Prevention of Alcohol and Tobacco Consumption for Teenagers that Study at Junior High Schools in Monterrey Mexico
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The objective of this study was to evaluate the effectiveness of educational prevention program of tobacco and alcohol consumption in a sample of 134 students as experimental group and 104 students as control group. The hypotheses: If after the intervention: H1 the self-esteem will be bigger in the experimental group than the control group. H2 the self-efficacy will be bigger in the experimental group than the control group. H3 the tobacco and alcohol consumption will be lesser in the experimental group than the control group.

Methodology
Quasi experimental design, the study was realized in series of time, with measurements before and after the program. The program was in teenagers who were first year at public junior high school (2 groups) and a private junior high school (2 groups). The schools were selected of random form. The sampling was not probabilistic, because the intervention was applied in all students of the first years of selected junior high schools. Twelve sessions were carried-out, measurements of variables results before and after the intervention were realized.
At the end of intervention the proportion of tobacco and alcohol consumption was lessen in experimental groups, However, these differences alone were significant for alcohol consumption in private schools (X2=4.27, p=.03). The self-esteem index showed differences of significant measurements between experimental group (Me=64.29) and control (Me=52.80), in public schools (t=-6.74, p=.001), as well as in experimental group (Me =80.03) and control (Me=62.55) of private schools (t=-9.30, p=.001). The self efficacy index showed significant difference of self efficacy between experimental group (Me=60.01) and control (Me=48.05) in public schools (U=181.8, p=.026), as well as experimental group (Me=90.80) and control (Me=67.30) of private schools (OR= 846, p=.00).

Key words authors: Adolescent health, intervention, prevention, tobacco, alcohol use.
Key words plus: Adolescent health, alcohol drinking, smoking.