

MAXIMIZING THE LIKELIHOOD OF A GOOD LIFE

RISK AND PROTECTIVE FACTORS IN THE LIVES OF ADOLESCENTS

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Reykjavik University

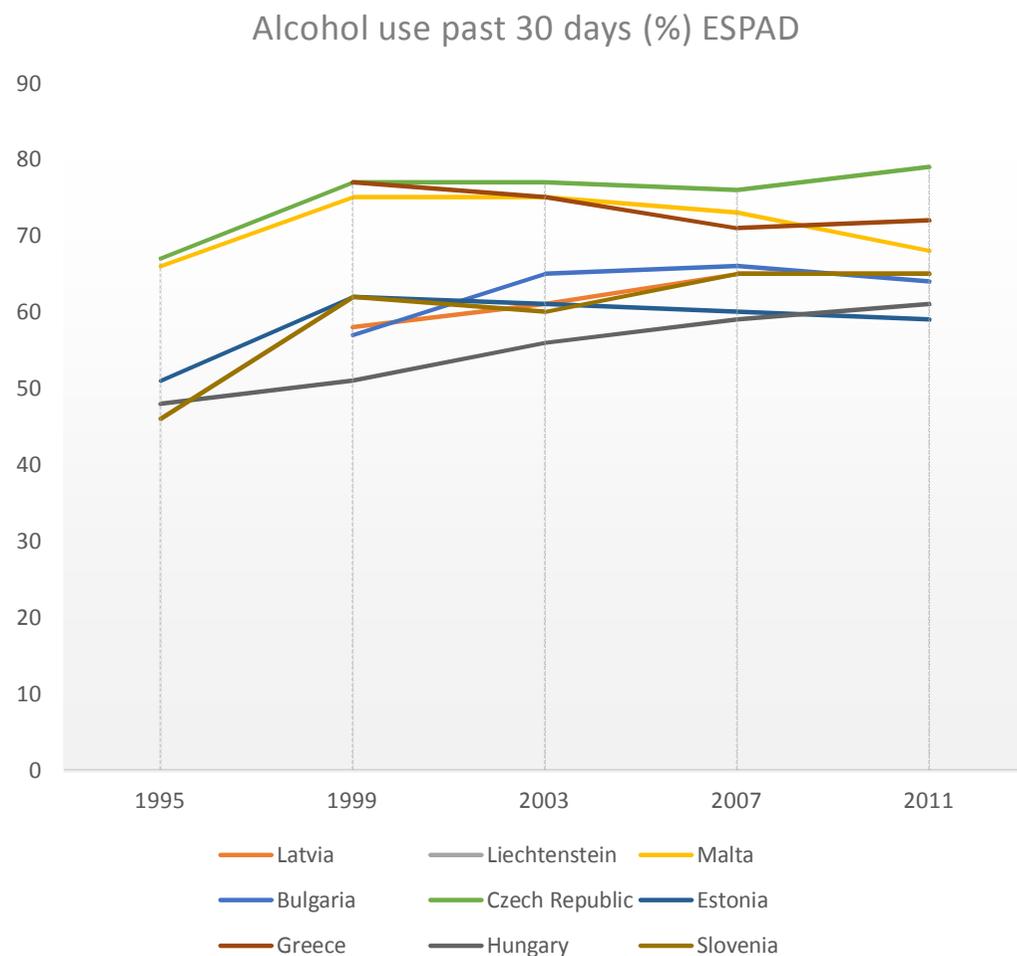


RAPID SOCIAL CHANGE

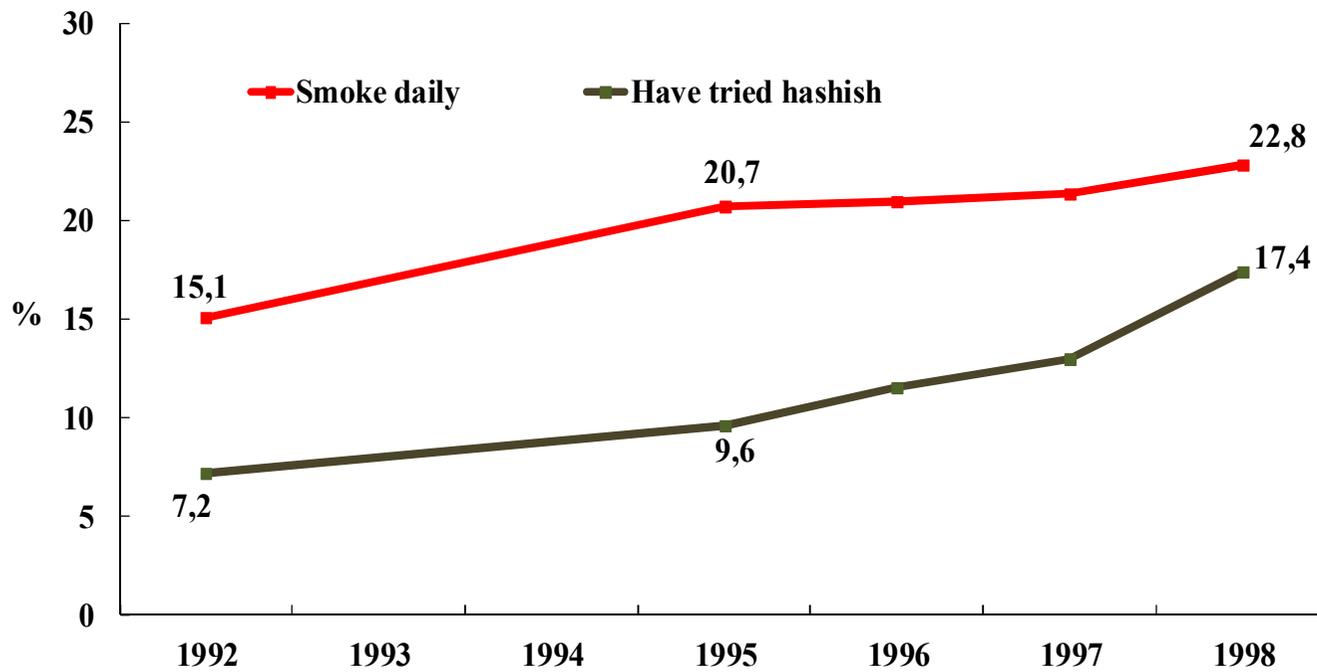
- Geographical mobility is greater than ever before
- Cities are growing
- Economies have advanced
- Educational opportunities abound
- Democracy has become our shared experience



ALCOHOL USE PAST 30 DAYS (%) ESPAD

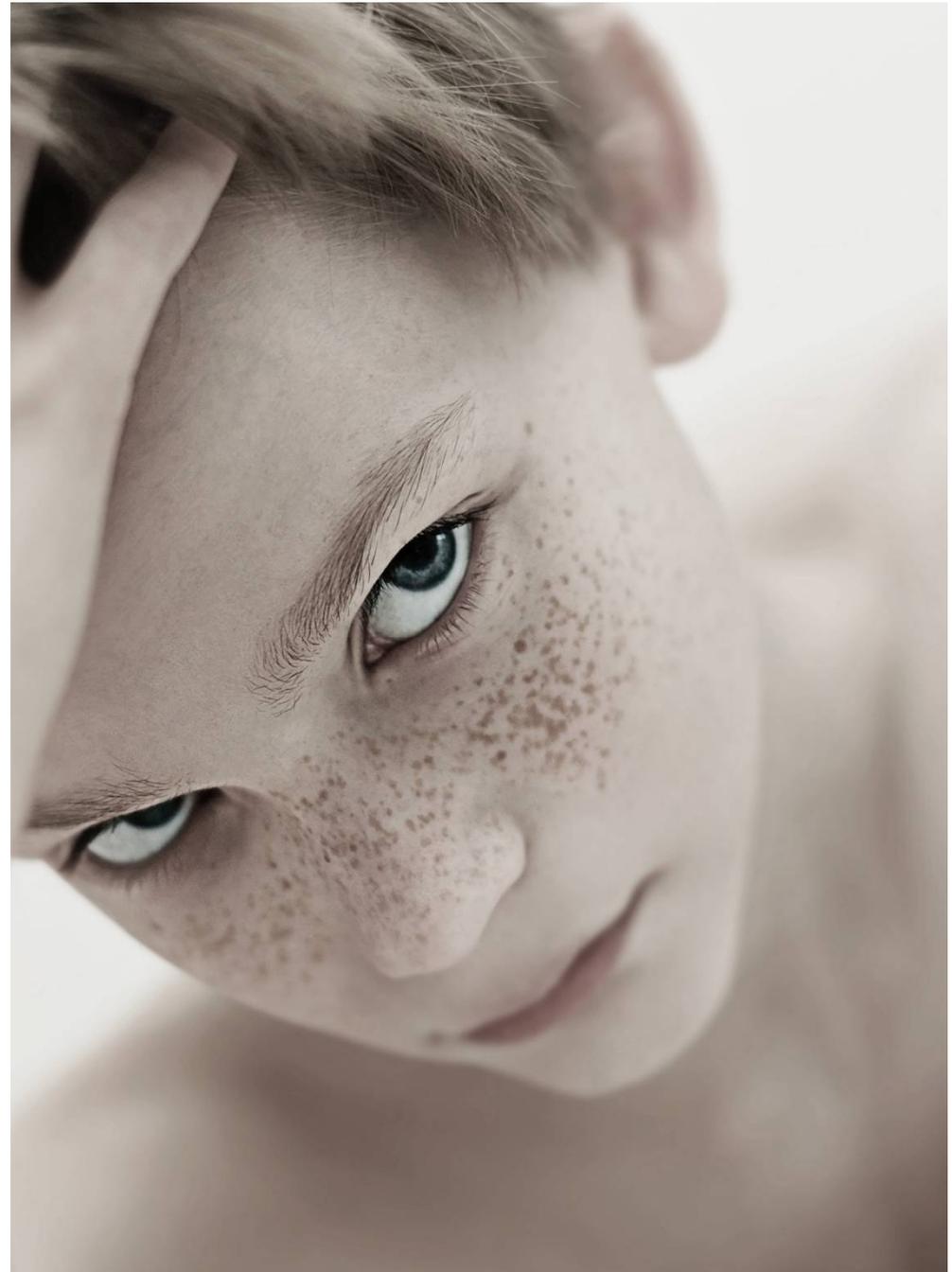


UPWARD TREND 1992-1998



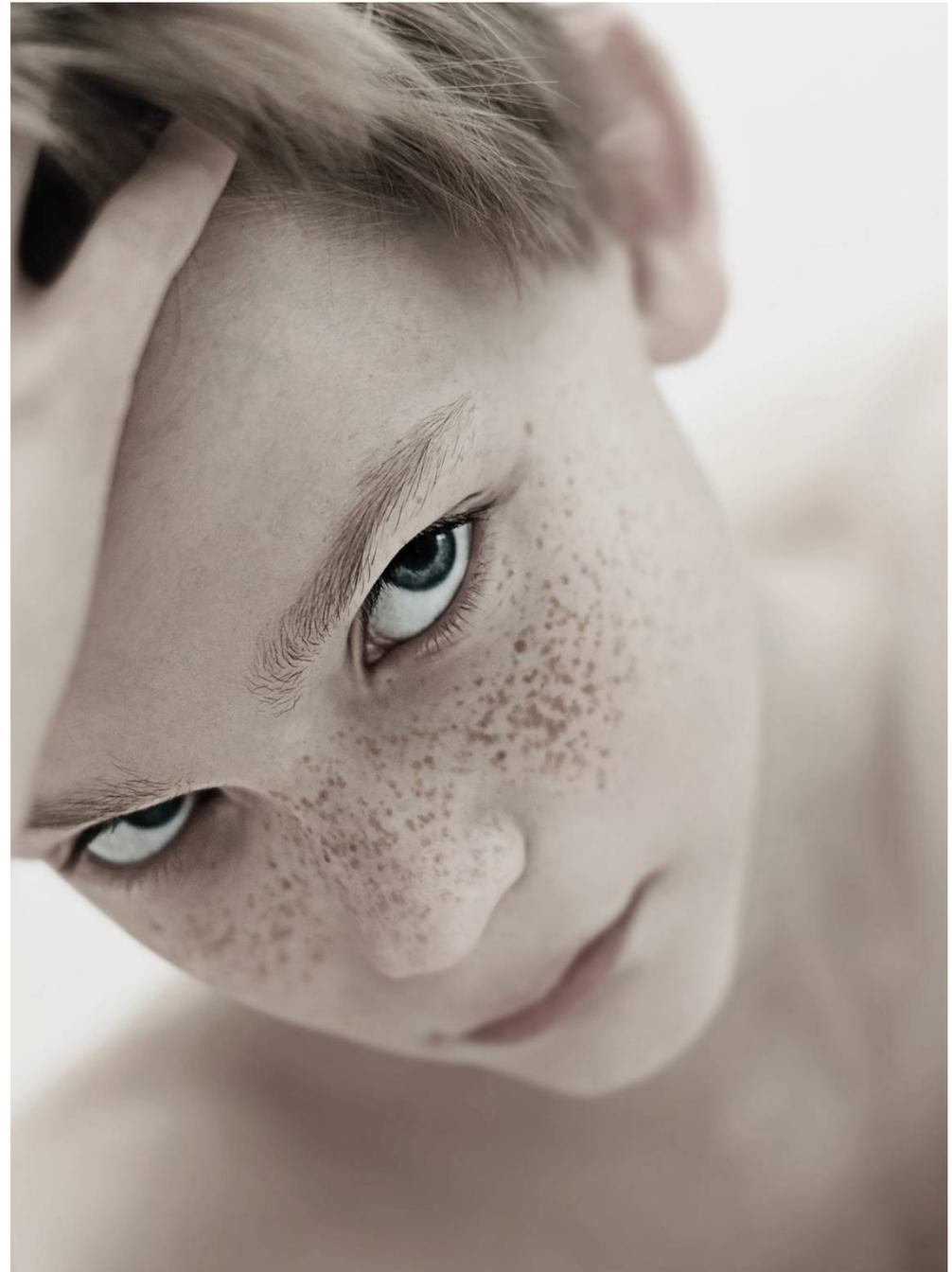
YOUTH IN ICELAND

- Theory-based, multi-level community-wide intervention



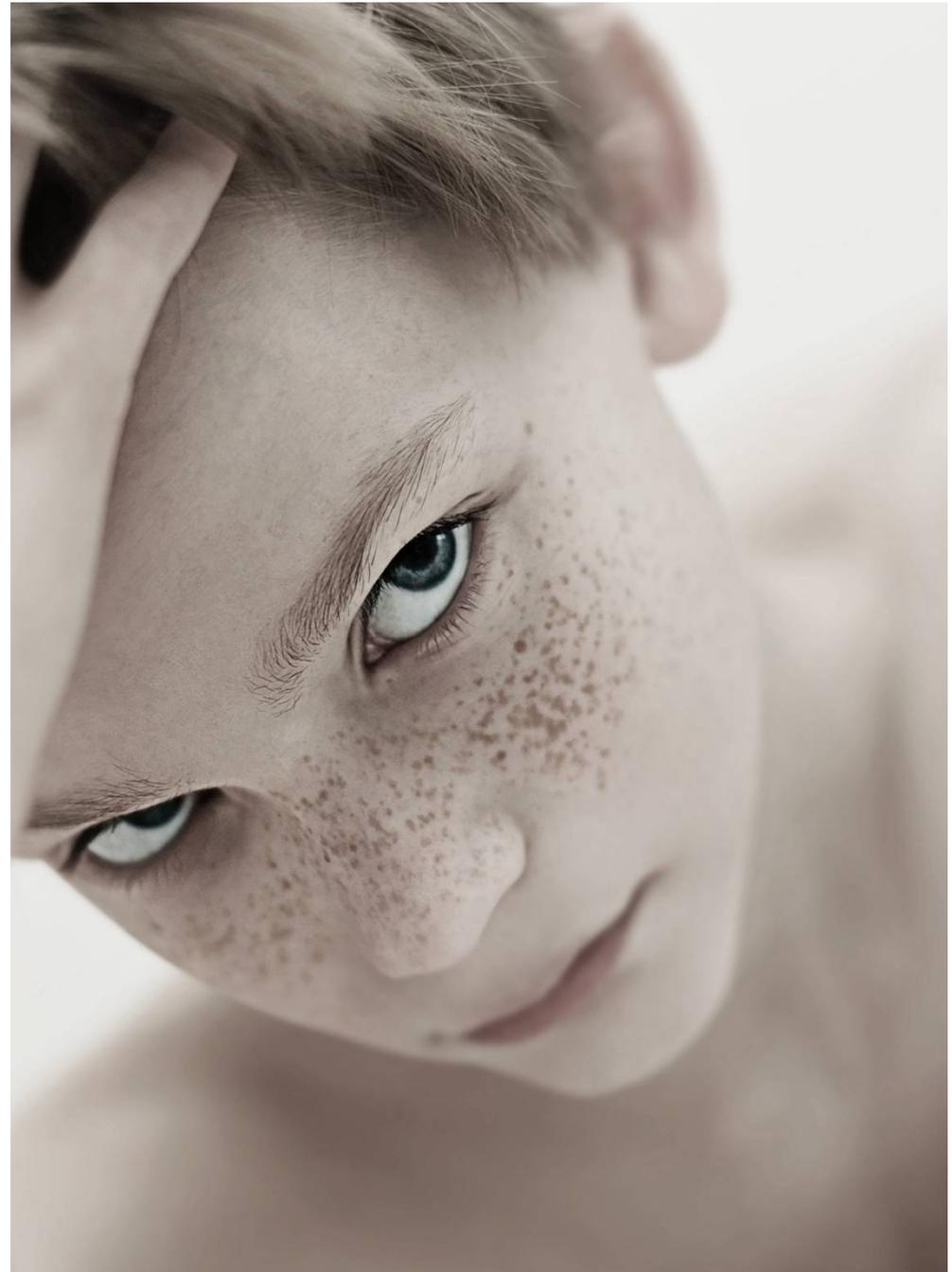
YOUTH IN ICELAND

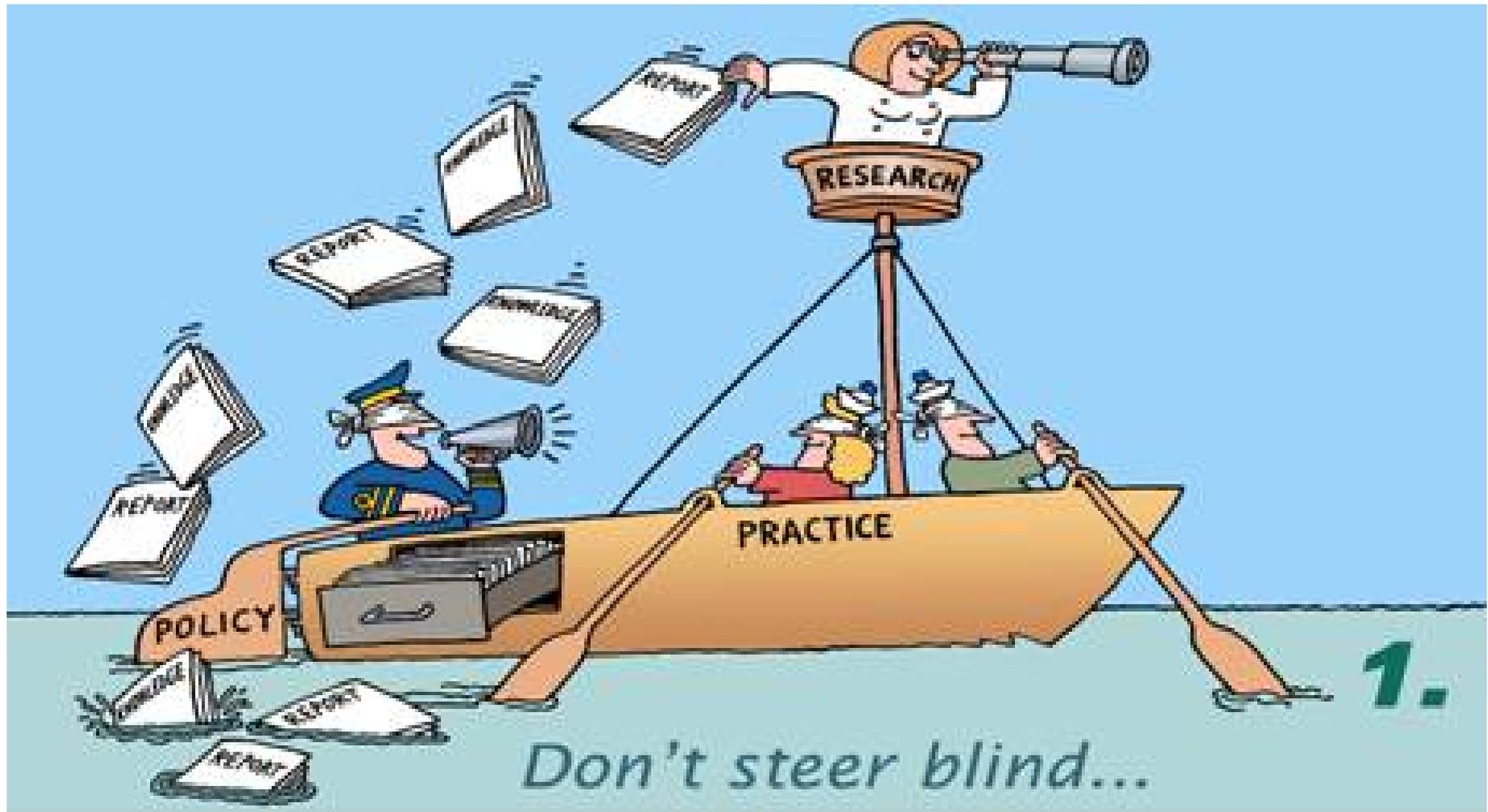
- Empirical evidence on risk and protective factors

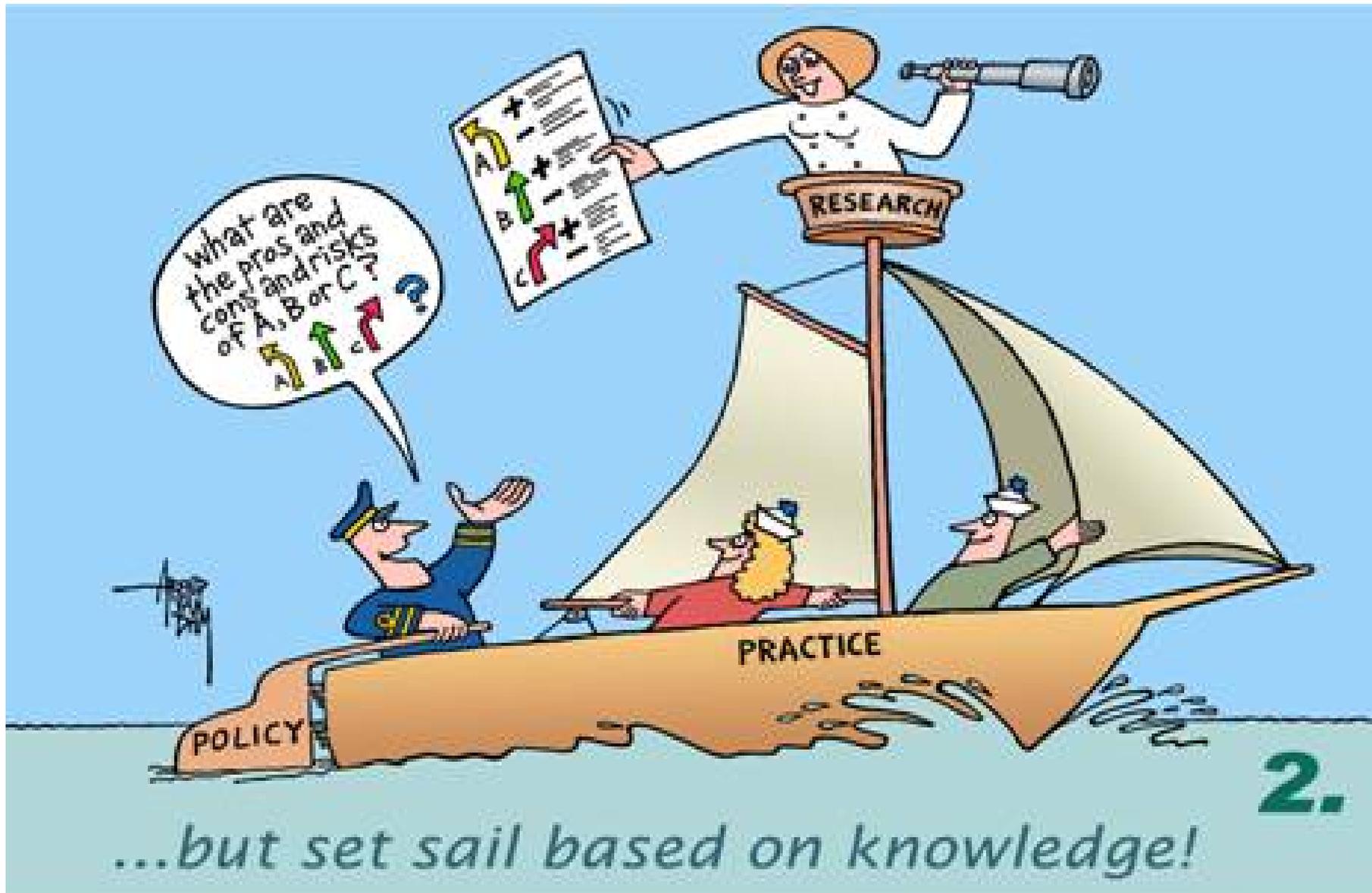


YOUTH IN ICELAND

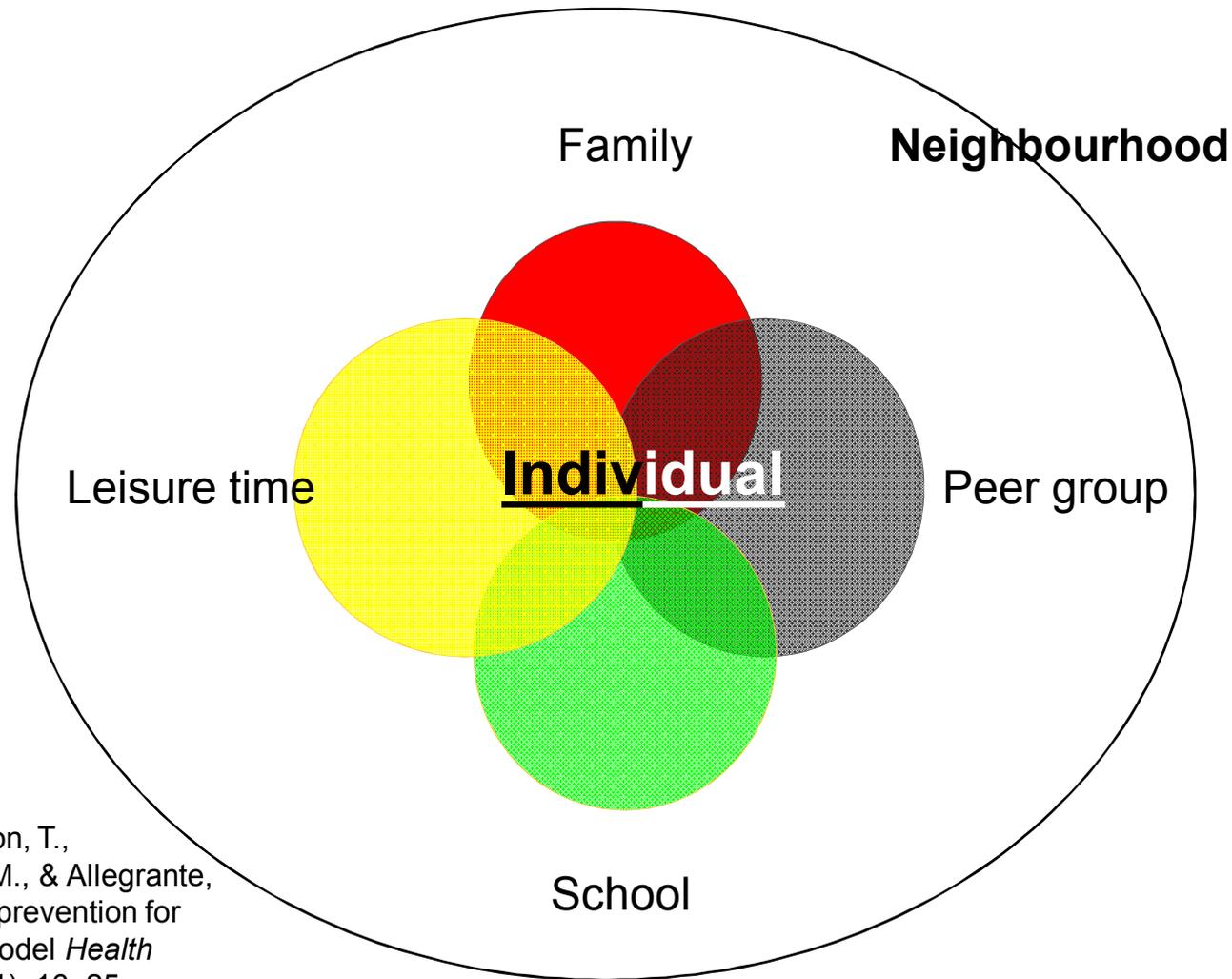
- Dialogue between social scientists, policy makers and practitioners





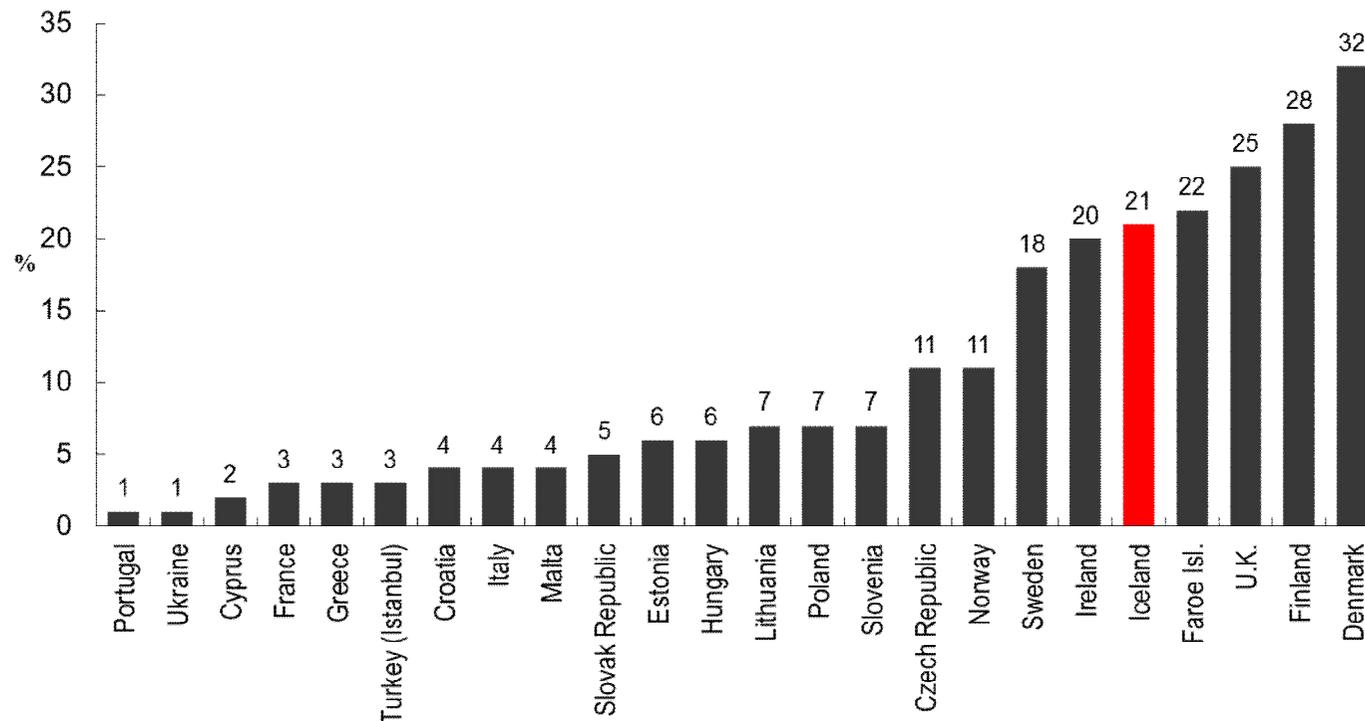


THE ICELANDIC MODEL

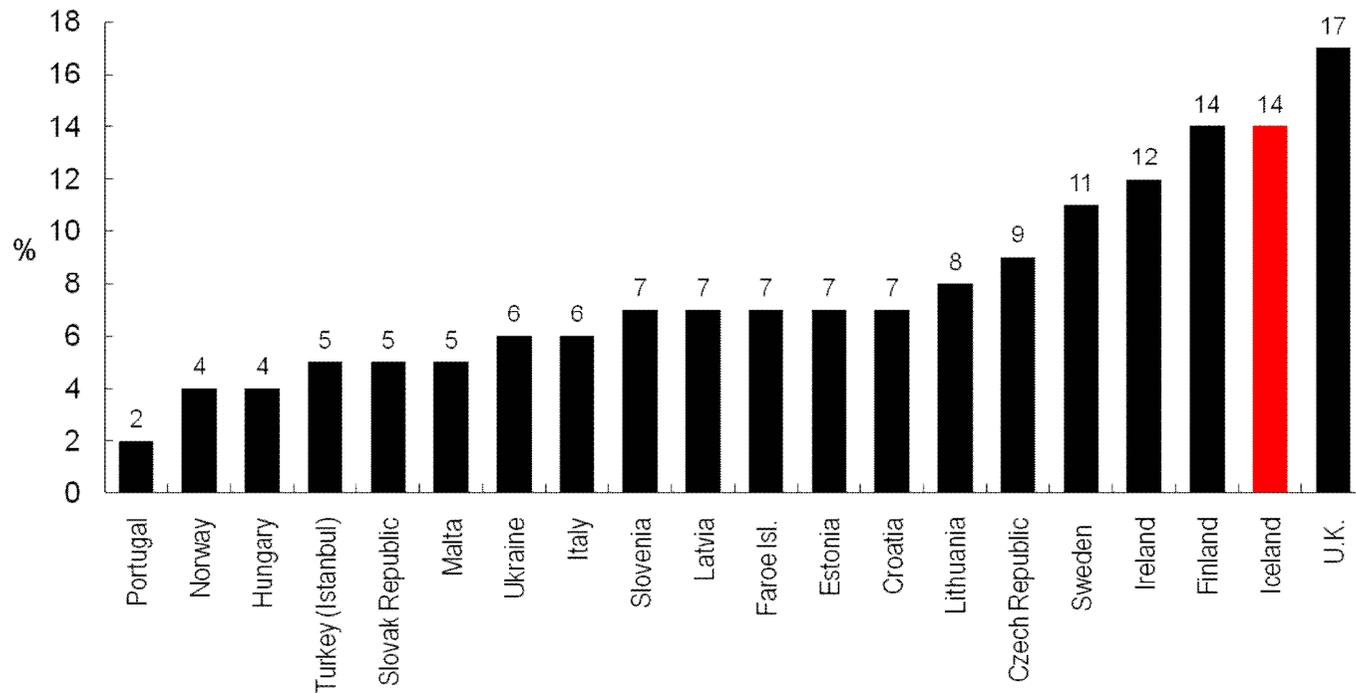


Sigfúsdóttir, I.D., Thorlindsson, T., Kristjánsson, Á. L., Roe, K. M., & Allegrante, J. P. (2009). Substance use prevention for adolescents: the Icelandic model *Health Promotion International*, 24(1), 16–25

PROPORTION OF STUDENTS IN 10TH GRADE WHO HAVE BECOME DRUNK 10 TIMES OR MORE DURING LAST 12 MONTHS (ESPAD, 1995)



PROPORTION OF STUDENTS IN 10TH GRADE WHO HAVE HAD ACCIDENTS OR INJURIES RELATED TO ALCOHOL USE (ESPAD, 1995)



THE ICELANDIC MODEL

Risk factors

Peer group

- Having friends who smoke, drink or use other substances

Unstructured activities

- Attending parties
- Spending time downtown nights/weekends
- Hanging out around malls/shopping centers

Protective factors

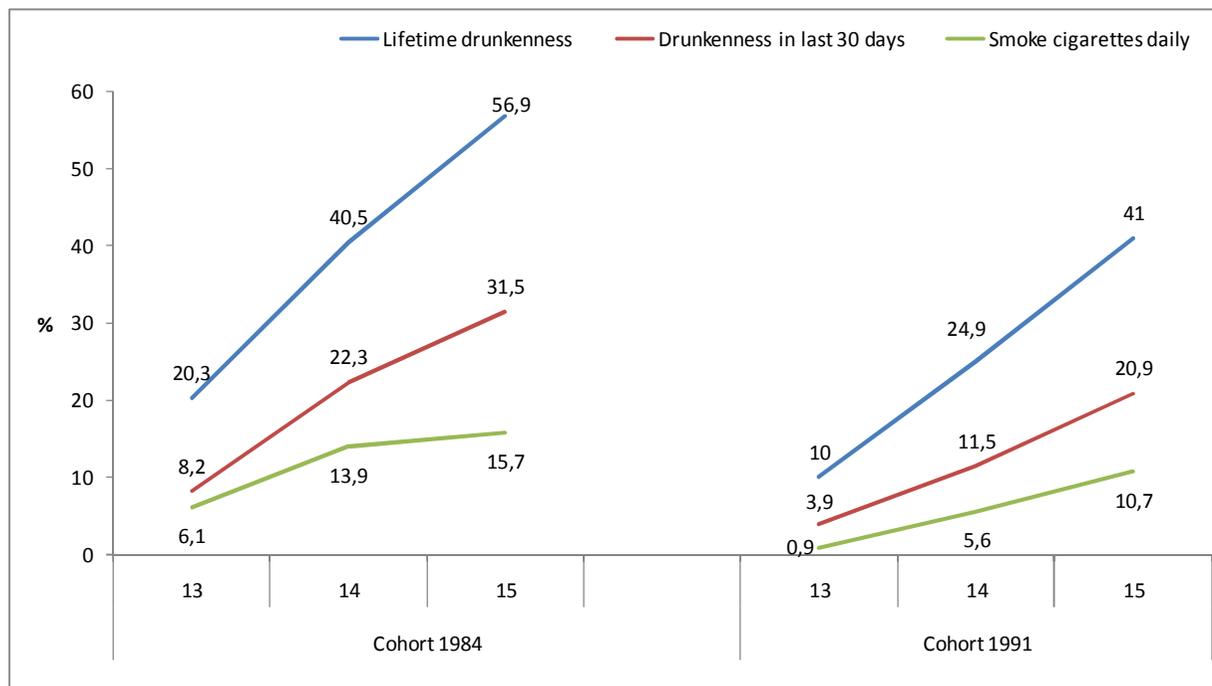
Organized youth work

- Participating in sports with a team or a club
- Engaging in structured activities within youth recreational centres
- Extracurricular activities in school
- Other: scout clubs, squads, religious groups, etc.

Parents

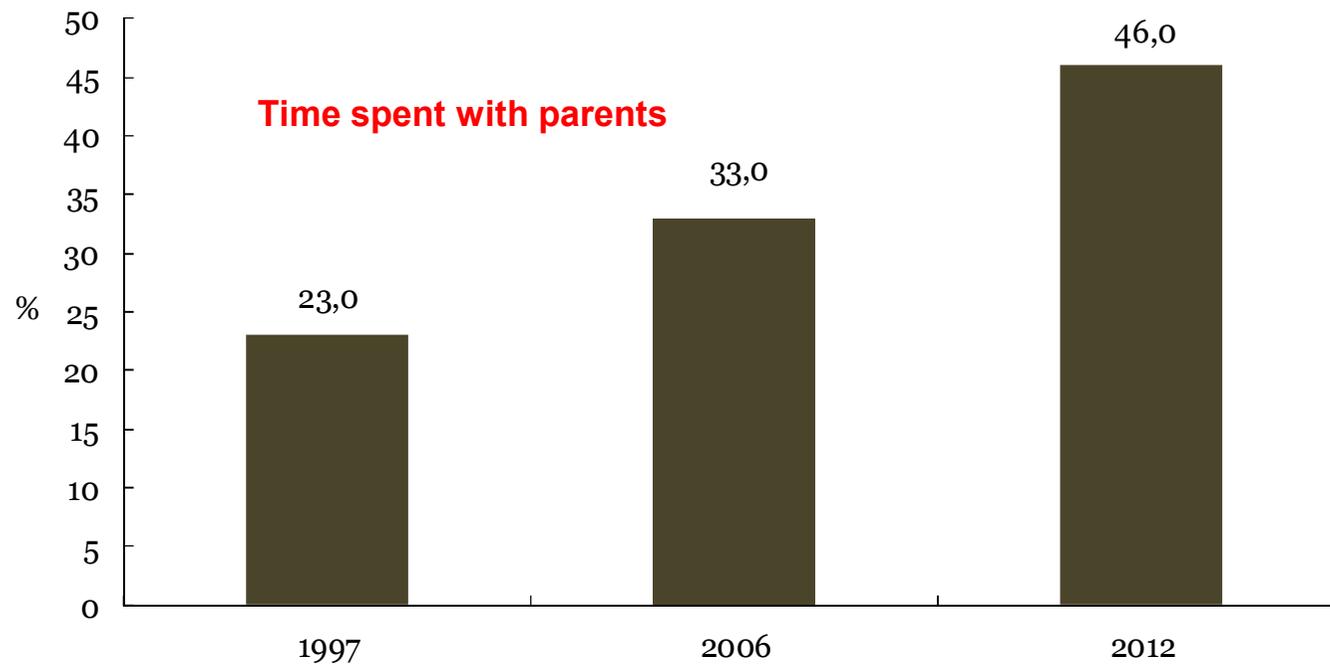
- Support: caring and warmth
- Monitoring: knowing with whom and where the adolescents are in the evenings
- Time spent with parents

SUBSTANCE USE FOLLOWS COHORTS

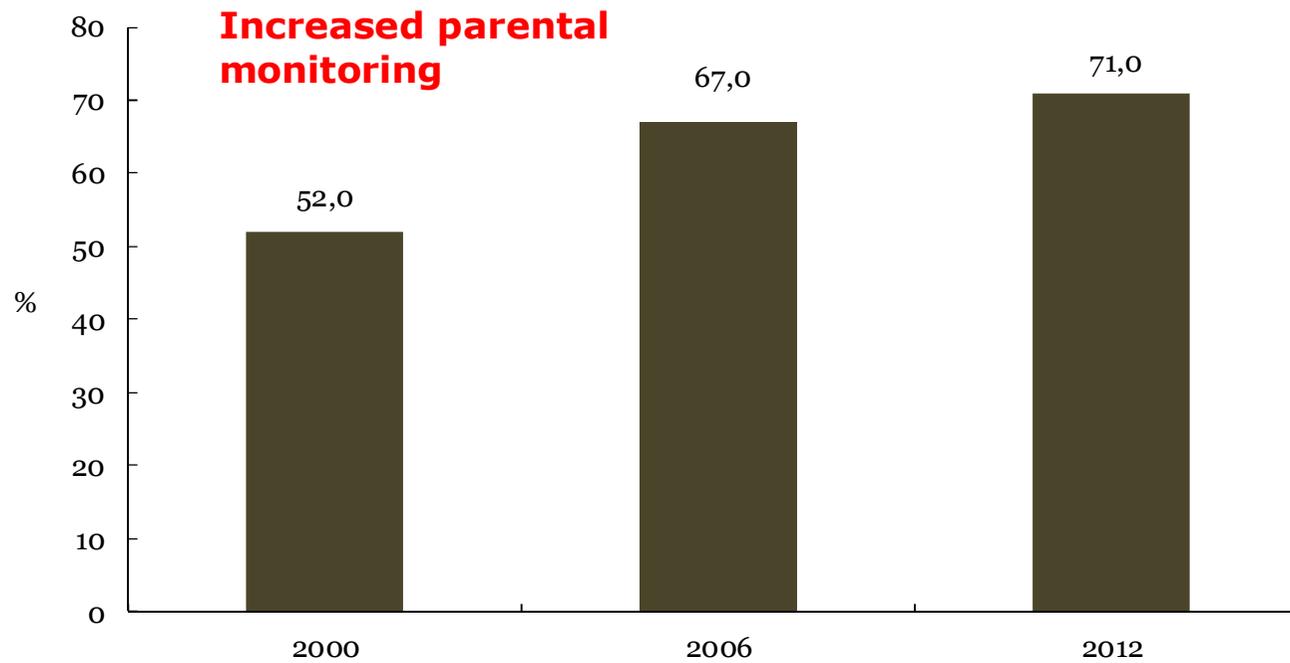


Sigfusdottir et al., 2011. Global Health Promotion

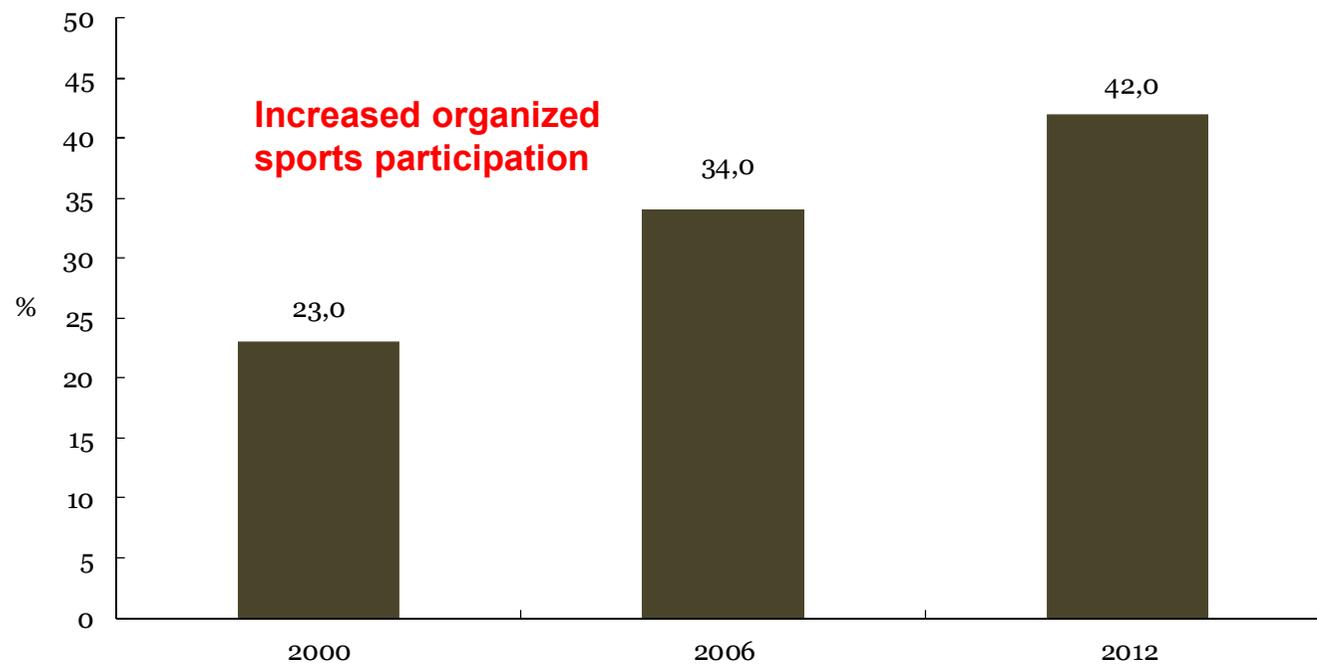
PERCENTAGE OF STUDENTS IN 9TH AND 10TH GRADE WHO SPEND TIME (OFTEN/ALMOST ALWAYS) WITH THEIR PARENTS DURING WEEKDAYS



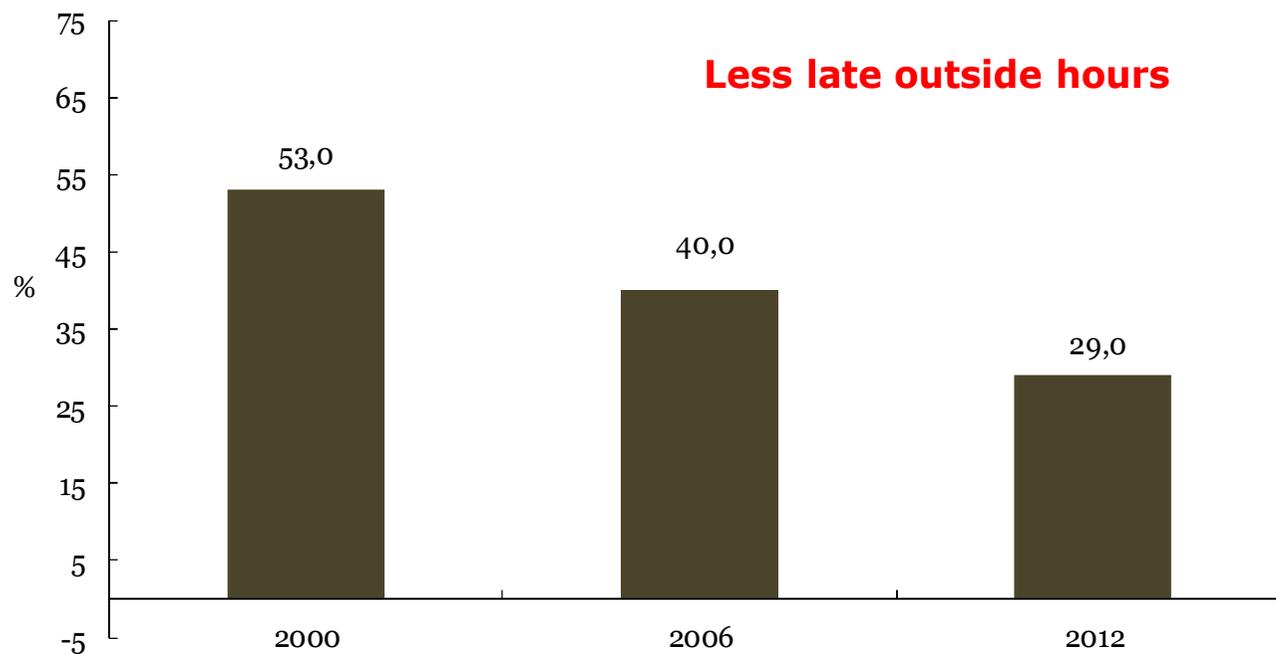
MY PARENTS KNOW WHERE I AM IN THE EVENINGS
(APPLIES VERY OR RATHER WELL TO ME) 9TH AND 10TH
GRADE



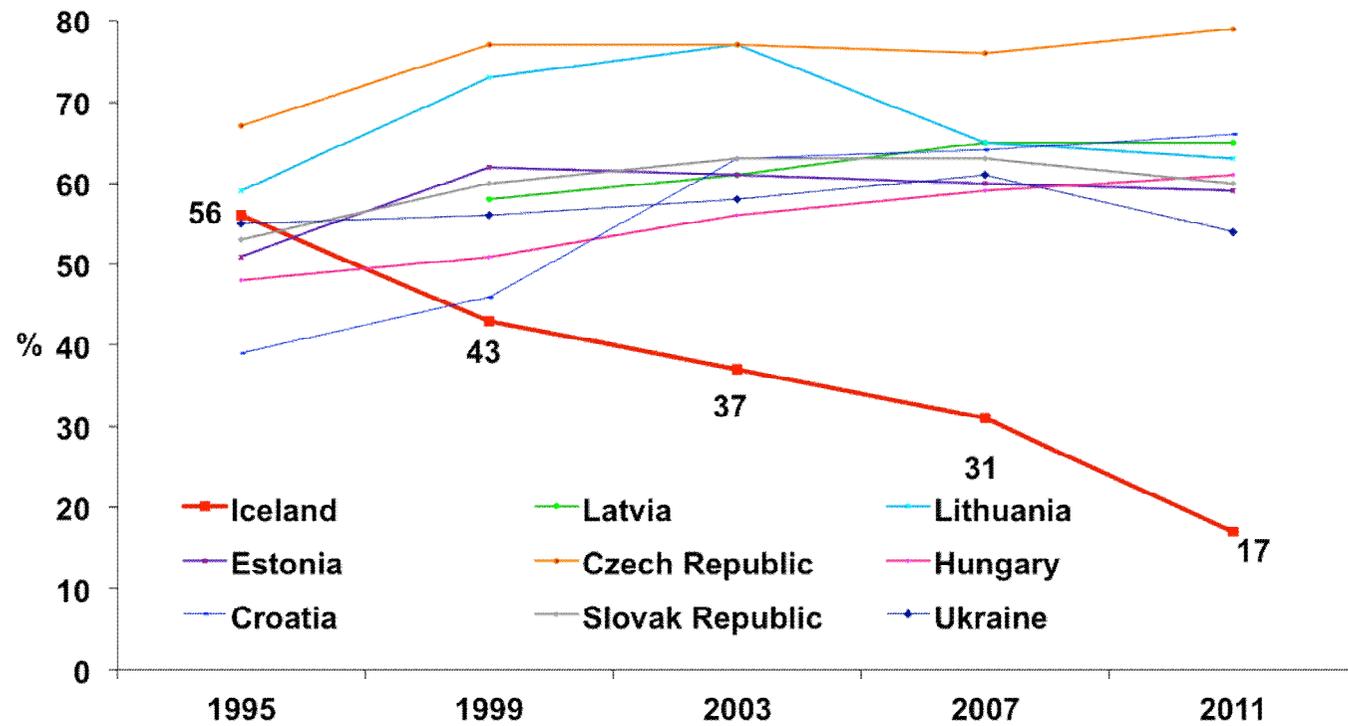
PERCENTAGE OF STUDENTS IN 9TH GRADE THAT PARTICIPATE IN SPORTS IN A SPORTS CLUB FOUR TIMES PER WEEK OR MORE



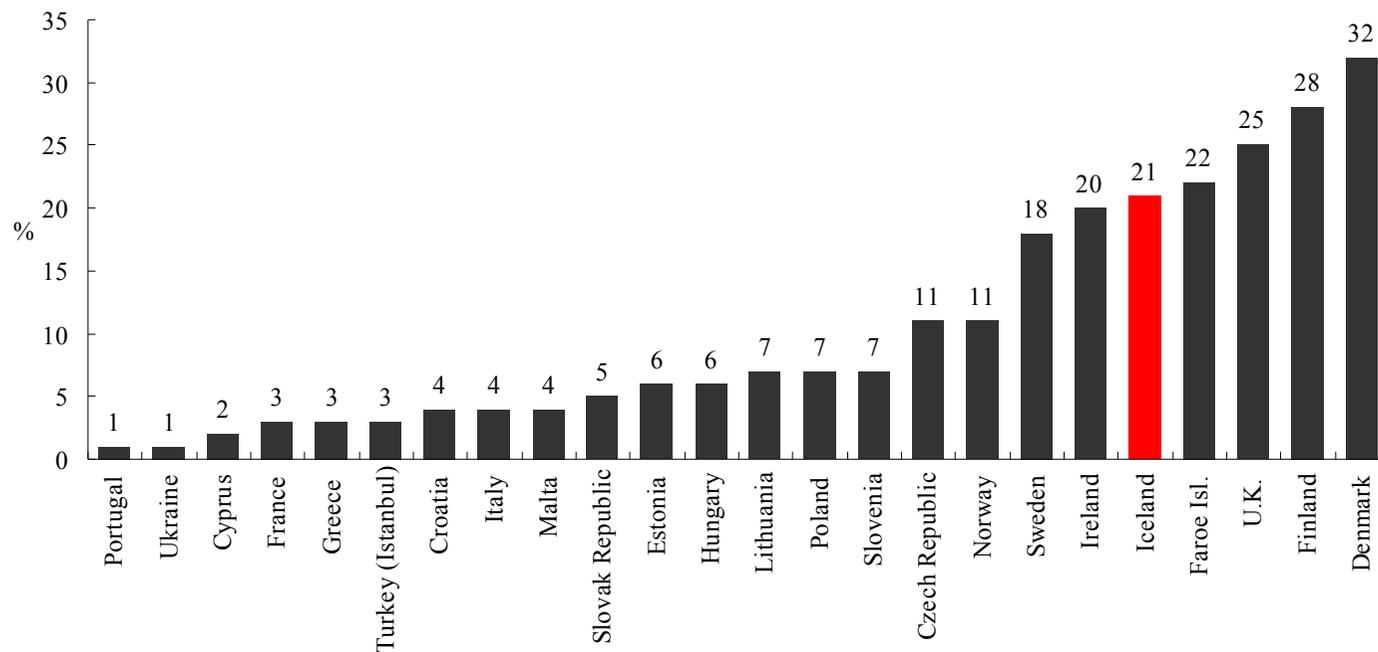
PROPORTION OF STUDENTS IN 9TH AND 10TH GRADE WHO HAVE BEEN OUT AFTER 10 PM (3 TIMES OR MORE) IN THE PAST WEEK



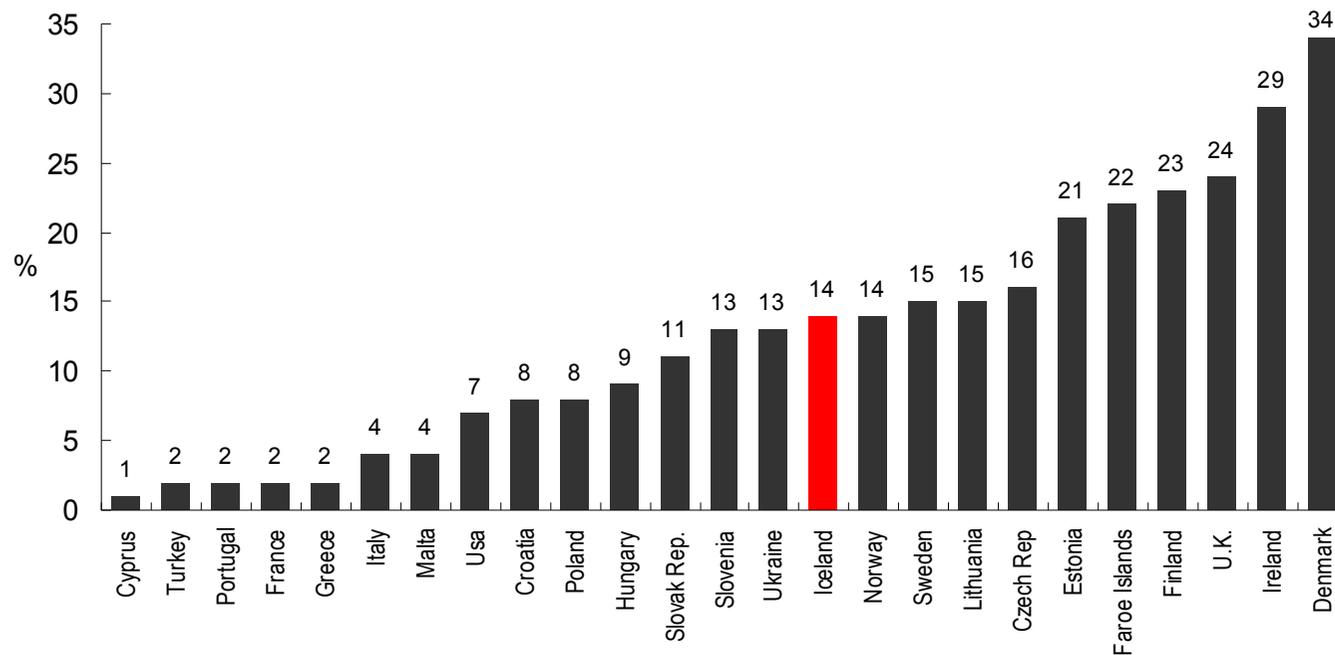
ALCOHOL USE PAST 30 DAYS (ESPAD)



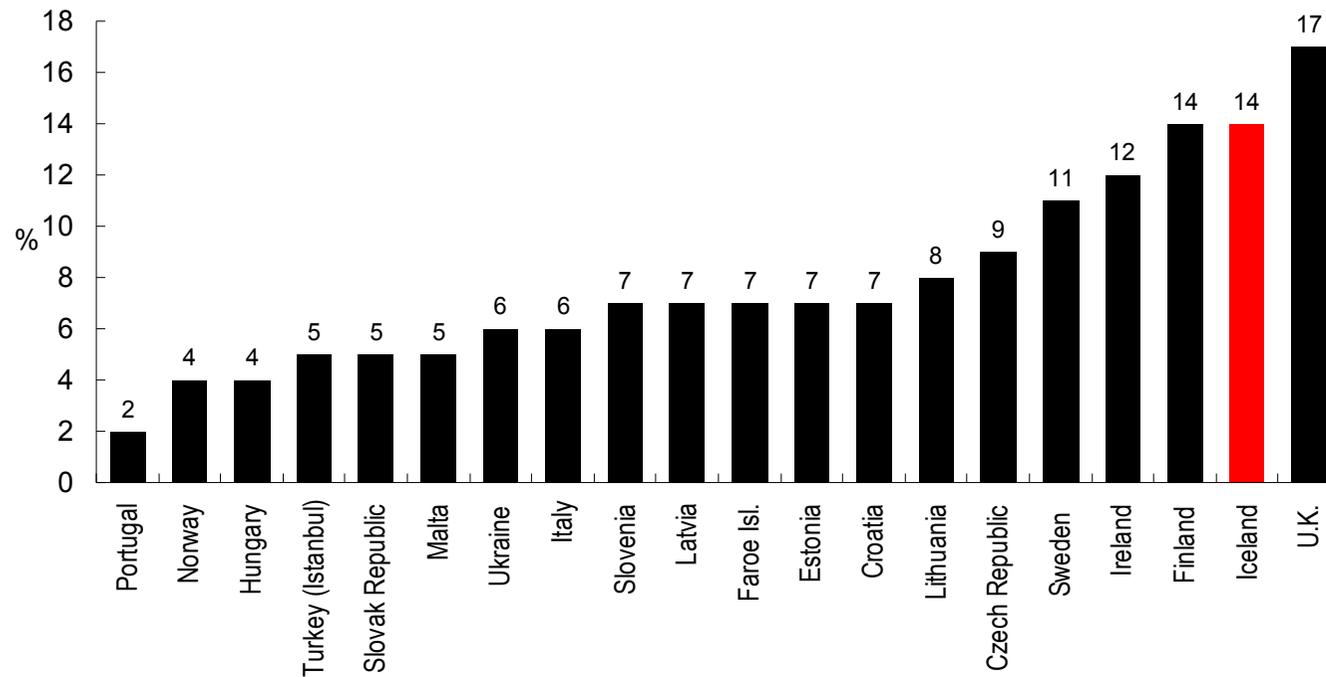
PROPORTION OF STUDENTS IN 10TH GRADE WHO HAVE BECOME DRUNK 10 TIMES OR MORE DURING LAST 12 MONTHS (ESPAD, 1995)



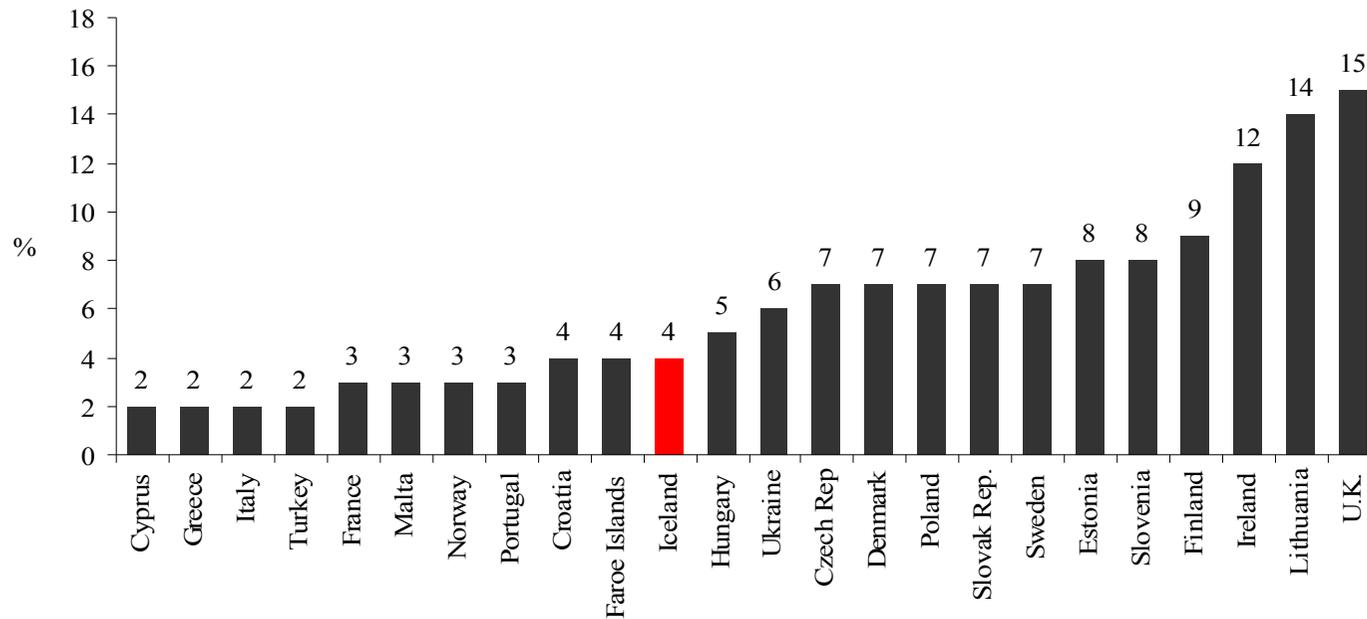
PROPORTION OF STUDENTS IN 10TH GRADE WHO HAVE BECOME DRUNK 10 TIMES OR MORE DURING LAST 12 MONTHS (ESPAD, 2003)

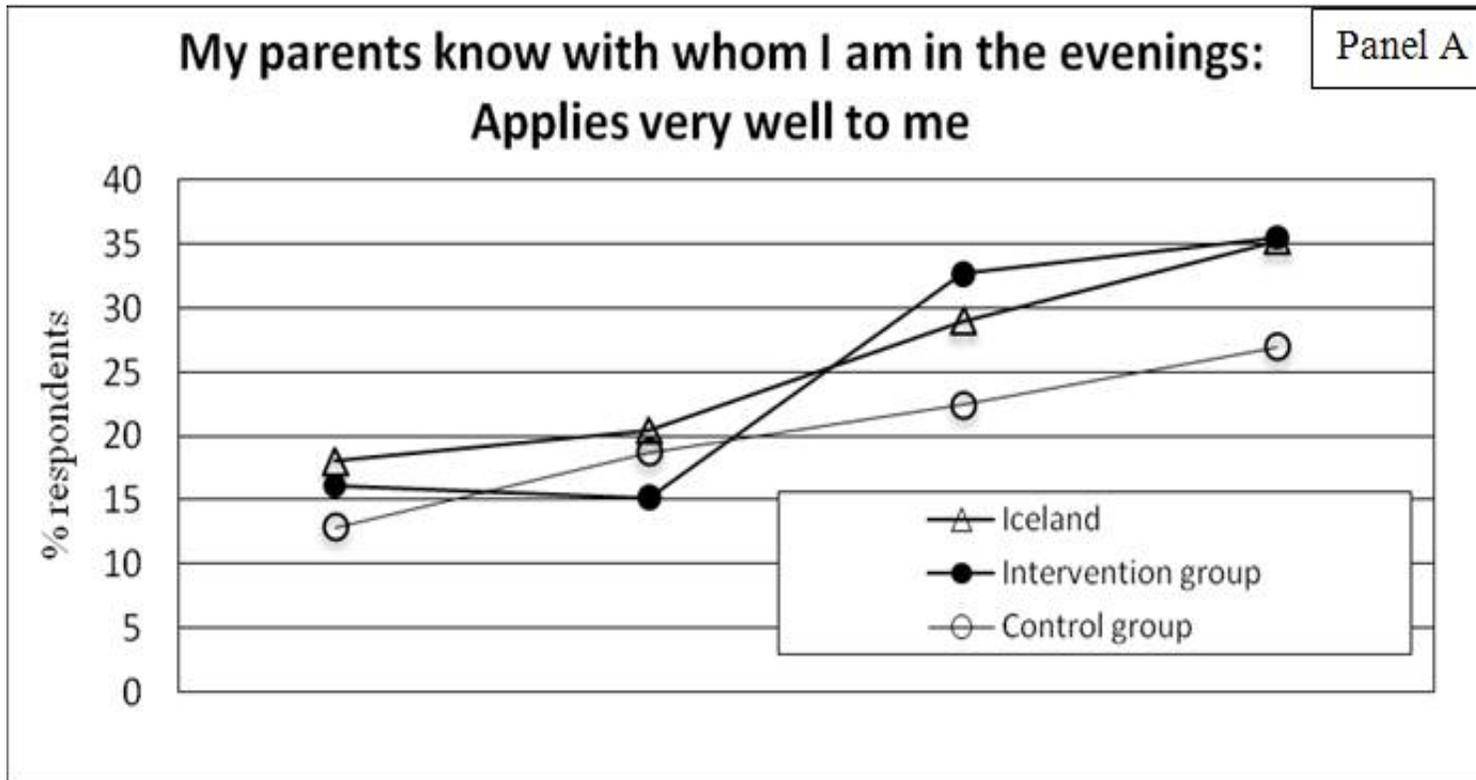


PROPORTION OF STUDENTS IN 10TH GRADE WHO HAVE HAD ACCIDENTS OR INJURIES RELATED TO ALCOHOL USE (ESPAD, 1995)



PROPORTION OF STUDENTS IN 10TH GRADE WHO HAVE HAD ACCIDENTS OR INJURIES IN RELATION TO ALCOHOL USE (ESPAD, 2003)

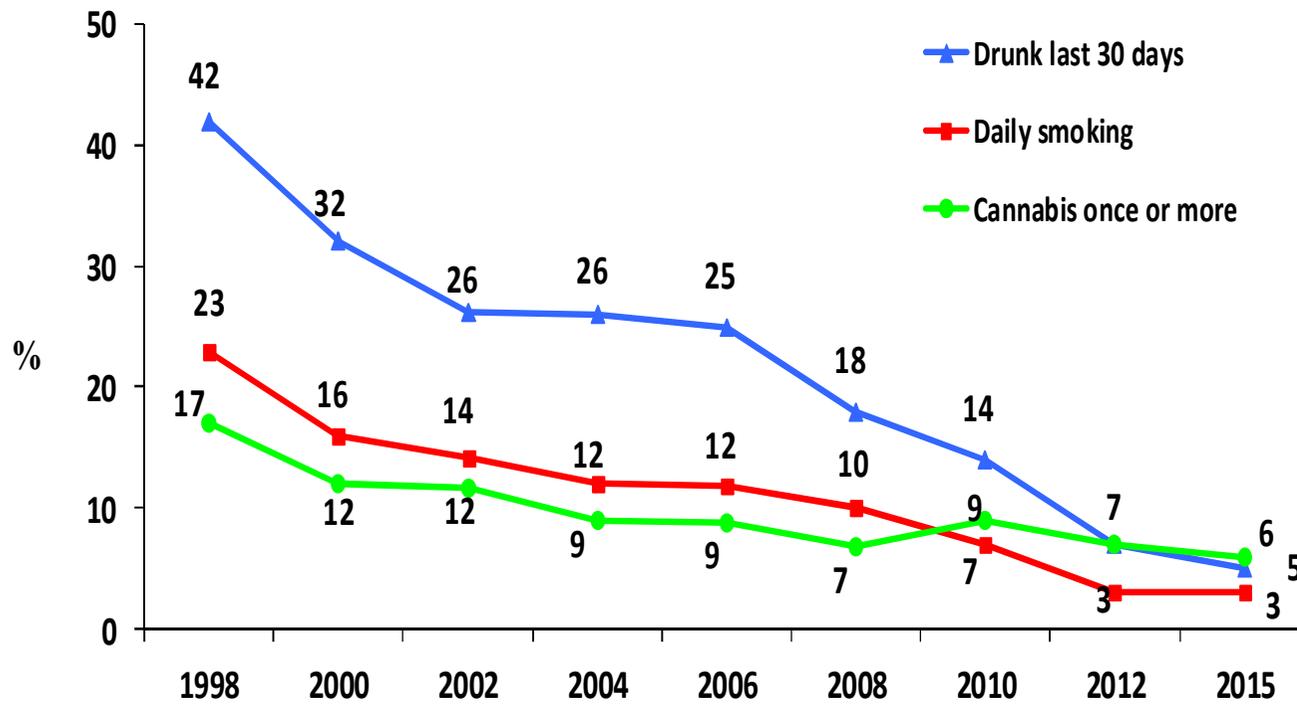




Kristjansson, AL., James, JE., Allegrante, JP., Sigfusdottir, ID., Helgason, AR. (2010). Adolescent substance use, parental monitoring, and leisure time activities: 12-year outcomes of primary prevention in Iceland. *Preventive Medicine*, 51, 168-171.

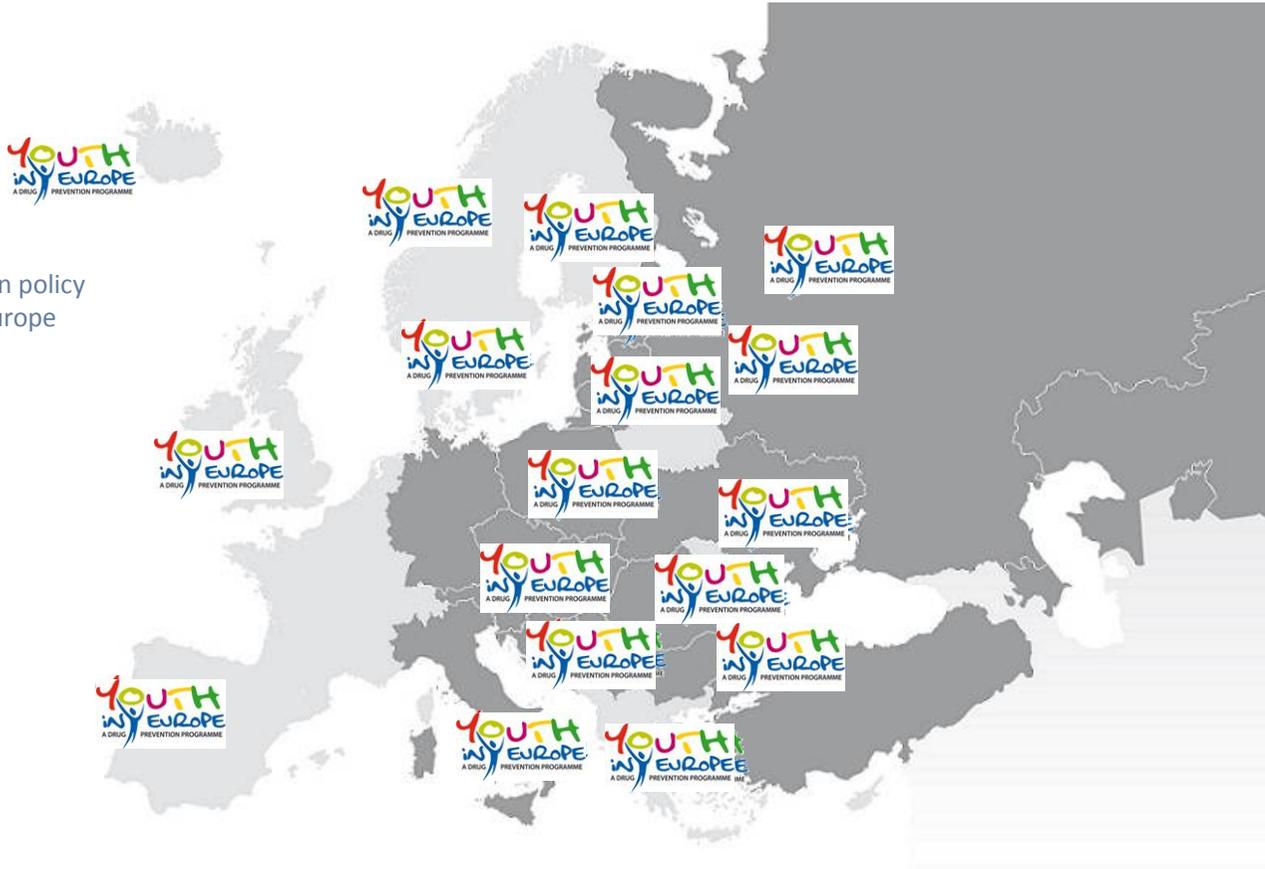
SUBSTANCE USE IN ICELAND

15-16 YEAR OLD ADOLESCENTS

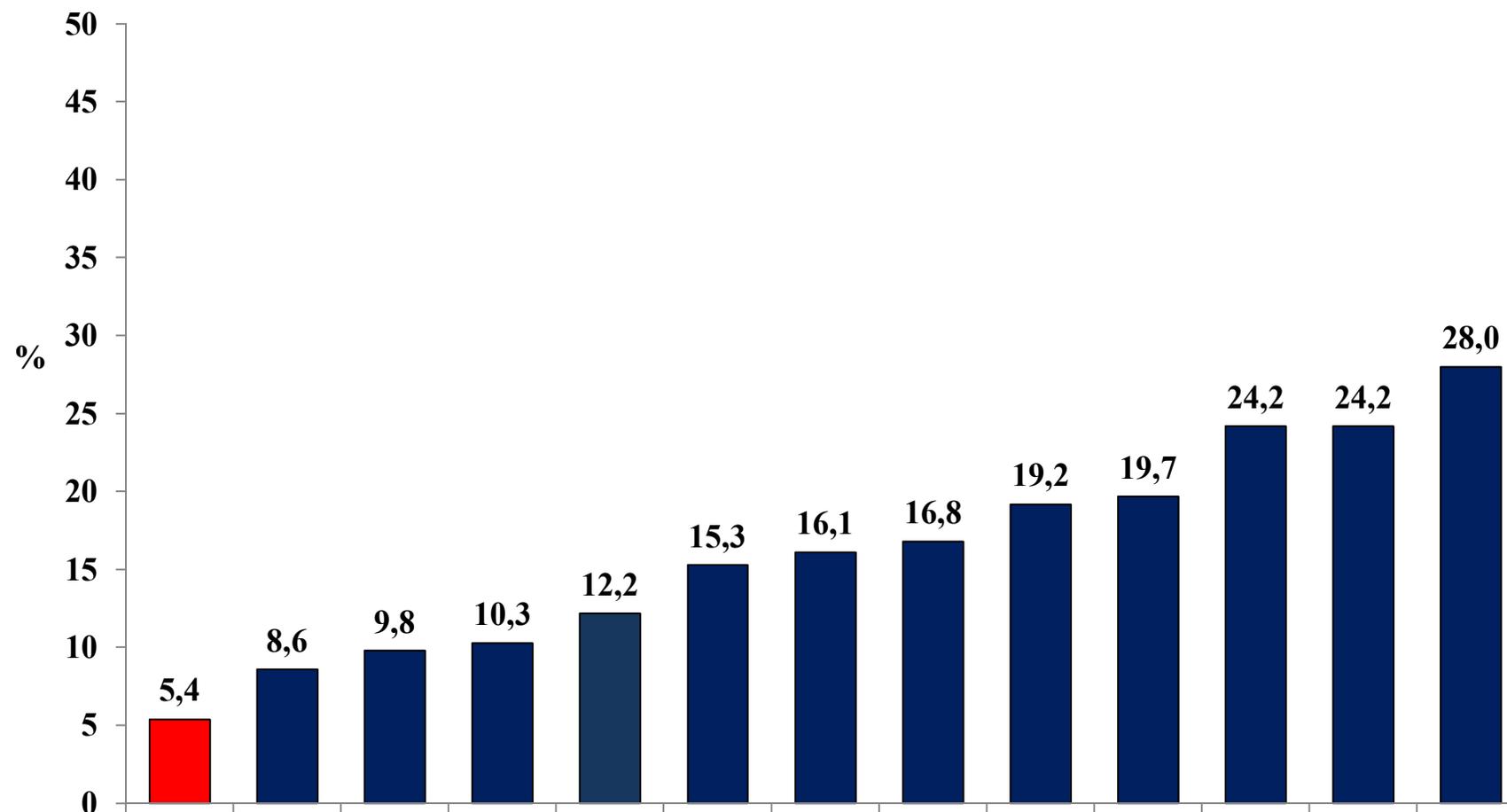


Impact on policy
across Europe

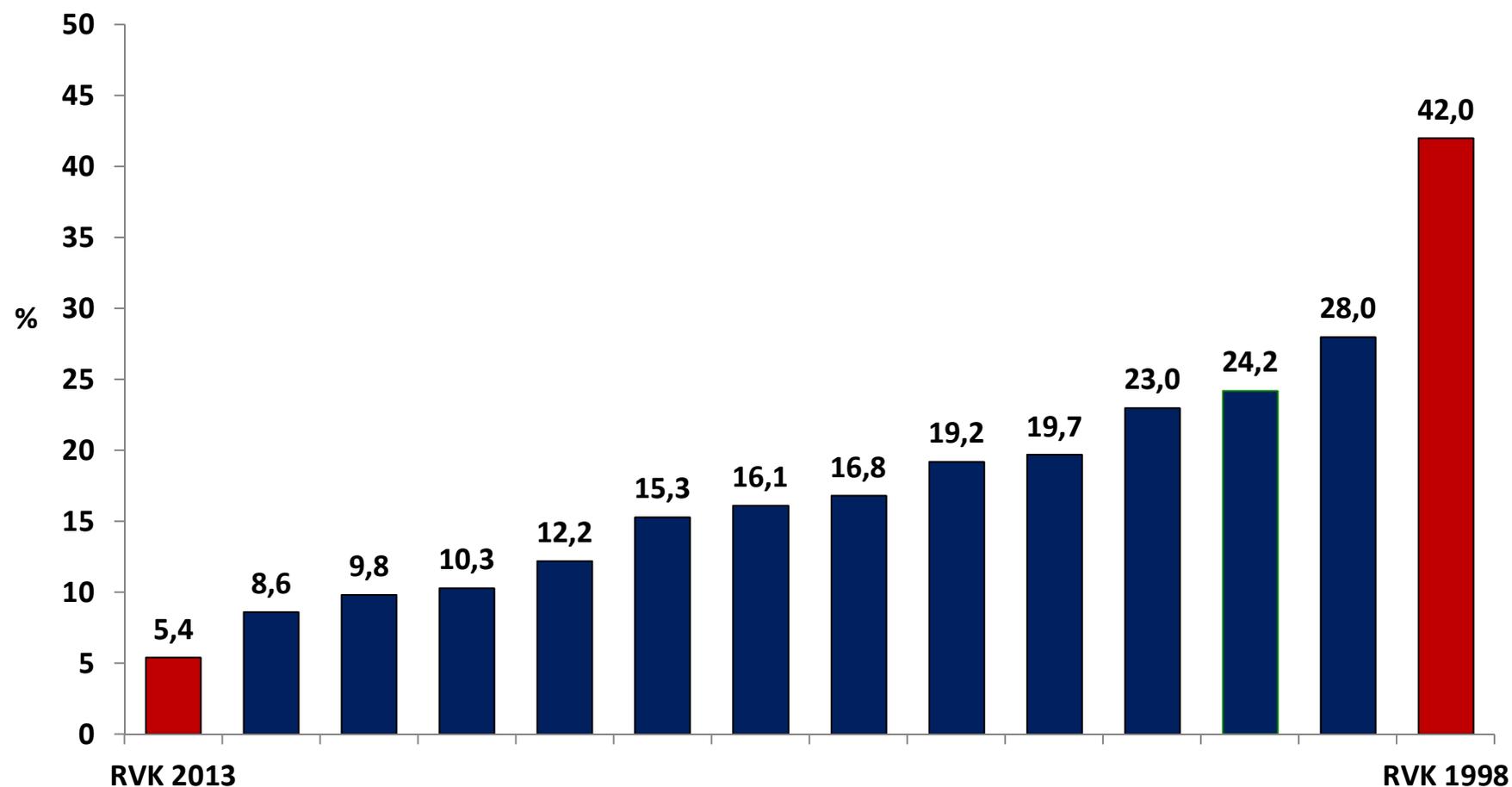
- Iceland
- Norway
- Sweden
- Finland
- Spain
- Estonia
- Lithuania
- Latvia
- Romania
- Italy
- Russia
- Bulgaria
- Portugal
- France
- Malta
- Greece
- Turkey



15 – 16 year old who have become drunk past 30 days in some European cities 2013



15 – 16 year old who have become drunk past 30 days in some European cities 2013



PIONEERING INTO A NEW FIELD

Example of why:

Depression > Suicidal ideation

Anger > Suicidal attempts

