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

Student population displays high rates among smokers, even up to 42-47%. Therefore it is crucial to design and implement at Universities programs for smoking prevention and –especially- cessation.

In this presentation a large community intervention program is discussed. This program is the first program designed especially for University Students in Greece. It is financed by the Hellenic Ministry of Health and Welfare and is implemented in seven Institutions of Higher Education in Greece and at the University of Cyprus. The Laboratory of Psychological Counseling for Students from the University of Athens coordinates all actions.

The program consists of three modules:

1. Research: design and implementation of a large community study, in order to investigate variables, which contribute to smoking initiation and maintenance among students.
2. Prevention: design and distribution of information material.
3. Intervention: training of psychologists working at the 8 Universities to offer CBT-oriented group interventions for smoking cessation, implementing at the same time intervention efficacy studies.