

2 Evaluation of a school - based, peer - led health education program for adolescents with asthma in Jordan

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Adolescent asthma can be adequately managed through peer-led education initiatives within the school context. Such programs acknowledge the social importance of peers and schools in shaping adolescents' health-related behaviours. This study used a pilot-test to determine whether a peer-led asthma education program (Triple A—Adolescent Asthma Action) was needed, feasible and adaptable for use in Jordanian high schools. The Triple A program is based on a developmental and socio-contextual framework. As the program was well-received by students and school staff and modifications minimal, the effects of the modified Triple A (TAJ) were then tested using a cluster-randomised controlled trial. The trial was conducted in 4 schools in Irbid, Jordan, on eligible students with asthma (n = 261) in years 8, 9, and 10. Compared to the control group, students with asthma in the intervention schools had statistically and clinically significant improvements in quality of life (mean difference = 1.35, 95% CI = 1.04–1.76), better asthma-related knowledge (mean difference = 1.62, 95% CI = 1.15–2.19), and higher self-efficacy to resist smoking (mean difference = 4.63, 95% CI = 2.93–6.35) at three months follow-up. In conclusion, school-based peer-led education has been shown to be successful in promoting the health of adolescents with asthma in Jordan. Triple A proved adaptable and effective in another culture and context and may have potential for other health-related issues for adolescents.