

## عنوان مقاله:

Knowledge and attitudes of university students towards hookah smoking in Fasa

## محل انتشار:

سومین کنگره ملی دخانیات و سلامت (سال: 1397)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Introduction:** The habit of hookah smoking is increasing among the youth, which requires more attention. This study aimed to assess knowledge and attitudes of university students towards hookah smoking in Fasa, Iran, based on the theory of planned behavior (TPB). **Method:** This study was conducted on ۱۵۷ university students in Fasa, Fars Province, Iran, in ۲۰۱۵. The data were collected using a questionnaire including demographic information and TPB constructs. Then, the data were entered into the SPSS version ۱۹ statistical software and analyzed using descriptive and inferential statistics. **Results:** The results showed that ۸۰% of the students had plans for the cessation of hookah smoking. Additionally, a significant difference was found among the students of different universities regarding the scores of attitude ( $P\text{-Value}=۰.۰۰۳$ ) and behavioral intention ( $P\text{-Value}=۰.۰۰۵$ ). Moreover, the results of Mann-Whitney test showed that the scores of behavioral intention and attitude were higher among male participants ( $P\text{-Value}=۰.۰۰۰۱$  and  $P\text{-Value}=۰.۰۰۴$ , respectively). However, females obtained significantly higher scores regarding peer opinion ( $P\text{-Value}<۰.۰۰۱$ ). Although the students believed that quitting smoking could help prevent many diseases, they continued hookah smoking because they thought it was non-addictive, relieved anxiety and fatigue, and its cessation might lead to the loss of contact with friends. **Conclusions:** Interventions for the cessation of hookah smoking should be based on elimination of positive attitudes toward hookah smoking and promotion of refusal skills, relaxation, and skills to cope with the temptation of hookah smoking.

## کلمات کلیدی:

Attitude, Hookah Smoking, Students, Theory of Planned Behavior

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