**ID: 1208**

**Congress: The First International & 4th National Congress on Health Education & Promotion, 2011**

**Title:** Smoking cessation stages among students of Shahid Beheshti University using Transtheoretical Model: A Cross-Sectional Study

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**Abstract:** Introduction: Smoking is one of the high-risk behaviors that play an important role in many diseases such as: cancers, pulmonary obstructive diseases, cardiovascular diseases, and stroke. In educational intervention for changing smoking behavior, it is necessary that smokers be categorized from cessation stages view. Since each stage requires special messages, thus, the present research was conducted to determine smoking cessation stages based on transtheoretical model among students of Shahid Beheshti University in 2011. Materials & Methods: This was a cross-sectional study that was performed with participation of 393 students in Shahid Beheshti University. Convenience sampling method was used for selection of participants. Data gathering instrument in this study was Standard English questionnaire for smoking cessation stages and Fagerstrom test for nicotine dependence. After translation of questionnaires, their validity was done by face & content method. Test retest and internal consistency methods were used for reliability of smoking cessation stages questionnaire and for Fagerstrom test respectively. Data was analyzed using SPSS17 software (descriptive statistics and chi-square). Participation of individuals in this research was voluntary and with informed consent. Results: Findings of current study showed that 30.4 percent of male students and 7.1 percent of female students have a smoking history, which difference in this aspect was meaningful (p<0.0001), but there was no significant difference in stages of smoking cessation between males and females. Based on smoking cessation stages, 63.5%, 16.2%, 6.8%, 10.8%, and 2.7% of smokers were in precontemplation, contemplation, preparation, action, and maintenance stages respectively. Also, results demonstrated that nicotine dependence in preparation stage is less than precontemplation and contemplation ones. Discussion & conclusion: According to findings of this study, majority of smoker students (79.9%) were in inactive stages of cessation, on the other hand, they have no intention for cessation at least in next 6 months. Therefore, regarding to significant difference between male and female from smoking view, and no significant difference in stage of changes between them, it is seriously necessary that appropriate educational programs, especially theory-based intervention, be designed.

stage of change Model, smoking, university students

*Presentation: Poster*