

Enhancing Prevention with Substance Abuse and Alcohol Prevention (SAP) Games

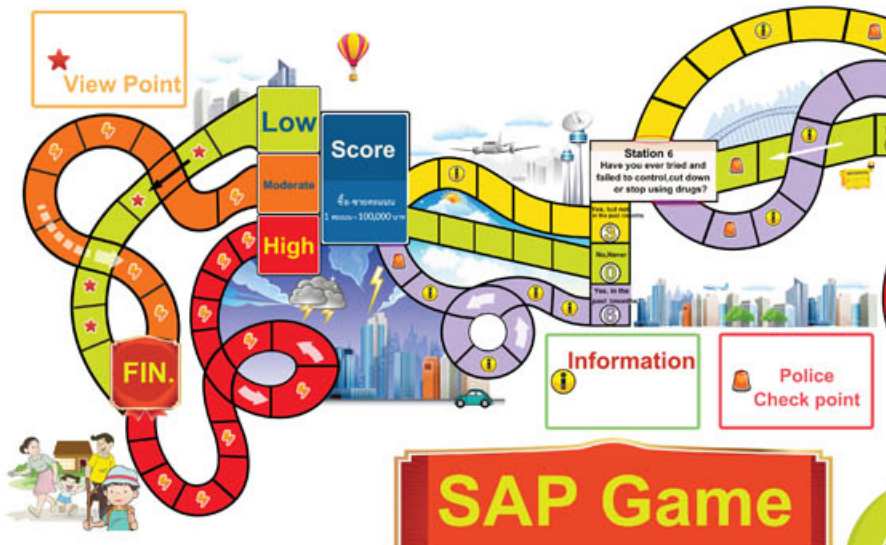
Kanittha Thaikla¹, Sawitri Assanangkornchai²

¹Research Institute for Health Sciences Chiang Mai University THAILAND.

²Faculty of Medicine Prince of Songkla University THAILAND.

Background

The Research Institute for Health Sciences at Chiang Mai University has conducted research related to alcohol and drugs surveillance in Thailand. In 2012, a database for drug-using prisoners in Chiang Mai and Lamphun Provinces was developed. The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) was used to classify the risk to prisoners of substance abuse in order to provide appropriate care. Among the 1,796 new offenders, 65.0% and 16.2% were in the moderate to high risk ranges of alcohol and amphetamine-type-stimulants abuse, respectively. Due to personnel limitations, an educational activity in the form of a game was developed with the goal of building the capacity of the prison staff in caring for drug-abusing offenders and enhancing their understanding of the best procedures for assessing the risk of drug use and providing counseling.



Methods

The ASSIST (Alcohol, Smoking and Substance Involvement Screening Test) assessment form, together with provisions from the Narcotics Act and the Alcoholic Beverages Act, and knowledge about the harms and effects of drug use and alcohol consumption, were merged with a Monopoly game to create an educational activity called the Substance Abuse and Alcohol Prevention (SAP) game.

The optimum number of players is 5. The first step is to designate one player to be the banker. One player is chosen to go first and then each player spins the wheel to select the drug each player will represent. Each player begins the game with ฿400,000.

The game consists of 6 stations with unique routes. Each station contains a question from the ASSIST Screening test. At the beginning of the game, each player must spin to decide which route they will follow throughout the game. Along the route they will gain and lose points. The player who has the most money and the lowest score at the end of the game wins.

Participants were prisoners, probation staff, students and the general public. All participants were required to complete evaluation forms prior to and after playing the game. The instrument for this study was a questionnaire to assess the understanding and attitude towards the game. The questionnaire consisted of 3 parts: General knowledge, measured by a 12-items questionnaire on awareness with two choices, i.e., 1 = know, 0= don't know; Attitude and Satisfaction Questionnaire, with 12 items and 4 levels of attitude and satisfaction score: 4=highest, 3=high, 2=low, 1=lowest.

Result

A survey was created for the SAP game and distributed to 166 participants consisting of 40.4% prisoners, 34.3% students, 19.9% general public and 5.4% probation staff.

Table 1. Participant demographics data

Demographics	probation staff	Prisoners	General Public	Student	Total
n	9	67	33	57	166
Sex	n(%)	n(%)	n(%)	n(%)	n(%)
Male	4(44.4)	28(41.8)	21(63.6)	33(57.9)	86(51.8)
Female	5(55.6)	39(58.2)	12(36.4)	24(42.1)	80(48.2)
Age	(0)	(0)	(0)	(0)	(0)
10-19years	0(0)	43(64.2)	1(3)	50(87.7)	94(56.6)
20-29years	2(22.2)	17(25.4)	3(9.1)	7(12.3)	29(17.5)
30-39years	4(44.4)	4(6)	0(0)	0(0)	8(4.8)
40-49years	3(33.3)	3(4.5)	9(27.3)	0(0)	15(9)
50-59 years	0(0)	0(0)	13(39.4)	0(0)	13(7.8)
60-69 years	0(0)	0(0)	7(21.2)	0(0)	7(4.2)
Education	(0)	(0)	(0)	(0)	(0)
Primary	0(0)	11(16.4)	12(36.4)	13(22.8)	36(21.7)
secondary	1(11.1)	52(77.6)	15(45.5)	32(56.1)	100(60.2)
Diploma	0(0)	4(6)	0(0)	0(0)	4(2.4)
Bachelor's degree or higher	8(88.9)	0(0)	6(18.2)	12(21.1)	26(15.7)

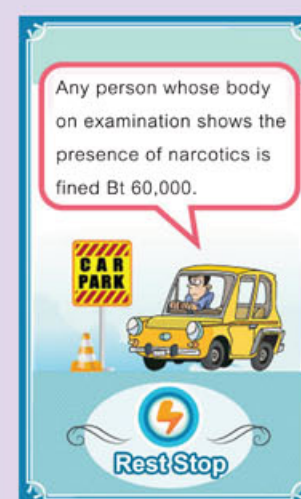
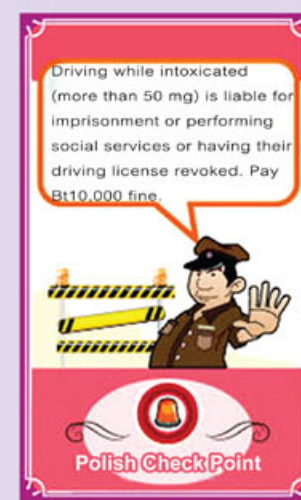
- **Knowledge:** After finishing the game, those who played the game had significantly higher knowledge of the laws related to alcohol and drugs (pre mean=0.87 SD.=0.17, post mean=0.98 SD. 0.08, p=0.00) and significantly higher knowledge of the dangers and consequences of alcoholic beverages and drugs (pre mean=0.92 SD.=0.11, post mean=0.97 SD. 0.09, p=0.00)

- **Ease of use:** The format of the game was deemed very easy to use (average= 3.29 , min=1 max=4). The orientation of the game rules can be conducted by trained educators, frontline personnel or healthcare personnel within 5-7 minutes. It takes more than 30 minutes on average to play the whole game among 5 players.

- **Accessibility:** 3,000 boxes of the SAP game were produced. 40% of the games were distributed to the Department of Mental Health, 30% to the Department of Juvenile Observation and Protection, 10% to 17 Northern Thai Universities, 10% to prisons and 10% to the Office of the Narcotics Control Board. The game was deemed very accessible (average= 3.42 , min=1 max=4).

- **Cost:** The SAP Game is an innovative device to increase drug addiction knowledge. It is useful in increasing recognition and awareness of the effect of drugs, legal drugs and treatment care. Using this game for educational activity is inexpensive (average=3.39 , min=1 max=4).

- **Expertise:** The game was considered user-friendly and required minimal expertise (average= 3.01, min=1 max=4).



- **Cultural appropriateness:** The format of the game was considered appropriate across Thai culture (average= 3.41, min=1 max=4). Currently, the game is only available in Thai.

- **Factors to Facilitate Implementation:** The I-MAP has supported the production of the game and the validation process. The use of the game may be improved when combined with the drug abuse education project of Thai Health Promotion Foundation or Office of The Narcotics Control Board.

- **Barriers to implementation:** The player must be over 10 year of age and be able to read the THAI language. The SAP Game is suitable for 4-6 persons. For the best way to learn by having fun, this game should have a moderator who has trained educators. Because of budget constraints production of the SAP Game may be inadequate to meet the demand from schools and universities.

Conclusions

The SAP game created a form of educational activity that every person can enjoy and at the same time be educated about the risks of drug-abuse, the various laws and harms of drug use and can share that new knowledge with others.