

عنوان مقاله:

Effects of a School-Based Interventional Program on Smoking Refusal Self-efficacy in Adolescent Females

محل انتشار:

مجله مراقبت مبتنی بر شواهد، دوره 8، شماره 3 (سال: 1397)

تعداد صفحات اصل مقاله: 11

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خلاصه مقاله:

smoking. Self-efficacy can be assumed as the best predictor of smoking behavior in adolescents. Aim: The present study aimed to investigate the effects of a school-based interventional program on smoking refusal self-efficacy in adolescent females. Method: This randomized controlled trial was conducted on 53 adolescent females in 2017. The participants were randomly divided into two groups of intervention (n=27) and control (n=26). The intervention group was provided with a smoking prevention program implemented five sessions a week in their school classrooms. On the other hand, the control group received the routine interventions. A researcher-made Smoking Refusal Self-Efficacy Questionnaire was completed before and one month after the intervention. Statistical analysis was performed in SPSS software (version 20.0) using Fisher's exact test, t-test, and Mann-Whitney U test. Results: According to the results, 9 (34.6%) and 7 (25.9%) individuals in the control and intervention groups had smoking fathers, respectively. The two study groups were homogeneous in terms of smoking refusal self-efficacy before the intervention. Following the intervention, the mean self-efficacy scores in the intervention and control groups were estimated as 111.55 ± 13.1 and 93.53 ± 25.02 , respectively. There was a significant difference between the two groups regarding this variable after the intervention ($P=0.02$). Implications for Practice: The school-based interventional program for smoking prevention in accordance with social skills training could effectively increase the level of smoking refusal self-efficacy in adolescent females.

کلمات کلیدی:

Adolescents, Intervention program, Females, Refusal, Self-efficacy, Smoking prevention

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