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The programme for smoking cessation in student population

One of the major actions of the program against smoking in the Higher Education, which was held by the University of Athens, is the development of an intervention program for smoking cessation in the student population. Psychologists from eight Universities were trained in the intervention program for smoking cessation in order to implement the program in the students of their Universities.. This training program was completed in two days and it included: 1.sensitization on the negative effects of smoking in the human organism, 2. training in the major cognitive-behavioral therapeutic model, as well as in the rational-emotive model by Ellis which the intervention program for smoking cessation is based on, 3. training in the smoking cessation program session by session and 4. training on the evaluation of the program.

Self-experience and role play exercises were used during the whole training.