



**NATIONAL & KAPODISTRIAN
UNIVERSITY OF ATHENS**

**COUNSELING CENTER FOR
STUDENTS**



**SESSION 4 -THEMATIC SYMPOSIUM:
“UNIVERSITIES WITHOUT SMOKING”:
IMPLEMENTATION OF A LARGE COMMUNITY INTERVENTION
PROGRAM**

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Presentation Titles:

1. **Kalantzi - Azizi, A., Efthimiou, K., Sofianopoulou, A.:** Community Intervention Program for Smoking Prevention and Cessation among University Students in Greece
2. **Karademas, E:** The use of social cognitive models in the development of the Anti-smoking Program for University Students information package
3. **Charila, D:** The program for smoking cessation in student population
4. **Sofianopoulou, A ., Efthimiou, K., Karademas, E., & Kalantzi - Azizi, A:** Factors related to smoking initiation and smoking behavior maintenance among student population in Greece



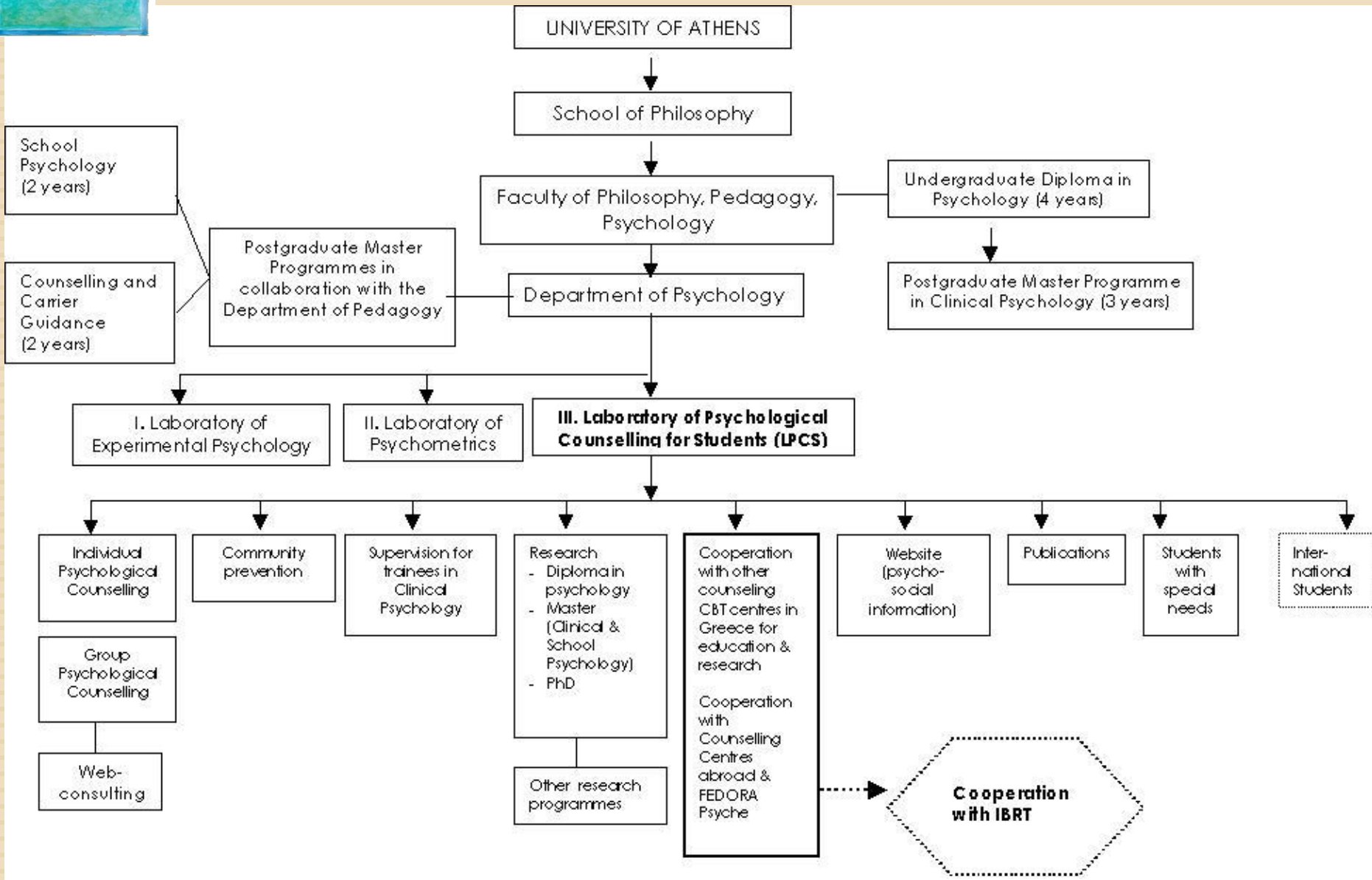
Community Intervention Program for Smoking Prevention and Cessation among University Students in Greece

- Implemented by the Counseling Center for Students at Athens University as a Community Action (<http://www.skf.psych.uoa.gr>)
- Part of the National Action Plan for Smoking (2008-2012)
- Funded by the Hellenic Centre for Diseases Control and Prevention –HCDCP (pact between HCDCP and University of Athens, 12-6-2009)





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What are Community Actions in the context of University?

- University is defined as a community with particular characteristics and particular needs
- Not only students, but also Faculty members and Administrative staff are also considered as members of this community
- Community Actions are programs that promote psychosocial well-being and improve the quality of life of the members of the Community



Indicative research data regarding students' smoking habits

- High percent of smokers among student population internationally (COC, 2007)
- Particularly increased percent of smokers among Medicine Students or students of other health professions (MAS et al., 2004, Rigopoulos et al. 2003)





Background

- The Student Counseling Center of Athens University has already a long experience in students' smoking habits
- Publications of informative brochures(Karademas et al., 2006. Spanea et al., 2006).
- Training of Clinical Psychology Postgraduate Students in structured group intervention programs for smoking cessation (Kalantzi, A., & Charila, D. , 2005).
- Application of structured group intervention programs for smoking cessation among university students during the academic year of 2004-2005.



Remarks

- A very small participation rate in group interventions
- Is there something we might have done wrong?

Possible reasons:

- The strong developmental tendency of “belonging” in a group (of students)-> “student culture”
 - Prevalent group practices (e.g. smoking) based on the connection between the cognitive schemas of independence/sense of freedom and smoking attitude
 - Cultivation of an Opposition philosophy against all forms of prohibition
 - The mistaken belief of non-smokers that smoking reduces stress
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- **The exposure of the organism to nicotine results in biological (but also in psychological) dependence.**



In search of new ways to act...

- What might have we done wrong
- We (namely the Psychologists) ought to find new ways to reach student population

Attention:

Psychology does not defend methods of repression, interdictions, penalties and so on. Psychology ought to look for new ways of exerting influence and changing attitudes, to empower individuals so as to increase their self-efficacy and so on





The program

- > it is based on a better and more systematic knowledge
- > the informative material regarding the dangers of the smoking habit on health is being developed in a new basis
- > all the actions of the program are being reported in a more coordinated way: creation of a specific webpage: www.uoa.gr/skf/kapnisma.html, uploads in student societies' web-pages, organization of Information days, mobilization of Faculty members and so on
- > conduct of innovating scientific research-> new more complete data regarding the initiation and maintenance of the smoking habit
- > Control of the effectiveness of the group intervention programs-> specific designed interventions for this particular age group according to the empirically based research



The Prevention Program

It includes three basic axes/ actions:

- a) research: conduct of a Pan-Hellenic study aiming at investigating the factors leading to the reinforcement and maintenance of the smoking habit among university student population
- b) main intervention: group training of the Psychologists from several Greek Universities in order to apply group intervention programs among the students of the University who smoke, while at the same time studying the interventions' effectiveness
- c) prevention program:
 - Development of informative material aiming at drawing students' attention to the detrimental consequences of the smoking habit on health
 - One day seminars: «Universities without Smoking» and mobilization of Students Communities



The one day seminars «Universities without Smoking» and mobilization of University Students (e.g. University Student Communities)

- A greater emphasis on dissemination
- Chances for personal discovery
- 1. Smoking is strictly your business
- 2. Whether or not dependence (including psychological !) on smoking leads to Independence/Individuality (Autonomous personality)
 - A) Does conformity to negative “models” restrict the personal freedom of choice?
 - B) Expediency and dependence:
the depended personality ↔ freedom of choice (volition)
- 3. The boundary of your freedom..... the boundaries of other people' freedom (e.g.. Passive smoking, third-hand smoke)
- 4. Contradictions in governmental anti-smoking policy (deterrent messages on the tobacco boxes ↔ subsidizations of tobacco producers)



The course of the Program's implementation so far...

Beginning of the Program: 2009, July

Activities completed until now:

- *Training of 10 Psychologists from 8 Greek Universities*
- *Participation of the University of Cyprus*
- *12 hour Seminar (2011, November)*
- *Conduct of a Pan-Hellenic Study*
 - *Pilot study: N=300 (2009, November – 2010, January)*
 - *Main study: N=2.500 (2010, April to December)*



Mobilization of the University Community- “Empowerment” of its members

- Publication and dissemination of the informative material (distribution, posters, internet uploads)
- One day Seminar «Universities without Smoking» (University of Athens, 17.3.2011, Athens)
- One day Seminar «Universities without Smoking» (University of Thessalia, 11.5.2011, Volos)
- Information/ mobilization of University Student Communities
- Information at lecture halls
- Uploads of the presentations (power point) in the webpage



Continuation of the mobilization of the University Community starting from the new Academic Year 2011-2012 - “Empowerment” of its members

- One day Seminars «Universities without Smoking» at the other cooperating Universities
- Intensification of the dissemination of the informative material
- Mobilization of university students who smoke about smoking cessation groups through a special brochure/ information and so on.
- Beginning of smoking cessation groups (2011, November)





Short and long-term goals of the Program- Specific goals for university student population:

The promotion –through a specially designed study- of valid knowledge (a theoretical model) regarding the beginning and maintenance of the smoking habit among university students

The development of a manual for group smoking cessation interventions adapted to the specific needs of Greek University Students studying at all the country's Higher Education Institutions

The creation of informative material suitable for university students (young people) regarding the negative consequences of the smoking habit in health



Short and long-term goals of the Program

Specific goals for all Universities

- Application of the Program to all Greek Universities
- Continuation of the application (obtain funding, secure the context)

General goals

- Make a substantial contribution in the fight against smoking habit
- The European Union and the Hellenic Ministry of Health and Social Solidarity stress this issue



Conclusion...

Smoking
is our
own
business



**"That's the third smoker we've lost
this week."**

THANKS FOR YOUR ATTENTION !!!

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