

# UCLA-led Research Suggests That **AVID**<sup>®</sup> Positively Impacts Social Networks, Health Behaviors, and Psychosocial Outcomes

First randomized trial of AVID in the United States, published in the peer-reviewed journal *Pediatrics*<sup>®</sup>, “demonstrates that academic interventions can have substantial spillover benefits to health.”<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).

Read the full study in *Pediatrics*.