

# Findings Suggest That **AVID**<sup>®</sup> Might Simultaneously Minimize Adolescent Health Risk Behaviors and Promote Psychosocial Wellbeing

UCLA-led research findings, published in the peer-reviewed journal *Pediatrics*<sup>®</sup>, suggest that AVID has a positive effect on students' social networks, health behaviors, and psychosocial outcomes.<sup>1</sup>



## SOCIAL NETWORKS

When compared to the control group...

**AVID students were**

**1.5x**  
**MORE LIKELY**  
to socialize with peers who attended every class

—

**1.7x**  
**MORE LIKELY**  
to socialize with peers who were engaged in school



## HEALTH BEHAVIORS

When compared to the control group...

**AVID students were**

**33%**  
**LESS LIKELY**  
to use any substance

—

**35%**  
**LESS LIKELY**  
to be engaged in delinquency



## PSYCHOSOCIAL OUTCOMES

When compared to the control group...

**AVID males reported**

**REDUCED**  
stress

—

**INCREASED**  
self-efficacy

—

**INCREASED**  
school engagement

<sup>1</sup>Dudovitz, R. N., Chung, P. J., Dosanjh, K. K., Phillips, M., Tucker, J. S., Pentz, M. A., Biely, C., Tseng, C., Galvez, A., Arellano, G., & Wong, M. D. (2023). Outcome of the AVID college preparatory program on adolescent health: A randomized trial. *Pediatrics*, 151(1).