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The Örebro Prevention program (ÖPP) is a universal prevention program designed to decrease underage drunkenness by maintaining parents' restrictive attitudes and expectations concerning underage drinking. The program has quickly become the most utilized prevention program aimed at parents in Sweden, and is now used in several other countries. The ÖPP targets all parents of youth in the ages 13-16. The goal is to maintain parents' restrictive attitudes towards underage drinking, even when their children reach their teens. The ÖPP is delivered to parents through structured 20-minute presentations during parent meetings in school, once each school term. Each presentation has the same objective: to maintain parents' restrictive attitudes towards underage drinking. The biannual presentations all follow the same logic. First, parents are provided with information on how common underage drinking is, and also its potential short- and long-term consequences. This is done mainly to affect parents emotionally, so that they will perceive underage drinking as something that is worthwhile to prevent. Next, parents are made to understand that they can still influence their children's attitudes and behaviors, and that their expectations make a difference. Hence, parents are advised to clarify explicitly that they expect their child not to use alcohol at home or when out with their peers. The final step is to provide parents with concrete methods to make their views clear, and to set rules on underage alcohol-drinking.

The research presented in this book paves a new way for understanding the role that parents can have in preventing youth drinking. First, the basic idea put forward is not one that hinges on changing parents' views on drinking. Rather than trying to *change* the attitudes and behaviors of parents, the idea put forward here is that parents should *maintain* the attitudes to youth drinking that they typically have when their children are in their early teens. Among parents in general, these attitudes *do* tend to change over time; that is, most parents become more tolerant of youth drinking. This is unfortunate, since parents' attitudes, and changes in attitudes, are related to drinking among youth. Interestingly, the preserving-attitudes approach has been shown to work, and has had effects even on youths who were already drinking before the intervention began, and on those who had high levels of antisocial behaviors at age 13. Advocating restrictiveness to parents has been demonstrated to have substantial effects in reducing their youths' drunkenness and antisocial behaviors.

The ÖPP has evolved and is now called Effekt. Effekt is founded in the ÖPP, with the difference that Effekt is intended to be more potent in communications with parents.

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