



Tumor Zentrum Berlin

Students in hospital - a project for smoking prevention for young people and parents

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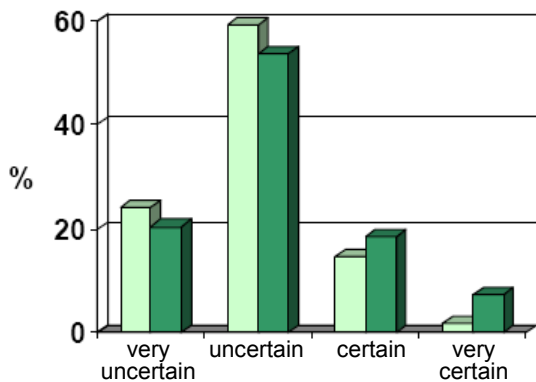
Table 1: Characteristics of students in a preliminary sample (n=233)

	All (n)	Nonsmokers (%)	Smokers (%)
Male	37	45.9	54.1
Female	196	44.9	55.1

Table 2: Smoking habits: many students didn't consider waterpipe as smoking!

	Smokers (cigarettes) (n)	Smokers (waterpipe) (n)
Daily	96	2
More than once weekly	5	6
Once weekly	2	3
Monthly	7	50
Less than monthly	-	7
All	110	68

Fig. 1: Intention [2] to quit smoking before and after the intervention (n=54 smokers, p<0.05)



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Introduction

As to the effectiveness of tobacco prevention measures among young people, there are so far only few reliable data available, which, however, do not allow to draw a clear conclusion [1]. On 'World No-Tobacco Day' 2007 (May 31st), as a contribution to the Berlin Network of Smokefree Schools, for first time in Germany a cooperative project on tobacco prevention for students was introduced.

Methods

A teaching module and information for middle and high school students is presented by expert doctors from eight chest hospitals or pneumological departments in Berlin. In the hospitals, the students are offered in 90 minutes first-hand information about smoking, insights into the clinical routine and into the view of the patients. At school, the teaching modules are prepared as well as discussed afterwards. As compared to previous initiatives from single hospitals in other German cities, the network character of this project, the prospective scientific evaluation using a standardized questionnaire before, immediately and six months after the intervention, and the offer to parents' groups to participate (structural prevention) are a major step forward.

Preliminary results

The first evaluation of a subset of 233 students showed that non-smokers were strengthened to remain abstinent, they did not change their answers. For smokers, the intervention significantly strengthened the intention to quit smoking (p<0.05).

Outlook

The results of the long-term survey after six months of a planned total sample of >500 students remain to be seen.

Website of this project: www.schueler-in-der-klinik.de

Reference:

1. Thomas R, Perera R. School-based programmes for preventing smoking. Cochrane Database Syst Rev 2006 Jul 19;3:CD001293.
2. Ajzen, I., Fishbein, M. (1980). Understanding attitudes and predicting behavior. New Jersey: Prentice-Hall.