

THE STATUS OF TOBACCO USE AND ATTITUDE RELATING TO SMOKING AMONG POSTGRADUATE MALE STUDENTS IN SHIRAZ UNIVERSITY OF MEDICAL SCIENCES

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Introduction: Tobacco use is one of the major preventable causes of premature death and disease in the world. Tobacco use is associated with many chronic diseases, such as cardiovascular disease, cancer, chronic respiratory diseases, and diseases of the digestive tract. Smoking is responsible for some four million deaths worldwide each year. One specific objective of university programs in the health sciences should be to provide the community with knowledgeable student who are fully cognizant of the importance of smoking as a health problem. The aim of this study was to assess the status of tobacco use, and the attitudes among postgraduate male students in Shiraz university of Medical Sciences

Materials and Methods: In a cross-sectional survey, questionnaires were completed by 83 male's students in the Shiraz University of Medical Sciences in 2011, including the prevalence of current smoking, their attitudes towards the effects of tobacco use on health, and correlation Demographics Factors with attitude.

Results: 33.7% of postgraduate male students were smoking, about one-third are current smokers, attitudes scores towards smoking and its damage were 66.7 ± 9.9 . There was no relationship between age and attitude toward cigarette usage. The non-smokers had more positive attitudes against smoking and were more aware of the adverse effects of smoking. The reasons smokers gave for starting smoking were pleasure, followed by stress and curiosity. Some smokers disagreed with some criticisms against smoking, and reasons why they did not want to quit included social attitudes, addiction, and not knowing how to quit.

Discussion and conclusion: Results of this study may provide baseline data to develop an anti-smoking program in the university and encourage policy makers to limit smoking in the university by strengthening the policies against smoking.

Keywords: Tobacco use; Attitude; Male medical students

SMOKING HABITS OF ADOLESCENT STUDENTS IN TEHRAN

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Introduction: cigarette smoking is among the main preventable causes of untimely death, morbidity and mortality in the world. Various reasons have been suggested for cigarette smoking among students which are mostly related to the culture and customs of a country. This study aimed to evaluate the factory associated with cigarette smoking among students.

Materials and Methods: this cross-sectional analytical study was conducted in Tehran in 2008 and used «Global Youth Tobacco Survey» (GYTS) self-administered questionnaire for data collection. A total of 4523 students (2251 girls and 2272 boys) were selected by using randomized multi-stage cluster sampling. SPSS version 16 software, chi-square test and logistic regression test were used for data analysis.

Results: a total of 4523 students (49.8% girls and 50.2% boys) with a mean age of 14.69 ± 2.09 yrs were evaluated. The prevalence of smoking experience, current smoking, and current regular smoking among students was 25.5%, 7.4%, and 1.9% respectively. The score of knowledge was 5.29 ± 1.29 for all students, 5.34 ± 1.23 for nonsmoker students, and 4.57 ± 1.74 for current smokers ($p < 0.01$). The mean score of attitude towards smoking was 27.29 ± 7.41 for all students, 27.56 ± 7.20 for nonsmoker and 21.10 ± 7.69 for current smokers. The difference between the scores of current smokers and nonsmoker was statistically significant ($p < 0.01$). In evaluation of the correlation between cigarette smoking and different variables, several factors were found to increase the likelihood of smoking among students including the male gender, older age, low grades, having smoker friends, pocket money more than 300,000 Rials per month, exposure to family members' smoking, lack of parental advice, low score of knowledge, low score for attitude, passive smoking (exposure to secondhand smoke at home or outside), poor perception of anti-smoking message broadcasting by the media, watching actors smoking (cigarette or hookah) in movies, and last but not least viewing smoking advertisement and cigarette commercials (OR= 1.464-57.707).

Discussion and conclusion: Considering our study findings, planning and implementation of educational tobacco control programs are required at schools aiming at preventing cigarette smoking by increasing the knowledge and correcting the attitude of students

Keywords: Smoking, Students, Adolescent, Cigarette

PREVALENCE AND REASONS OF TENDENCY TO USE HOOKAH, CIGARETTE AND ALCOHOL AMONG STUDENTS IN TEHRAN UNIVERSITY OF MEDICAL SCIENCES

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Introduction: In Iran, the young population structure and increase in the use of narcotics among students is investigated in different researches. This study is designed to determine the prevalence using cigarette, alcoholic liquors and hookah and the reasons of tendency to these narcotics among the students of Tehran University of medical sciences.

Materials and Methods: In 1389, this research investigated 780 students of different colleges in Tehran University of Medical Sciences using the descriptive study. Collecting data is done by a four part questionnaire that its reliability and validity was approved. The first part of questions is about demographic factors; the second part refers to cigarette and the factors affecting its use; the third part is about hookah and the factors affecting its use, the fourth part is the questions about alcoholic liquors. Researchers collected the answer sheets in a box, without the presence of university officials. To analyze data, SPSS software and chi-square test was used.

Results: In examined samples, the frequency of cigarette use was 23%, hookah 24.3% and alcoholic liquors 13%. Among the factors affecting the use of these narcotics, the most important factors were using as entertainment (24.5%), enjoyment (16%), curiosity (11.6%) and decreasing stress an emotional pressures (7.8%). The most important reason for not using them was taking care about their health.

Discussion and Conclusion: Our results showed that the use of cigarette, hookah and alcoholic liquors is decreasing among the students of Tehran University of Medical Sciences in recent years. But we should continue the programs for training health care and prevention of diseases. Conducting these program should be done in high schools and follow at university. It is proposed to solve the problems of students in the term of entertainment.

Keywords: Students, Abuse substance

DRUG ADDICTION IN FAMILIES AND ITS RELATED EFFECTS ON CHILDREN

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Introduction: Drug addiction is recognized as one of the social problems of the current century. Drug addiction is not only led to severe physical and psychological injuries but also covers social injuries such as divorce, crime and unemployment. Every problem and abnormality in family's generation structure has a direct effect on children. The most destructive problem of the family is addiction. Addiction in any form leads to decay, generation constraint, loses in addicted person's personality and after all unorganized family. Addiction is a problem for the individual himself and a bigger problem for his family. Addicted person not only endangers his self which is a big asset for the society but

also spoils his wife and children. A child who deals with addicted father and mother does not have an appropriate status. Addicted person has been a very bad guide for him. There is a strong possibility of his being led toward addiction. Feeling of insecurity which is caused by mind and behavioral disorder of addicted parent secures the ground for child's anxiety. He feels unrest at home and school for sometimes and this is one of the reasons of children's failure at school. Being ashamed of having addicted parent is a big problem for them both at school and in society. Feeling of not being able to afford the family is a big burden on child's shoulder. He is always in extreme anxiety and distress. He is sometimes ashamed and sometimes feels temerity. He sometimes is in the thought of escaping family and sometimes is in search of shelter, honor and life.

The objective of this study is to define the meaning of addiction and its effect on children, to define the negative results of its effects on children's health and finally to propose guidelines to destroy this social disaster.

Keywords: Drug addiction, Child, Family

USING COMMUNITY BASED PARTICIPATORY RESEARCH TO REDUCE RISK FACTORS AND PROMOTE PROTECTIVE FACTORS AGAINST DRUG ABUSE

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Introduction: Drug abuse has serious consequences in families, schools, and communities. The goal of Drug Abuse prevention is to help the public understanding the causes of drug abuse and to prevent its onset. This article describes how components of Community based Participatory Research methodology were used to develop Drug Resistance Strategies and implement the participatory program to reduce drug abuse risk factors and increase protective factors. Priorities from community on the zone 17 of Tehran helped to shape the data collection and developing participatory interventions and implementations.

Materials and Methods: Community participants were involved in multiple stages of creation and implementation. The research team developed a systematic review of literatures on programs for creating strong theoretical foundations. This article describes how CBPR methodology ensured that researchers collaborated with community members, trustees, local community based Organizations and schools develop this promising drug prevention program. The first step started with developing the best practice list, and then it marketed through personal meetings with project stakeholders. In-depth interviews were conducted with different subgroups of stakeholders to identify what milestone were more meaningful, how could be implemented. Best practices based on literature review and themes were