Title: A Study Of The Stages Of Change In Smoking Cessation Among Khorramabad’s Staff

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Abstract: Abstract

Background: Improper lifestyle are one of the factors affect the incidence of chronic diseases. Dislocation of habits that are unhealthy because life is smoking. According to the World Health Organization statistics, smoking has four million annual deaths in the foundation. Studies show that in 1371, 28.6% men and 3.6% of women upper 15 in the country were smokers. The most practical stage behavior change model, is Transtheoretical model. Therefore, this study has been using this model.

Methods: This is a cross-sectional study. A total of 200 official personnel’s were selected from all the administrative offices in khorram abad. The subjects were selected through 2-stage cluster-sampling. And data were collected by a questionnaire that it’s validity and reliability had been approved. Data were analyzed by using statistical software spss11.5 and descriptive statistics.p<0.05 as the level of significance was used.

Results: The mean of age was 42.5±7.85. According to the results, stages of smoking behavior distribution overall represented that 39.5% of the subjects were in precontemplation stage, 25.5% in contemplation stage, 12% in preparation stage, 5.5% in action stage and 17.5% were in maintenance stage. There were a significant relationship Between years of smoking(p=0.001), complication of smoking(0.000), And age(p=0.04) and stages of change. and there wrier not a significant difference between marital status, education , family and income, and stages of change.

Conclusion: In this study, the majority of people was in earlier stages, so it is necessary to provide educational programs, including strategies for this process to be developed. Due to the significant relationship between age and years of smoking and exposure to advanced stages of change There is required in early years of smoking people aware of problems, diseases and complications of tobacco materials that they decide as soon as possible about smoking cessation.

Key words: stage of change, smoking cessation, staff, Khorram Abad

Presentation: Poster