

## Life Skills Training

### Program description:

Life Skills Training (LST) is a school-based classroom intervention to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting social and psychological factors associated with initiation of risky behaviors. Teachers deliver the program to middle/junior high school students in 24 to 30 sessions over three years. Students in the program are taught general self-management and social skills and skills related to avoiding substance use.

Typical age of primary program participant: 13

Typical age of secondary program participant: N/A

### Meta-Analysis of Program Effects

Outcomes Measured	Primary or Secondary Participant	No. of Effect Sizes	Unadjusted Effect Sizes (Random Effects Model)			Adjusted Effect Sizes and Standard Errors Used in the Benefit-Cost Analysis					
			ES	SE	p-value	First time ES is estimated			Second time ES is estimated		
						ES	SE	Age	ES	SE	Age
Crime	P	1	-0.19	0.03	0.00	-0.05	0.03	13	-0.05	0.03	23
Age of initiation (tobacco)	P	16	0.16	0.03	0.00	0.08	0.03	14	0.08	0.03	24
Underage alcohol use	P	9	-0.10	0.03	0.00	-0.04	0.03	14	-0.04	0.03	24
Cannabis use	P	7	-0.06	0.02	0.01	-0.04	0.02	15	-0.04	0.02	25
Illicit drug use	P	5	-0.11	0.02	0.00	-0.04	0.02	14	-0.04	0.02	24

### Benefit-Cost Summary

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2011). The economic discount rates and other relevant parameters are described in Technical Appendix 2.	Program Benefits					Costs	Summary Statistics			
	Partici-pants	Tax-payers	Other	Other Indirect	Total Benefits		Benefit to Cost Ratio	Return on Invest-ment	Benefits Minus Costs	Probability of a positive net present value
	\$71	\$289	\$781	\$149	\$1,290	-\$34	\$37.52	157%	\$1,256	100%

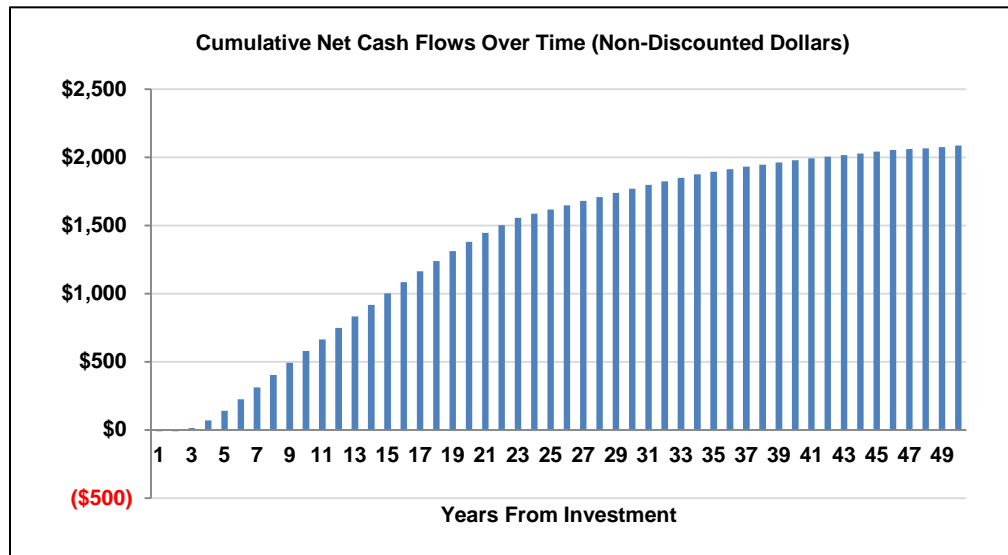
### Detailed Monetary Benefit Estimates

Source of Benefits	Benefits to:				
	Partici-pants	Tax-payers	Other	Other In-direct	Total Benefits
<b>From Primary Participant</b>					
Crime	\$0	\$251	\$785	\$123	\$1,159
Earnings via high school graduation	\$69	\$25	\$0	\$12	\$107
Earnings via regular smoking	\$2	\$1	\$0	\$7	\$10
Health care costs for regular smoking	\$1	\$3	\$3	\$2	\$9
Health care costs via education	-\$1	\$9	-\$7	\$4	\$5

### Detailed Cost Estimates

The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The uncertainty range is used in Monte Carlo risk analysis, described in Technical Appendix 2.	Program Costs			Comparison Costs			Summary Statistics	
	Annual Cost	Program Duration	Year Dollars	Annual Cost	Program Duration	Year Dollars	Present Value of Net Program Costs (in 2011 dollars)	Uncertainty (+ or - %)
	\$9	3	1998	\$0	1	1998	\$34	10%

Source: Cost estimates for materials and per-teacher on-line training are from the LST website (<http://www.lifeskillstraining.com>). We also included a per-student estimate for the cost of training teachers. This estimate assumes that each trained teacher provides LST instruction to an average of 375 students over 5 years.



### Multiplicative Adjustments Applied to the Meta-Analysis

Type of Adjustment	Multiplier
1- Less well-implemented comparison group or observational study, with some covariates.	0.5
2- Well-implemented comparison group design, often with many statistical controls.	0.5
3- Well-done observational study with many statistical controls (e.g., instrumental variables).	0.75
4- Random assignment, with some implementation issues.	0.75
5- Well-done random assignment study.	1.00
Program developer = researcher	0.5
Unusual (not "real-world") setting	0.5
Weak measurement used	0.5

### Studies Used in the Meta-Analysis

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