ages 14-19 years). The program is delivered in a clinic setting, and involves enjoyable, motivating activities including games, mock talk shows, and alternative activities such as yoga. At the completion of the program, youth will be able to:

- Stop or reduce cigarette smoking
- State accurate information about environmental, social physiological, and emotional consequences of tobacco use

Students participating in Project EX will learn accurate knowledge of tobacco addiction and disease and develop an empathetic understanding of the effects of tobacco use on friends. The 8-session curriculum is delivered over a 6-week period. It emphasizes coping with stress, dealing with nicotine withdrawal, relaxation techniques, and how to avoid relapse. It aims to teach self-control, anger management, mood management, and goal setting techniques, and it provides self-esteem enhancement.

Project EX has proved successful when implemented with students from diverse ethnic and socioeconomic backgrounds.

Program Recognition

Project EX has been identified as a model program by the following organizations:

- Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services
- U.S. Office of Juvenile Justice and Delinquency Prevention

Program Implementation

Project EX consists of eight sessions, each 40- to 45-minutes in length. The sessions are designed to be delivered over 6 weeks according to the following schedule: two sessions a week for 2 weeks, followed by one session a week for 4 weeks. During the first four sessions, students are not asked or required to quit immediately but are strengthened for their attempt to quit, which occurs between sessions 4 and 6. The last four sessions, held once a week, concentrate on helping students maintain their nonsmoking status and enhance their quit attempt.

Highly motivated classroom teachers or health educators should implement Project EX. Specifically, teachers should:

- Be motivated to help students
- Believe it is their responsibility to help
- Be non-smokers
- Attend a 1 or 2 day Project EX training (see information below)

A number of strategies may be used to recruit students to Project EX clinics. A program facilitator can visit classrooms to make a short presentation about the forthcoming groups, the school may offer elective class credits and class release time, and/or referrals may be made by teachers or student smokers themselves. Each Project EX clinic group can contain 8 to 15 students, and up to four clinics may operate simultaneously in one school. The clinic should occur during school hours, not after school.

The Project EX curriculum guide and student workbook should be followed closely and all eight sessions delivered. To be eligible for the EX clinic, a student must have used tobacco in the 30 days prior to the first session and must join the clinic on or before the fourth session.

Program Facilitator Training

Prior to beginning program implementation, we strongly recommend that every Project EX facilitator participate in a training workshop conducted by a certified Project EX trainer. The objectives of the training are to provide facilitators with an understanding of the theoretical basis, content, approach, and objectives of the program. In addition, the training is designed to build the skills that facilitators need to deliver the clinic sessions with fidelity.

We offer in-person training workshops that last either one or two days. Our certified trainers are health education specialists who have classroom experience with Project EX.

Theoretical Foundation for Project EX

Project EX is derived from a *motivation-coping skills-personal commitment* model of teen cessation.

Motivation involves generating reasons to quit tobacco use (Session 1), discussion of information on the many dangers of tobacco use (Session 3), and use of games and talk shows that help teens see the effects of their tobacco use on others (Session 1 talk show), that tobacco use may increase, not decrease, one's stress level over time (Session 2 talk show), that there are many negative effects of passive smoking (Session 3 game), that the longer one quits the easier it is to stay stopped (Session 4 talk show), and that it is easier and better to quit now rather than waiting until one is older (Session 8 talk show).

Coping Skills instruction includes information and practice on selecting a quit approach (Session 4), how to get through withdrawal symptoms (Sessions 1, 4, and 5), how to cope with stress (Session 2 coping skills and Healthy Breathing exercise), how to get around cognitive barriers to quitting (Sessions 4 and 5), how to relax (Session 5 Floating Relaxation Exercise, Session 6 Yoga), achieving good nutrition (Sessions 5 and 6), assertiveness training (Session 7), anger management (Session 7 coping skills and Meditation), and avoiding relapse (Session 8).

In Session 4, students make a *personal commitment* to quit, and in Session 8 they review the commitment.

Evaluation Research

Four studies of Project EX have been conducted or are being conducted. [For a copy of the research article summarizing these studies, [click here](#).]

In the first evaluation study (Project EX-1), the clinic program was tested in a 3-group experimental design:

- (1) clinic only,
- (2) clinic plus a school-as-community component, and
- (3) standard care control.

Eighteen schools were assigned to the three conditions using a randomized block design. A total of 335 smokers participated in the study, making this the largest controlled teen smoking cessation field trial conducted to date. Results at 3-month follow-up (five months after the quit day) showed that 17% of the smokers enrolled in the clinics had quit smoking for at least the last 30 days, compared to only 8% of the control condition smokers over than same time period. [For a copy of the research article describing the EX-1 results, [click here](#).]

The second evaluation (Project EX-2) was a replication pilot study that tested generalizability of the program in Wuhan, China. The study indicated similar effects among 46 youth, utilizing a multiple-baseline, single subject design. Adjusting for biochemical validation, a 14% intent-to-treat quit rate was achieved at 4-month follow-up. [For a copy of the research article describing the EX-2 results, [click here](#).]

The third evaluation (Project EX-3) was a randomized trial that used the addition of nicotine gum as a pharmacological adjunct. This study was conducted in both regular and continuation (alternative) high schools. Results at 2-month follow-up showed that the intent-to-treat 7-day quit rates were 11% in the Nicorette condition and 13% in the CigArrest condition. At 6-month follow-up, the intent-to-treat 7-day quit rates were 16% in the Nicorette condition and 15% in the CigArrest condition.

At present, the fourth evaluation (Project EX-4) is being completed. It adapts the program from a clinic setting to a classroom setting (i.e., universal program).

Currently, only the clinic-based version of Project EX is being disseminated.

Developer Information

Steve Sussman, Ph.D., FAAHB

Dr. Steve Sussman is a professor of preventive medicine and psychology at the University of Southern California. He has published more than 200 articles, chapters, and books in the arena of substance abuse prevention and cessation. He is the principal investigator of Project Towards No Drug Abuse (TND) and Project Towards No Tobacco Use (TNT), both of which are recognized by SAMHSA as “model” programs.

Where to Get More Information

For more information concerning the Project EX research and results contact:

Steve Sussman, Ph.D. (Principal Investigator)
Institute for Health Promotion and Disease Prevention Research
University of Southern California
1000 S. Fremont Avenue, Unit #8
Alhambra, CA 91803
Tel. (626) 457-6635
Email: ssussma@usc.edu

For information concerning Project EX training or materials contact:

Jim Miyano
Institute for Health Promotion and Disease Prevention Research
University of Southern California
1000 S. Fremont Avenue, Unit #8
Alhambra, CA 91803
Tel. (626) 457-4048
Email: miyano@usc.edu

Information about Project EX is also located on www.samhsa.gov or www.cceanet.org

Project EX - Costs

Teacher's Manual (includes audio CD)	\$60
Student Workbook (set of 5)	\$35
Articles	
“Project EX: Outcomes of a teen smoking cessation program”	\$2.50 each
“Project EX: A Program of Empirical Research on Adolescent Tobacco Use Cessation”	
“Project EX: A Teen Smoking Cessation Initial Study in Wuhan, China”	
Pre-Test	\$2.50 each
Immediate Posttest	\$2.50 each

Notes – Costs of Materials:

Purchase orders are accepted.

Please add 7% for shipping/handling costs.

California residents must add 8.25% sales tax.

Rush orders add 15% shipping/handling costs

Please place order a minimum of two weeks in advance.

To order, call (800) 400-8461 or (626) 457-4048 or fax the order form to (626) 457-5856

Training: Costs for the Trainer

The cost of training depends on the time zone of the training location. Generally, one of our trainers travels to your location; however, we are glad to conduct your training at our location (in which case the trainer/consultant cost is in the Pacific/Mountain category).

<u>Time Zone:</u>	<u>Pacific/Mountain</u>	<u>Central</u>	<u>East</u>
1-day training:	\$1,100	\$1,200	\$1,300
2-day training:	\$1,800	\$1,900	\$2,000

Travel Reimbursement to the Trainer

The cost of training also includes the following reimbursement to the trainer for travel expenses. These vary, depending on the location and length of the training.

Airfare	\$ (varies; lowest fare possible; up to \$1000)
Airport parking	\$ 20/day
Ground transportation	\$ 80/day
Mileage	\$ 0.44/mile
Per diem (hotel & food)	\$ 200/day

Notes – Costs of Training:

Airfare and lodging should be prepaid by the agency whenever possible. Training fees are due on the day of the training. Expense reimbursements are due within 2 weeks of the training. The agency is responsible for all costs related to canceling training (e.g., nonrefundable air fares that have already been purchased).

PROJECT EX – ORDER FORM

ITEM NUMBER	DESCRIPTION	PRICE
3120	Teacher's Manual (includes CD)	\$60
3121	Student Workbooks (set of 5)	\$35 (set of 5)
3125	Research Articles (\$2.50 each)	\$7.50 (set of 3)
3130	Immediate Posttest	\$2.50 each

ITEM No.	DESCRIPTION	QTY.	PRICE

SHIPPING (7%): \$ **TOTAL :** \$

PURCHASE ORDER #

CA Residents add
8.25% Sales Tax

SHIP TO:

NAME: _____

AGENCY/SCHOOL: _____

ADDRESS: _____

C, S, Z: _____

TELE: () _____

FAX: () _____

Please mail or fax requests to:
 Jim Miyano
 University of Southern California
 1000 S. Fremont Avenue, Unit #8
 Alhambra, CA 91803
 Facsimile: (626) 457-5856 or 4012
 Telephone: (800) 400-8461

BILL TO: (if different)

NAME: _____

AGENCY/SCHOOL: _____

ADDRESS: _____

C, S, Z: _____

TELE: () _____