Abstract: Introduction: The Transtheoretical model implies that an individual's readiness to change is an immediate precursor of behavior change, which is specifically important in smoking behavior. The aim of the current study was to consider smoking behavior among Isfahan Medical Sciences and Isfahan University Students in the 2009-2010 academic year.

Methods: A cross-sectional study was performed and convenience sampling was done. The data gathering instrument was a short questionnaire based on the transtheoretical model. The instruments were translated using the Banvill method, for cultural adaptation. Data was analyzed by SPSS software using descriptive statistics (frequency distribution, mean and standard deviation) and ANOVA analytic statistics.

Findings: From the one hundred and ninety eight (198) students who participated, 131 students (66.2 %) were in precontemplation stage, 30 (15.2 %) in contemplation stage, 26 (13.1 %) in preparation stage, 8 (4 %) in action stage and 3 (1.5 %) in maintenance stage. Advancing across the stages from precontemplation to maintenance, self efficacy increased and temptation decreased (p < 0.05). The pros of smoking through the stages increased although it was not significant (p > 0.05). The cons of smoking behavior decreased significantly through the stages from contemplation to maintenance (p < 0.05). Meanwhile, people moving through the stages used more from the behavioral process and less from the cognitive process.

Conclusion: The majority of the subjects were in precontemplation stage and according to their age situation and the known harmful effects of smoking on health, it is necessary to discourage them from smoking using model base interventions.

Presentation: Poster