

Table 1 Aims and outcomes of Young People’s Development Programme

Aim	Outcome at follow-up 1	Outcome at follow-up 2
Reduced conceptions; reduced sexually transmitted infections	Heterosexual sex; two or more sexual partners in previous 6 months; condom use less than half the time in previous 6 months; difficulty suggesting condom use to partner	Heterosexual sex; two or more sexual partners in previous 3 months; condom use less than half the time in previous 6 months; post-baseline pregnancy (young women) and causing pregnancy (young men)
Reduced illegal drug use	Weekly or more frequent cannabis use in previous 6 months	Weekly or more frequent cannabis use in previous 3 months
Reduced alcohol consumption	Monthly or more frequent drunkenness in previous 6 months	Monthly or more frequent drunkenness in previous 3 months
Improved mental health and self esteem	Often worried about things in previous few weeks; often angry/lost temper in previous few weeks; ease discussing personal things with close friend	Often worried about things in previous few weeks; low self esteem (adapted Rosenberg scale); ease discussing personal things with close friend
Reduced school exclusions	Temporary school exclusion in previous 6 months	Temporary school exclusion in previous 3 months
Reduced school absenteeism	Truancy in previous 6 months	Truancy in previous 3 months
Improved educational attainment	Dislike of school	None
Increased post-16 participation in education, employment, and training; increased preparedness/aspirations for adult life	Expects to be parent by age 20; does not expect to be in steady job by age 20	Currently in education, employment, or training
Reduced offending/convictions	Contact with police (stopped, told off, picked up) in previous 6 months	Contact with police (stopped, told off, picked up) in previous 6 months; official warnings or convictions in previous 6 months

Measures generally focused on standard three month periods at follow-up 2 but six month periods at follow-up 1 to allow more sensitivity to risk behaviours among younger participants.