

# DO YOU

# BUILDING YOUTH RESILIENCE THROUGH CREATIVE EXPRESSION

## IS IT EVIDENCE-BASED?

As the developers of DO YOU: Building Youth Resilience Through Creative Expression, we often get asked questions about how DO YOU has been evaluated, and to what extent it is “evidence-based”. Let us clarify the evidence-base at this stage of the program’s development.

## FIRST, WHAT DOES ‘EVIDENCE-BASED PRACTICE’ MEAN?

- The concept of evidence-based practice (EBP) has its roots in the medical and public health fields, and can be defined in a number of ways. Generally, evidence-based practice means making decisions based on the best available research and evidence.
- As public health research evolved, two equally important components of evidence were identified: practitioner expertise and participant/environmental context. The CDC lists the following as appropriate forms of evidence that should be used to inform violence prevention strategies:
  - **Best available research evidence** comes from relevant literature and research.
  - **Experiential evidence** comes from professionals in the field and includes professional insight, understanding, skill, and expertise.
  - **Contextual evidence** is based on whether the strategy is useful, feasible to implement, and accepted by a particular community.

### Evidence-Based Decision Making



## WHAT FORMS OF EVIDENCE WERE USED IN THE DEVELOPMENT OF DO YOU?

### Best available research evidence

In developing DO YOU, more than 20 sources were consulted to perform a thorough literature review of existing evidence on risk and protective factors, primary prevention strategies, and similar programs. These sources included:

- **Youth Risk Behavior Surveillance System** [www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm)
- **Youth Violence: A Report of the Surgeon General** [www.ncbi.nlm.nih.gov/books/NBK44294/](http://www.ncbi.nlm.nih.gov/books/NBK44294/)
- **STRYVE** [vetoviolence.cdc.gov/apps/stryve/](http://vetoviolence.cdc.gov/apps/stryve/)
- **Blueprints for Healthy Youth Development** <http://www.blueprintsprograms.com/>
- **Violence Prevention Education Base** [www.preventviolence.info/evidencebase.aspx](http://www.preventviolence.info/evidencebase.aspx)
- **Search Institute** [www.search-institute.org/](http://www.search-institute.org/)
- **National Centers of Excellence in Youth Violence Prevention** [www.cdc.gov/violenceprevention/ace/index.html](http://www.cdc.gov/violenceprevention/ace/index.html)

Each of these sources played an important role in providing information about the best available evidence on violence prevention.

## Experiential evidence (from professionals in the field)

DO YOU was created by an Advisory Committee comprised of over 30 experts in the field of primary prevention, public health, and youth program engagement.

## Contextual evidence (from the target audience)

DO YOU was developed by talking directly to teenagers all across Virginia and ongoing conversations with teens, facilitators, and the Advisory Committee to determine if this strategy remains useful, is feasible, accepted, and desired. Focus groups were conducted with over 100 14-16 year olds to identify teen perceptions around dating and sexual violence and healthy relationships, and to develop practice-based campaign values and goals. Pre/posttests, session evaluations, and focus groups were used to evaluate the overall effectiveness of DO YOU in the 2013 pilot and in ongoing evaluation sites.

## HOW IS DO YOU CONSTANTLY INFORMED BY EVIDENCE?

Our evaluation sites conduct ongoing evaluation of DO YOU, which consists of the following quasi-experimental design measures:

- Pre/post tests for participants measuring skills, attitudes, and behaviors
- Session evaluations for participants measuring engagement with session
- Session evaluations for facilitators measuring reliability of sessions and overall effectiveness
- Focus groups with participants measuring overall effectiveness and suggestions for improvement
- Focus groups with facilitators measuring overall effectiveness and suggestions for improvement

In addition, we update and improve DO YOU curricula and materials as needed.



## PRELIMINARY RESULTS

Evaluation of DO YOU indicates that teens and facilitators value the experience, are engaged in the creative process, and positive changes in behavior and understanding of the content has been shown. Pre/post test pilot results indicate a positive change in:

- Ability to determine what's important to them  
Pre: (M = 15.21, SD = 3.31) Post: (M = 17.00, SD = 2.38); (t(18) = -3.06, p <.01)
- Greater sense of empathy  
Pre: (M = 11.74, SD = 2.13) Post: (M = 13.63, SD = 2.54); (t(18) = -2.02, p <.10)
- Modeling fairness and equality  
Pre: (M = 26.80, SD = 3.23) Post: (M = 24.33, SD = 3.04); (t(14) = -2.79, p <.05)
- Feeling valued by community  
Pre: (M = 9.94, SD = 1.70) Post: (M = 10.17, SD = 1.98); (t(17) = -.45, n.s.)
- Media literacy  
Pre: (M = 4.93, SD = 1.39) Post: (M = 6.00, SD = .93); (t(14) = -2.78, p <.05)
- Healthy sexuality  
Pre: (M = 1.22, SD = .43) Post: (M = 1.44, SD = .71); (t(17) = -1.00, n.s.)

The content and design of DO YOU continues to be evaluated by teens, facilitators and members of the Teen Campaign Advisory Committee.

## SO, IS DO YOU EVIDENCE-BASED?

**Yes, largely.** However, because none of our data has been collected and peer-reviewed by researchers (or with a control group), at this point it is **most accurate to say that DO YOU is an evidence-informed primary prevention strategy.**



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