

TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OUTCOME EVALUATION REPORTING

TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE – PART 1

Prevention Project 3: Lowering Prevalence among Adults with Behavioral Health Concerns

OBJECTIVE:

- Objective Number: 1
- Objective Description: By June 30, 2017, conduct tobacco prevention workshops for adults receiving behavioral health services at 8 targeted treatment sites, reaching a total of 800 adults.
- Outcome Objective 1: 75% of participants will demonstrate knowledge of positive ways to cope with stress
- Outcome Objective 2: 75% of participants will report increased intention to use positive strategies to cope with stress

EVALUATION METHODS:

- **Evaluation Design:**
Using a participatory evaluation design, EVALCORP conducted a process- and outcome-based evaluation that measured the project's implementation and impact on adults with behavioral health concerns. Tracking tools and the post-only Tobacco Use Prevention Workshop Survey were developed in collaboration with the client, and approved by the funder, to assess whether the two outcome objectives under Objective 1 were accomplished. The workshop site was identified on the surveys to facilitate cross-site comparisons.
- **Sampling:**
Using a convenience sample of the eight target treatment (Tx) sites in which workshops were conducted, Project staff attempted to administer the Tobacco Use Prevention Workshop Survey to all workshop participants at the end of each workshop. Across the eight treatment sites, there were a total of 1,018 workshop participants. All participants completed a survey, yielding a 100% response rate.
- **Data collection instruments and procedures:**
In consultation with the evaluators, Project staff tracked workshop participation by site and administered the Tobacco Use Prevention Workshop Survey in a consistent manner at the end of each workshop; furthermore, staff reduced response bias by ensuring that the surveys were anonymous. Each outcome objective was assessed through eight items on a balanced, five-point response scale that included "Don't Know/Doesn't Apply." The first four items measured whether the workshop increased participants' knowledge of positive ways to cope with stress (Outcome Objective 1), and similarly, the next four items asked respondents to rate the extent to which they became more likely to use positive coping strategies (Outcome Objective 2).
- **Data analysis:**
EVALCORP cleaned the data for potential outliers and inconsistencies using the Statistical Package for the Social Sciences (SPSS) software and then ran cross-tabulations showing the percent of respondents who agreed (selected "Strongly Agree" or "Agree"), by site and in aggregate, across survey indicators. One of the four knowledge items (assessing Outcome Objective 1) was reverse-coded (i.e., asked the extent to which participants agreed or disagreed with a negative coping strategy) and cross-tabulations showed respondents' disagreement (selected "Strongly Disagree" or "Disagree"), by site and in aggregate. A weighted average percentage of participants who indicated agreement (and in the case of the reverse-coded item, disagreement) was calculated by the percentage of participants who answered each question (e.g., if all participants answered the survey item, the score was multiplied by 1 but if only 90% answered the survey item, the item's score was multiplied by .9) and all survey items were probed for differences between sites across responses using one-way Analysis of Variance (ANOVA) tests.

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MAJOR RESULTS – PART 1			
TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE			
Measure	Target	Outcome Measure Result by Site/City (N)*	Evaluator Interpretation of Result
1. 75% of participants will demonstrate knowledge of positive ways to cope with stress	<u>Measure Target:</u> At least 75% will report knowledge of positive ways to cope with stress as a result of the workshop.	TOTAL (N=1,009-1,015): 86% Tx Site 1 (n=45-47): 84% Tx Site 2 (n=15): 72% Tx Site 3 (n=121): 89% Tx Site 4 (n=37): 91% Tx Site 5 (n=424-429): 84% Tx Site 6 (n=148-151): 83% Tx Site 7 (n=170-172): 93% Tx Site 8 (n=45): 91%	Evaluator Interpretation: The measure target was met. Across all participants, a weighted average of 86% demonstrated knowledge and understanding of both positive and negative coping strategies. Analyses showed significant differences in site responses for three survey items (“Exercise reduces the urge to smoke.” “Breathing deeply helps people feel less anxious.” “I know more about things I can do to handle stress.”). However, the fact that some sites have smaller sample sizes may have contributed to the significant differences observed, as more variation is expected to occur when sample sizes are smaller.
2. 75% of participants will report increased intention to use positive strategies to cope with stress	<u>Measure Target:</u> At least 75% of participants will report increased intention to use positive strategies to cope with stress as a result of the workshop.	TOTAL (N=1,008-1,014): 85% Tx Site 1 (n=46-47): 84% Tx Site 2 (n=14): 73% Tx Site 3 (n=120-121): 87% Tx Site 4 (n=37): 90% Tx Site 5 (n=426-428): 85% Tx Site 6 (n=148-150): 81% Tx Site 7 (n=171-172): 88% Tx Site 8 (n=45): 88%	Evaluator Interpretation: The measure target was met. Across all participants, a weighted average of 85% reported increased intention to use healthy coping strategies to handle stress as a result of the workshop. Analyses showed significant differences in site responses for one survey item (“I am more likely to use laughter as a way to relieve stress.”). However, the fact that some sites have smaller sample sizes may have contributed to the significant differences observed, as more variation is expected to occur when sample sizes are smaller.

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OVERALL EVALUATOR IMPRESSION – PART 1 TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE	
Was the objective met?	The outcome objectives were met. Across the sites, at least 86% of participants, on average, demonstrated increased knowledge of positive coping strategies as a result of the workshop, and at least 85% of participants reported increased intention to apply healthy, positive coping strategies to deal with stress. Further, Project staff successfully exceeded collecting the required 800 surveys, collecting 1,018 post-surveys from workshop participants.
What went well?	All outcome objectives were exceeded both in aggregate and by a majority of the sites (i.e., 7 of 8 treatment sites), suggesting that the workshop content was effective in achieving the outcome objectives. The survey response rate was also very high (100%), with the vast majority of survey respondents (99%) completing all survey items appropriately, resulting in reduced errors due to response rates, missing items, or double responses. Additionally, this fiscal year Project staff implemented fixed, repeating workshop schedules, which resulted in the number of participants far exceeding the required number of participants for the Objective (i.e., 27% more individuals reached than target number).
What were some opportunities for improvement?	Across sites, the survey item “I am more likely to eat healthy when coping with stress” resulted in the lowest average percent of participants (81%) intending to use this positive strategy to cope with stress. However, this is a slight increase from the previous year’s percentage (79%), indicating that Project staff made targeted efforts to improve the presentation content in order to increase intention of this item. Another potential opportunity for improvement may be ensuring that each treatment site receives a similar number of workshop sessions so that the sample sizes across sites are more equally distributed and more representative of individuals in the county receiving behavioral health services.
How did the evaluation work?	During the third year of the project, very few challenges arose regarding the evaluation activities. Project staff reported survey respondents understood the questions and were able to fill out the questionnaire without assistance; in addition, results from the survey data show positive outcomes for participants. To further enhance the evaluation, future projects might utilize an additional follow-up assessment with workshop participants to assess if the positive outcomes observed after participating remain stable after a certain period of time has elapsed.
DETAILED RESULTS APPENDIX – PART 2 TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE	

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Table 1. Objective 1: Measure 1: FY 16-17 Treatment Workshop Participant Demonstrated Knowledge of Positive Ways to Cope with Stress

Tobacco Use Prevention Workshop Survey Item	% of Participants who Agreed (Strongly Agree or Agree)								
	Tx Site 1 N=47	Tx Site 2 N=15	Tx Site 3 N=121	Tx Site 4 N=37	Tx Site 5 N=430	Tx Site 6 N=151	Tx Site 7 N=172	Tx Site 8 N=45	All Tx Sites N=1,018
Knowledge of Ways to Cope with Stress	n=45-47	n=15	n=121	n=37	n=424-429	n=148-151	n=170-172	n=45	n=1,009-1,015
Exercise reduces urges to smoke. (n=1,015)*	85%	60%	88%	97%	84%	81%	93%	89%	86%
Smoking is a healthy way to reduce stress.+ (n=1,015)	81%	80%	88%	87%	79%	83%	88%	80%	83%
Breathing deeply helps people feel less anxious. (n=1,009)*	84%	87%	89%	92%	88%	85%	97%	93%	89%
I know more about things I can do to handle stress. (n=1,010)*	89%	60%	93%	87%	89%	85%	95%	100%	88%
Weighted Outcome Total Across 4 Items	84%	72%	89%	91%	84%	83%	93%	91%	86%

+Item is reverse-coded where percentages reflect those who indicated Strongly Disagree or Disagree

* Indicates significant group differences across sites at the $p < .05$ level. However, stability issues arise with these analyses due to the variability in site sample size.

Participants from Site 2 were significantly less likely to believe exercise reduces urges to smoke than participants from Sites 4 and 7. Participants from Site 7 also indicated agreement with the item “Breathing deeply helps people feel less anxious” significantly more than participants from Sites 5 and 6. Lastly, participants from Site 2 were significantly less likely to indicate that they know more about things they can do to handle stress than participants from Sites 1, 3, 4, 6, 7, and 8.

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Table 2. Objective 1: Measure 1: FY 16-17 Treatment Workshop Participant Reported Significant Mean Differences Demonstrated Knowledge of Positive Ways to Cope with Stress

Survey Item	Workshop Participants							
	Tx Site 1 N=47	Tx Site 2 N=15	Tx Site 3 N=121	Tx Site 4 N=37	Tx Site 5 N=430	Tx Site 6 N=151	Tx Site 7 N=172	Tx Site 8 N=45
Exercise reduces urges to smoke. (n=1,015)								
Treatment Site 1								
Treatment Site 2	--							
Treatment Site 3	--	--						
Treatment Site 4	--	*	--					
Treatment Site 5	--	--	--	--				
Treatment Site 6	--	--	--	--	--			
Treatment Site 7	--	*	--	--	--	--		
Treatment Site 8	--	--	--	--	--	--	--	
Breathing deeply helps people feel less anxious. (n=1,009)								
Treatment Site 1								
Treatment Site 2	--							
Treatment Site 3	--	--						
Treatment Site 4	--	--	--					
Treatment Site 5	--	--	--	--				
Treatment Site 6	--	--	--	--	--			
Treatment Site 7	--	--	--	--	*	*		
Treatment Site 8	--	--	--	--	--	--	--	
I know more about things I can do to handle stress. (n=1,010)								
Treatment Site 1								
Treatment Site 2	*							
Treatment Site 3	--	*						
Treatment Site 4	--	--	--					
Treatment Site 5	--	*	--	--				
Treatment Site 6	--	*	--	--	--			
Treatment Site 7	--	*	--	--	--	--		
Treatment Site 8	--	*	--	--	--	--	--	

* Indicates significant group differences across sites at the $p < .05$ level. However, stability issues arise with these analyses due to the variability in site sample size.

TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OUTCOME EVALUATION REPORTING

Table 3. Objective 1: Measure 2: FY 16-17 Treatment Workshop Participant Reported Increased Intention to use Positive Strategies to Cope with Stress

Tobacco Use Prevention Workshop Survey Item	% of Participants who Agreed (Strongly Agree or Agree)								
	Tx Site 1 N=47	Tx Site 2 N=15	Tx Site 3 N=121	Tx Site 4 N=37	Tx Site 5 N=430	Tx Site 6 N=151	Tx Site 7 N=172	Tx Site 8 N=45	All Tx Sites N=1,018
Coping Strategies More Likely to Use	n=46-47	n=14	n=120-121	n=37	n=426-428	n=148-150	n=171-172	n=45	n=1,008-1,014
I am more likely to use healthy strategies to cope with stress. (n=1,012)	89%	79%	91%	89%	87%	83%	92%	91%	88%
I am more likely to eat healthy when coping with stress. (n=1,008)	72%	79%	78%	92%	82%	82%	78%	82%	81%
I am more likely to exercise regularly as a way to cope with stress. (n=1,014)	85%	71%	88%	81%	85%	80%	88%	84%	85%
I am more likely to use laughter as a way to relieve stress. (n=1,013)*	89%	86%	93%	97%	90%	81%	93%	93%	90%
Weighted Outcome Total Across 4 Items	84%	73%	87%	90%	85%	81%	88%	88%	85%

* Indicates significant group differences across sites at the $p < .05$ level. However, stability issues arise with these analyses due to the variability in site sample size.

Participants from Site 6 were significantly less likely to report using laughter as a way to relieve stress than participants from Sites 3 and 7.

Table 4. Objective 1: Measure 2: FY 16-17 Treatment Workshop Participant Reported Significant Mean Increased Intention to use Positive Strategies to Cope with Stress

Survey Item	Workshop Participants							
	Tx Site 1 N=47	Tx Site 2 N=14	Tx Site 3 N=121	Tx Site 4 N=37	Tx Site 5 N=427	Tx Site 6 N=150	Tx Site 7 N=172	Tx Site 8 N=45
I am more likely to use laughter as a way to relieve stress. (n=1,013)								
Treatment Site 1								
Treatment Site 2	--							
Treatment Site 3	--	--						
Treatment Site 4	--	--	--					
Treatment Site 5	--	--	--	--				
Treatment Site 6	--	--	*	--	--			
Treatment Site 7	--	--	--	--	--	*		
Treatment Site 8	--	--	--	--	--	--	--	

* Indicates significant group differences across sites at the $p < .05$ level. However, stability issues arise with these analyses due to the variability in site sample size.

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TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE – PART 1

Prevention Project 3: Lowering Prevalence among Adults with Behavioral Health Concerns

OBJECTIVE:

- Objective Number: 2
- Objective Description: By June 30, 2017, conduct tobacco prevention workshops for a minimum of 300 adults with behavioral health concerns who are not receiving behavioral health treatment services.
- Outcome Objective 1: 75% of participants will demonstrate knowledge of positive ways to cope with stress
- Outcome Objective 2: 75% of participants will report increased intention to use positive strategies to cope with stress

EVALUATION METHODS:

- **Evaluation Design:**
Using a participatory evaluation design, EVALCORP conducted a process- and outcome-based evaluation that measured the project's implementation and impact on adults with behavioral health concerns who are not receiving behavioral health treatment services. Tracking tools and the post-only Conquering Stress Activity Survey were developed in collaboration with the client, and approved by the funder, to assess whether the two outcome objectives under Objective 2 were accomplished. The workshop community site was identified on the surveys to facilitate cross-site comparisons.
- **Sampling:**
Using a convenience sample of the five target non-treatment (Non-Tx) sites in which workshops were conducted, Project staff attempted to administer the Conquering Stress Activity Survey to all workshop participants at the end of each workshop. Across the five non-treatment sites, there were a total of 571 workshop participants, of which 570 participants completed a survey, yielding a 99.8% response rate.
- **Data collection instruments and procedures:**
In consultation with the evaluators, Project staff tracked workshop participation by site and administered the Conquering Stress Activity Survey in a consistent manner at the end of each workshop; furthermore, staff reduced response bias by ensuring that the surveys were anonymous. Each outcome objective was assessed through a selection of items on a balanced, five-point response scale that included "Don't Know/Doesn't Apply". Six items measured whether the workshop increased participants' knowledge of positive ways to cope with stress (Outcome Objective 1), and similarly, two items asked respondents to rate the extent to which they became more likely to use positive coping strategies (Outcome Objective 2).
- **Data analysis:**
EVALCORP cleaned the data for potential outliers and inconsistencies using the Statistical Package for the Social Sciences (SPSS) software and then ran cross-tabulations showing the percent of respondents who agreed (selected "Strongly Agree" or "Agree"), by site and in aggregate, across survey indicators. One of the six knowledge items (assessing Outcome 1) was reverse-coded (i.e., asked the extent to which participants agreed or disagreed with a negative coping strategy) and cross-tabulations showed respondents' disagreement (selected "Strongly Disagree" or "Disagree"), by site and in aggregate. A weighted average percentage of participants who indicated agreement (and in the case of the reverse-coded item, disagreement) was calculated by the percentage of participants who answered each question (e.g., if all participants answered the survey item, the score was multiplied by 1 but if only 90% answered the survey item, the item's score was multiplied by .9). All survey items were probed for differences between sites across responses using one-way Analysis of Variance (ANOVA) tests; ANOVA tests also were used to analyze differences between multiple-activity attendees and single-activity attendees.

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MAJOR RESULTS – PART 1			
TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE			
Measure	Target	Outcome Measure Result by Site/City (N)*	Evaluator Interpretation of Result
1. 75% of participants will demonstrate knowledge of positive ways to cope with stress	<u>Measure Target:</u> At least 75% will report knowledge of positive ways to cope with stress as a result of participation in the activity.	TOTAL (N=563-569): 88% Non-Tx Site 1 (n=5): 80% Non-Tx Site 2 (n=7): 95% Non-Tx Site 3 (n=237-239): 88% Non-Tx Site 4 (n=72-73): 85% Non-Tx Site 5 (n=240-245): 89%	Evaluator Interpretation: The measure target was met. Across all participants, a weighted average of 88% demonstrated knowledge and understanding of both positive and negative coping strategies. Analyses showed no significant differences in site responses for survey items used to assess Outcome 1; however, differences were observed between first session attendees and multiple-session attendees, with multiple-session attendees more likely than first-session attendees to demonstrate knowledge of coping strategies.
2. 75% of participants will report increased intention to use positive strategies to cope with stress	<u>Measure Target:</u> At least 75% of participants will report increased intention to use positive strategies to cope with stress as a result of participation in the activity.	TOTAL (N=562-565): 89% Non-Tx Site 1 (n=5): 80% Non-Tx Site 2 (n=7): 100% Non-Tx Site 3 (n=236-238): 87% Non-Tx Site 4 (n=72): 91% Non-Tx Site 5 (n=242-243): 90%	Evaluator Interpretation: The measure target was met. Across all participants, a weighted average of 89% reported increased intention to use healthy coping strategies to handle stress as a result of the activities. Analyses showed no significant differences in site responses for survey items used to assess Outcome 2; however, differences were observed between first session attendees and multiple-session attendees, with multiple-session attendees more likely than first-session attendees to demonstrate intention to use coping strategies to reduce stress.

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OVERALL EVALUATOR IMPRESSION – PART 1 TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE [Please provide no more than 3 sentences per section.]	
Was the objective met?	Across the sites, at least 88% of participants, on average, demonstrated increased knowledge of positive coping strategies as a result of the activity, and at least 89% of participants reported increased intention to apply healthy coping strategies to deal with stress, exceeding the stated outcomes for the objective. A total of 570 participants from 5 target sites were educated and completed a post-survey, exceeding the 300 required. Of the 570 participants, 430 were unduplicated (i.e., participated in one and/or first session). Analyses were conducted to observe any differences between single-activity attendees (i.e., first session attendees) and repeat attendees (i.e., participants from two or more sessions); results showed that participants who attended multiple sessions were significantly more likely than single-session attendees to agree on several items assessing knowledge and intent to use positive coping strategies to reduce stress.
What went well?	All outcome objectives were exceeded both in aggregate and by site, suggesting that the workshop content was effective in achieving the outcome objectives. The survey response rate was also very high (99.8%) with the vast majority of survey respondents (99%) completing all survey items appropriately, resulting in reduced errors due to response rates, missing items, or double responses. Additionally, this fiscal year Project staff implemented fixed, repeating workshop schedules, which resulted in the number of participants far exceeding the required number of participants for the Objective (i.e., 90% more individuals reached than target number).
What were some opportunities for improvement?	Although improvements were made from the previous year’s method for capturing respondents’ identification codes, uncontrolled variance may still be present during data analysis when attempting to compare participants who had participated in multiple sessions with those who had participated in just one session. Two items on the survey were used to create a respondent ID (respondent initials and birthdate); however, respondents’ handwritten initials may not have been read by the scanning equipment accurately, and in some cases, respondents did not provide enough information to assign them a respondent ID. Furthermore, Project staff had no way to confirm that the information provided for these two items was consistent across sessions.
How did the evaluation work?	Staff reported no data collection challenges for this objective. Project staff reported survey respondents understood the questions and were able to fill out the questionnaire without assistance. In addition, results from the survey data show positive outcomes for participants.
DETAILED RESULTS APPENDIX – PART 2 TOBACCO USE PREVENTION PROGRAM YEAR 3 (FY16/17) OBJECTIVE OUTCOME EVALUATION ANNUAL REPORTING TABLE	

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Table 5. Objective 2: Measure 1: FY 16-17 Treatment Workshop Participant Demonstrated Knowledge of Positive Ways to Cope with Stress*

Tobacco Use Prevention Workshop Survey Item	% of Participants who Agreed (Strongly Agree or Agree)					
	Non-Tx Site 1 N=5	Non-Tx Site 2 N=7	Non-Tx Site 3 N=239	Non-Tx Site 4 N=73	Non-Tx Site 5 N=246	All Non-Tx Sites N=570
Knowledge of Ways to Cope with Stress	n=5	n=7	n=237-239	n=72-73	n=240-245	n=563-569
Smoking is a healthy way to reduce stress.+ (n=569)	80%	100%	85%	71%	78%	80%
Using problem solving strategies can help reduce feelings of stress. (n=566)	80%	100%	91%	89%	94%	92%
Being grateful helps people feel less stressed. (n=569)	80%	100%	89%	84%	93%	90%
Breathing deeply helps people feel less anxious. (n=563)	80%	100%	90%	90%	92%	91%
Engaging in relaxation activities is a positive way to cope with stress. (n=567)	80%	100%	90%	90%	93%	91%
I know more about things I can do to handle stress. (n=569)	80%	71%	85%	89%	90%	92%
Weighted Outcome Total Across 6 Items	80%	95%	88%	85%	89%	88%

+Item is reverse coded where percentages reflect those who indicated Strongly Disagree or Disagree

* No significant group differences were observed at the $p < .05$ level.

Table 6. Objective 2: Measure 2: FY 16-17 Treatment Workshop Participant Reported Increased Intention to use Positive Strategies to Cope with Stress*

Tobacco Use Prevention Workshop Survey Item	% of Participants who Agreed (Strongly Agree or Agree)					
	Non-Tx Site 1 N=5	Non-Tx Site 2 N=7	Non-Tx Site 3 N=239	Non-Tx Site 4 N=73	Non-Tx Site 5 N=246	All Non-Tx Sites N=570
Knowledge of Ways to Cope with Stress	n=5	n=7	n=236-238	n=72	n=242-243	n=562-565
I am more likely to use the coping strategies I learned in today's activity. (n=565)	80%	100%	86%	93%	92%	90%
I am more confident in using healthy strategies to deal with stress. (n=562)	80%	100%	89%	92%	91%	90%
Weighted Outcome Total Across 2 Items	80%	100%	87%	91%	90%	89%

* No significant group differences were observed at the $p < .05$ level.

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Participants who participated in 2 or more activity sessions were significantly more likely to indicate agreement on several items assessing knowledge of and intent to use positive coping strategies to reduce stress. This supports the notation that the more education activities individuals attend, the more their knowledge of positive ways to cope with stress remains stable or increases and the more likely they are to use the positive coping strategies they learned.

Table 7. Objective 2: FY 16-17 Comparisons of First Session and Multiple Session Participants' Demonstrated Knowledge of Positive Ways to Cope with Stress and Increased Intention to use Positive Strategies to Cope with Stress

Conquering Stress Activity Survey Item	% of Participants who Agreed (Strongly Agree or Agree)	
	First Session Participants N=430	Participants from 2 or More Sessions N=132
Knowledge of Ways to Cope with Stress	n=427-430	n=128-132
Smoking is a healthy way to reduce stress.+ (n=561)	81%	76%
Using problem solving strategies can help reduce feelings of stress. (n=558)	90%	95%
Being grateful helps people feel less stressed. (n=561)*	88%	96%
Breathing deeply can reduce feelings of anxiety. (n=555)*	89%	96%
Engaging in relaxation activities is a positive way to cope with stress. (n=559)*	90%	97%
I know more about things I can do to handle stress. (n=561)*	86%	92%
Coping Techniques Likely to Use	n=423-425	n=131-132
I am more likely to use the coping strategies I learned in today's activity. (n=557)*	87%	98%
I am more confident in using healthy strategies to deal with stress. (n=554)*	89%	95%

+Item is reverse coded where percentages reflect those who indicated Strongly Disagree or Disagree

* Indicates significant group differences across sites at the $p < .05$ level.