

## **Prevalence and determinants of male adolescents' smoking in iran: an explanation based on the theory of planned behavior.**

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## **Prevalence and determinants of male adolescents' smoking in iran: an explanation based on the theory of planned behavior.**

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### **Source**

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### **Abstract**

#### **BACKGROUND:**

Adolescent smoking problem has still remained as a public health concern, but factors that attributing to the initiation of adolescent smoking are not well known in Iran.

#### **OBJECTIVES:**

The aim of this study is to estimate the prevalence of smoking, and its associations among high school male adolescents in Iran, in the context of the theory of planned behavior (TPB).

#### **PATIENTS AND METHODS:**

This was a cross-sectional study involving male adolescent students (high school) in the city of Zaran dieh, Iran. A multiple-stage sampling protocol was used. The participants completed an anonymous, voluntary, and self-report questionnaire. Prevalence was estimated, and demographic variables, psychological factors, and the theory of planned behavior components were used to indicate factors contributing to adolescents' cigarette smoking.

#### **RESULTS:**

In all, 365 students were entered the study. The mean age of respondents was  $16.49 \pm 1.11$  years. The prevalence of current smoking was 15.1%. The result obtained from logistic regression analysis revealed that all theory of planned behavior (TPB) components [knowledge (OR = 0.75; 95% CI: (0.59-0.97), attitude (OR = 0.75; 95% CI: (0.65-0.86), self-efficacy (OR = 0.82; 95% CI: (0.71-0.95), subjective norms (OR = 0.84; 95% CI: (0.72-0.98))] were significant predating factors for adolescents smoking habits. In addition, having parents who smoke (OR = 4.75; 95% CI: (1.38-12.35), smoking friends (OR = 3.76; 95% CI: (1.20-11.76), and smoking siblings (OR = 4.21; 95% CI: (1.17-11.16) were significant contributing factors to adolescents' cigarette smoking behavior.

**CONCLUSIONS:**

The results showed that the prevalence of cigarette smoking in adolescents was high, and the theory of planned behavior (TPB) components were significant predictors of cigarette smoking. It seems that interventions targeting adolescents' smoking habits might benefit using the TPB model.

**KEYWORDS:**

Adolescence, Smoking

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