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## One year results of transtheoretical model (TTM) based intervention on smoking cessation of university students

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This study was conducted to determine the effect of Transtheoretical Model (TTM) based intervention including counseling, training, and a 12-month follow-up on smoking cessation in university students in Turkey. This quasi-experimental longitudinal study was completed with 40 students. Training educational, counseling and follow-up program based on TTM literature was developed and given to students for six weeks. Following the completion of the training sessions, students were monitored at first, third, sixth and twelfth months. Fagerström Tolerance Questionnaire (FTQ), TTM scales were used. Smoking cessation was verified by CO measurements. At the end of the 12 month, smoking cessation rate was 15% and more than 40% were at the preparation stage. None of the participants who were at the precontemplation stage quit smoking. Four from contemplation and two from preparation stages quit smoking and four of them moved to maintenance stage. The average smoking initiation age of quitters were older than smokers. CO levels of quitters were lower than those of the smokers for both measurements performed at the beginning and end of the programme. This TTM-based training intervention had a modest effect on smoking cessation. Our findings concluded that smoking initiation and nicotine dependency level must be taken into consideration while developing the intervention programme. Because this student group also showed some smoking characteristics of adults, and their nicotine dependency was higher.

### Biography

Tümer A pursued her PhD in the Department of Public Health Nursing, Ege University, Turkey in 2007. She is currently an Assistant Professor at the Faculty of Health Sciences of Mugla Sıtkı Kocman University in Turkey. Her main research interests are healthy lifestyle, health promotion behaviours, behavior of physical activity, women's health, adolescent health.

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