

عنوان مقاله:

Predictive Factors of Stages of Change in Hookah Smoking Cessation Among Iranian Adults Based on the Transtheoretical Model

محل انتشار:

مجله اعتیاد و سلامت, دوره 15, شماره 2 (سال: 1402)

تعداد صفحات اصل مقاله: 10

نویسندگان:

Adel Moqaddas - Department of Health Education and Health Promotion, Faculty of Health, Bushehr University of Medical Sciences, Bushehr, Iran

Mahnoush Reisi - Department of Health Education and Health Promotion, Faculty of Health, Bushehr University of Medical Sciences, Bushehr, Iran

Marzieh Mahmoodi - Department of Epidemiology and Biostatistics, Faculty of Health, Bushehr University of Medical Sciences, Bushehr, Iran

Homamodin Javazade - Department of Health Education and Health Promotion, Bushehr University of Medical Sciences, Bushehr, Iran

خلاصه مقاله:

**Background:** Hookah, as a traditional method of smoking, is widely used in Iran, especially in Bushehr province. It is essential to identify the most important determinants of modifying hookah smoking behavior. This study aimed to investigate the predictors of the stages of change in quitting hookah smoking in ۱۵-۶۰-year-old individuals in Bushehr province, southern Iran, based on the transtheoretical model (TTM). **Methods:** This descriptive-analytical study was conducted on ۱۱۷۳ Hookah smokers in Bushehr province. The samples were selected by two-stage random sampling from ۱۰ cities. Data were collected using a valid and reliable questionnaire consisting of ۵ sections (demographic characteristics, stages of change, processes of change, decisional balance, and self-efficacy). Data were analyzed by R version ۳.۳.۱ using analysis of variance and ordinal logistic regression at a significant level of ۰.۰۵. **Findings:** The data revealed ۸۳% of the participants were in the preparatory phase (۵۵.۳% in pre-contemplation and ۲۶.۷% in contemplation stages). Marital status, family members smoking hookah, cigarette smoking, level of education, number of family members, number of quitting attempts, self-efficacy, self-reevaluation, counter-conditioning, reinforcement management, and stimulus control were predictors of quitting hookah smoking. **Conclusion:** Given that most study participants were in the inactive stages of quitting hookah smoking, it seems necessary to design and implement behavioral interventions based on the predictive TTM constructs in this population.

کلمات کلیدی:

Transtheoretical model, Stage of change, Predictive factors, hookah

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/2036627>

