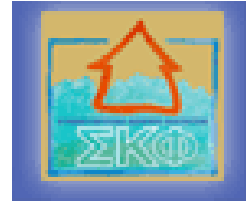


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# The smoking cessation program in the student population



- Summer School

Fedora

'Modern Times: Counseling  
Students in the 21<sup>st</sup> Century'

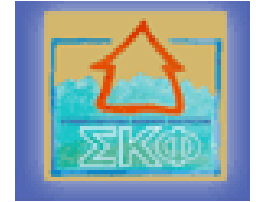
Ioannina, 16-18/06/2011

## Diana Charila

Psychologist- PhD in Clinical  
Psychology

Laboratory of Student Counseling  
Center-University of Athens

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- Prevention and Treatment Program for smoking cessation in student population under the National Action Plan for Tobacco Cessation “2008-2012”, Ministry of Health and Social Solidarity
- Group Therapy Program for smoking cessation in student population

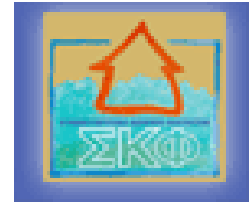
**Training the psychologists**

## Participants (N=12):



- University of Athens
- Demokritos University of Thrace (DUTH)
- University of Thessaly
- University of Ioannina
- University of Crete
- University of Macedonia \*
- Harokopion University
- School of Pedagogical and Technological Education (ASPETE)
- University of Cyprus

## Basic axis of the training



- Awareness regarding the consequences of tobacco smoking
- Basic training to cognitive-behavioral therapy and rational-emotive therapy
- Training at the group smoking cessation program
- Briefing on the assessment of group interventions.

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## Main characteristics of group CBT interventions (I)



- the group interaction helps members to learn the new skills effectively
  - the group promotes the cooperation skills among members and they help each other in problem solving
  - Mutual support
-

## Main characteristics of group CBT interventions (II)



- Information on the pathogenesis and interpretation of the habit according to the cognitive- behavioral model ( psycho-educational nature of groups)
- Comprehension of the psychological mechanism that leads in the appearance of the problem ( connection of the problematic behavior and the automatic cognitive mechanism)
- Focus in the here and now

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## Main characteristics of group CBT interventions (II)



- Modification of the cognitive mechanism that is linked to the problematic behavior
  - Training in self- management of personal problems
  - Prevention of relapse through reinforcement of the strategies that prevent the reappearance of the habit
-

# The group smoking cessation program



- Follows CBT model
- 12 members maximum
- 8 - 10 sessions 120 min.
- Is held 1 time/ week
- Total duration: 2 - 3 μήνες
- The dynamic which *που* is being developed in the group contributes to:
  - Improvement
  - Relapse prevention
  - New behavior maintenance (members meet after the end of the program)

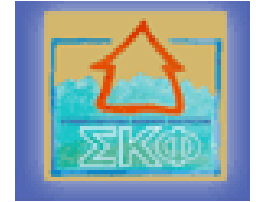


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## The goal of group interventions



- **To assist group members to develop and improve skills and functions that relate to the particular issue of the group intervention.**
  - **to inform and to implement self control and self management strategies. Consist primarily of psychoeducational groups, but also psychotherapeutic groups referring to individuals that have developed some form of disorder.**
  - **The strategies for psychoeducation, self- management, modification of cognitive mechanism as well as relapse prevention are important here.**
-



- The group smoking cessation program

Learning theories

Ellis RET therapy

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## Main principles of CBT approach



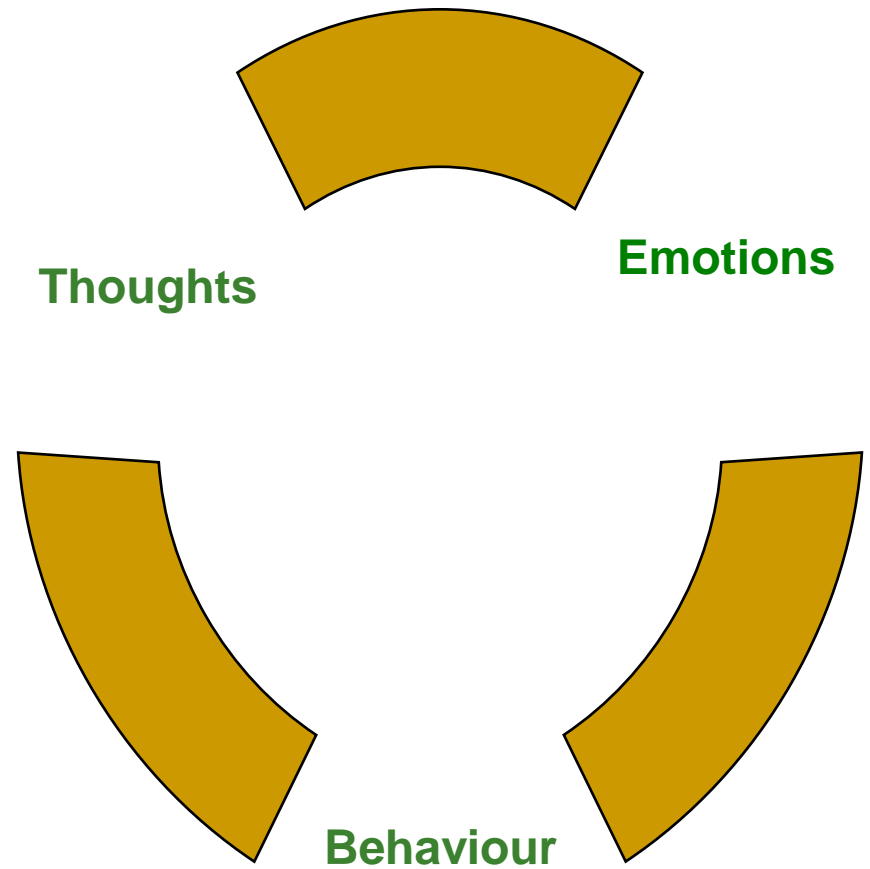
- Cognitive function influences behavior
  - Cognitive function can be controlled
  - Changes in behavior can be influenced by cognitive changes
-

## Rational-emotive therapy (Ellis)



- According to rational-emotive therapy, the emotional disorders (like anxiety and depression) are caused by biological and environmental factors. There is an interaction and interconnection between emotions, thoughts and behaviors.

# Relation between thought-emotions-behaviour



# What maintains smoking

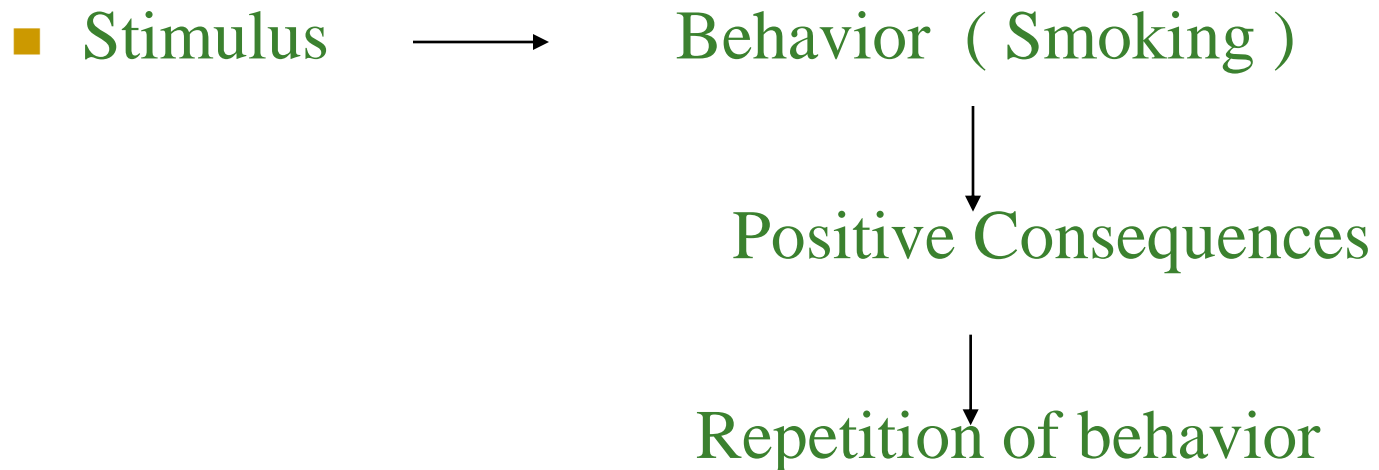


- Physical habituation in nicotine
  - (Physical dependence)
- Habit and automation
- Enjoyable consequences of smoking
- Negative thoughts for the time required for quitting smoking
  - (Psychological dependence)

# Learning Theories



## ■ Conditioning



# Learning Theories



- Classical Conditioning
- Neutral Stimuli (food, coffee, viewing of pack of cigarettes )
- Smoking behavior





## Vicious Circle



- **External stimulus**



**Internal stimulus**



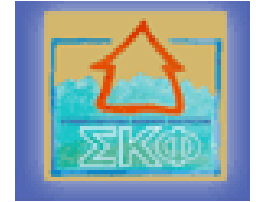
**Activation of beliefs about smoking**



**Automatic thoughts**



- **Smoking behaviors**



Anxiety  
Depression  
Peer smokers  
Parties etc

→ “It relaxes me”  
“I am like the others”

*Automatic thoughts*

“Smoke”  
“Relax”

*Impulse*

*Acceptance Beliefs*  
“I can quit smoking whenever I want”  
“It won’t hurt me”  
«Everybody smokes»

**Action (Smoking)**

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# Smoker's Usual thoughts



- Smoking helps me resolve my problems
  - If I haven't managed to quit smoking so far, it means that I don't really want to do it
  - If I try to quit smoking and I don't succeed it, I will feel ashamed towards my friends
  - I am afraid of gaining weight, if I quit smoking
  - The State should do more, so that people stop smoking
-

## Smoker's Usual Thoughts (II)



- I am concerned of the smoking's consequences
- Even if I stop smoking, the others will persuade me to start it again
- I am not ready to quit smoking
- If I quit smoking, I won't enjoy nice moments like coffee or the company with my friends
- If I quit smoking, I will be healthy
- The pollution of the environment threatens me more than smoking

# Smoking Resistance Mechanism



- **Safe situations** → **Control Perceptions** → **Control thoughts**
  - To be with non smokers “I can have fun without smoking” “No, I won’t smoke”
  - 
  - **Impulse**      **Denial of control perceptions** → **Alternative action**
  - One cigarette puts me at risk      “I can do something else
  - for smoking again                                    instead of smoking”
  - 
  - 
  - 
  - 
  - 
  -
- Resistance to smoking

# Behavioral Techniques

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- Self-Observation
  - Self-reinforcement & self-punishment
  - Systematic desensitization
-

# Cognitive Techniques



- Rational-Emotive Therapy: modification of the beliefs which maintain the smoking behavior
- Relaxation techniques
- Mental Imagery Techniques

## Is it effective?



- Published statistics show that approximately 55% of the group members usually have interrupted smoking till the end of the program.
- This is an extremely high percentage for addiction problems