ID: 1247
Congress: The First International & 4th National Congress on health Education & Promotion, 2011
Title: The Survey of Processes of Change for Smoking Cessation through Stages of Change Based on Trans-theoretical Model in College Students.
Authors: Mehdi khezeli *, Arman Latifi , Mohtasham Ghaffari

Abstract: Introduction: Trans-theoretical Model (TTM) is appropriate framework for understanding behaviors as well as planning programs to change unhealthy behaviors such as smoking. A process of change is one of the important constructs of this model that refers to motives that facilitate movement through stages of behavior change. Present study was performed to determine processes of change for smoking cessation through stages of change based on Transtheoretical Model among students of Shahid Beheshti University in 2011.
Materials & Methods: In this cross-sectional study, 393 students from Shahid Beheshti University selected by convenience sampling method. Data gathering questionnaires that used in this study were; process of change for smoking cessation-short form, stages of smoking cessation, Fagerstrom test for nicotine dependence, and self efficacy. Validity and reliability of questionnaires confirmed by appropriate methods. Data was analyzed using SPSS 17 (central indexes, independent t-test, one way ANOVA, Chi-square, Pearson correlation).
Results: In this survey, 197 males (50.1%) and 196 females (49.9%) participated. It was found that 60 males (30.4%) and 14 females (7.1%) had history of smoking. The age mean of smoking initiation was 18.55±2.7. There was significant difference about processes of change scores in individuals that were in different stages of smoking cessation (p<0.001), that is, it was more in active stages compared with inactive stages. Also, results showed that behavioral and cognitive processes (two main sub-scales of change processes) had significant difference in stages of smoking cessation (p=0.003 and p=0.028 respectively). Scores mean of change processes were significantly more in those had higher self efficacy and lower nicotine dependence (p<0.001).
Discussion & conclusion: Based on findings of this study, the rate of understanding cognitive processes and application of behavioral processes in inactive stages of smoking cessation (pre-contemplation and contemplation) was lower than active ones (action and maintenance). Thus, educational interventions for promoting these processes is necessary. Also, regarding to positive relationship between self efficacy and processes of change for smoking cessation, designing and conducting educational programs that promote self efficacy in smokers is urgent.
Key words: Trans-theoretical Model, Processes of Change, Smoking, Students.
Presentation: Oral