

Anastasia Sofianopoulou, Kostas Efthimiou, Evangelos C. Karademas, Anastasia Kalantzi-Azizi,

Factors related to smoking initiation and smoking behavior maintenance among student population in Greece

Smoking behavior is common among students, since, 42-47% of students smoke. In Greece about 45% of young people 18-28 years old smoke, while 42% of students are regular smokers. Moreover, students report lower motivation to quit smoking than their peers. To understand student smoking behavior, a theoretical model is proposed. According to this model, the developmental phase of emerging adulthood is seeing as a risk factor for smoking behavior and dependence. Moreover emerging adulthood is related to higher rates of reported psychopathological symptoms, eg. depression. Depression on the other hand is related to higher smoking rates as well as lower motivation to quit smoking. Young people, who report discomfort, are probably going to report also negative automatic thoughts and dysfunctional beliefs about themselves, the world, other people and the future.

Therefore, this hypothesis proposes that students/young people, who classify themselves as emerging adults, are expected to report higher symptoms of psychopathology and discomfort, as well as more negative thoughts. Those students are expected to report higher rates of smoking behavior and lower motivation to quit smoking. If this hypothesis is true, interventions to help students to quit smoking, should also consider the characteristics of emerging adulthood and include relative interventions or techniques to raise awareness and motivation.