**Abstract Empowerment in family and school (EIFAS)**

**Objective.** Under the title “Empowerment in family and school (EIFAS)” we conducted a randomised controlled trial to evaluate an early intervention for young people, that combines well-defined, standardized and effective programs mediated by teachers and by parents. The programs draw upon skills training and self-efficacy beliefs to enhance well-being of scholars, their parents and their teachers in the context of family and school. It therefore aims at enhancing the positive development of young people in their closest social context.

**Design.** The effectiveness is tested by a Pretest-Posttest-Follow up, Control group design with random assignment of school classes to four forms of interventions.

**Participants.** Teachers got information about the programs and were asked for their informed consent to participate with their class in the trial. Parents were invited to parent-teacher meetings, where they were fully informed about the research and they were also asked to give their active consent for participation. At baseline 82 Teachers, 794 parents and 1423 children (Mean age: 8 years and 11 months) participated.

**Intervention.** “Fit For Life” and “Triple P” are standardized programs that have been shown to be effective for improving health and well-being in young people. The combination of both programs guaranties a holistic approach to health promotion in youth.

**Main outcome measures.** In addition to a multitude of health indicators of teachers, parents and students, the primary outcome measure will be the self-declared intention to smoke, the attitude towards smoking and the smoking behaviour of students.

**Conclusions.** Programs to empower education of young children together in family and school has been shown to be a useful strategy to promote health and wellbeing in children, their parents and their teachers. The combined interventions in the setting of school and in the family setting do work compared to untreated control groups. However, the relative superiority of the combined intervention compared to single interventions, mainly the intervention in the family, has only been shown in some indicators.

**Key words:** Health empowerment, smoking, young people, randomised controlled trail, life skills program, positive parenting program.

Kontakt: walter.kern@phzh.ch