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AN EVALUATION OF TWO ALCOHOL
EDUCATION COURSES IN A MILITARY
SETTING

A thesis presented in partial fulfilment
of the requirement for the degree
of Master of Arts in Psychology
at Massey University

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ABSTRACT

An evaluation of two alcohol education courses conducted in a military setting for a supposedly "high risk" group in terms of alcohol related problems, formed the basis of the present study. The two courses differed in length (3 x 2 hour lessons, 2 x 2 hour lessons), and comprized a combination of lecture, film, question-answer and discussion group instructional methods. Pre and post questionnaire responses of the two groups of course participants (n = 28, 26) and of a control group (n = 28) were analysed. In addition a follow-up measure was taken of one group of participants four months after programme completion. Results indicated a significant gain in the course participants' knowledge as a result of the programme, but no change in attitudes, or skills-related responses. Despite a small positive post course reaction to the programme, the subjects self-reported alcohol consumption remained unaffected by the course, and on average placed the sample in the top 35% of the New Zealand population in terms of self-reported alcohol consumption. These results were considered to be reflective of the theoretical and practical distances between the concepts and processes of education, prevention and evaluation, by the present author.

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