

Tobacco use and smoking-related attitudes among health students in Valencia: A descriptive study

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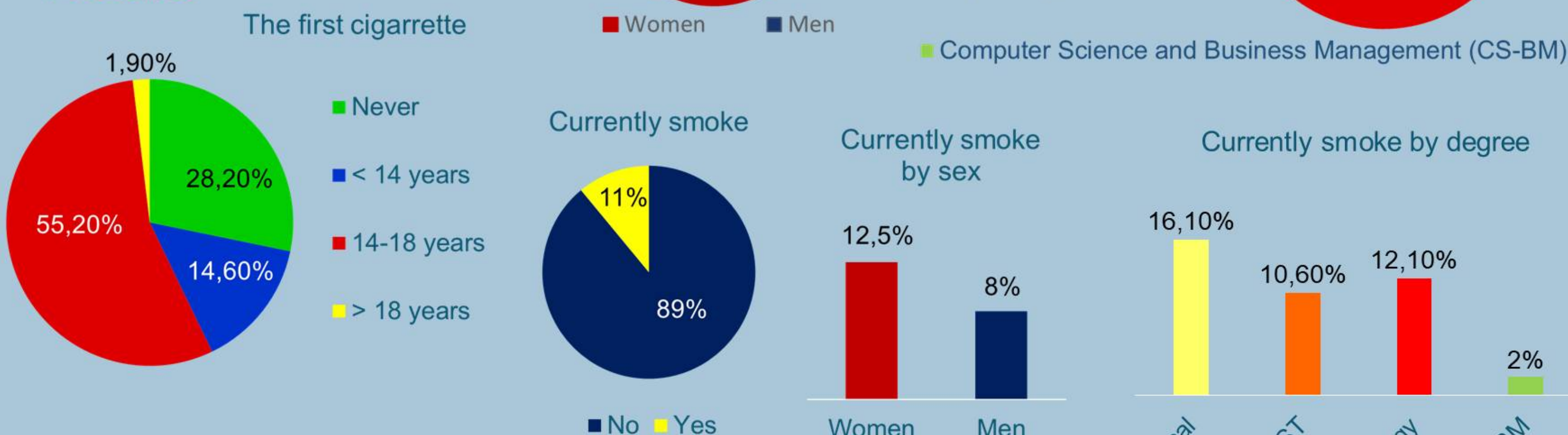
Introduction

Tobacco smoking is one of the major preventable causes of disease and premature death in the world. Health professionals play an important role in helping with smoke cessation, a role that is negated if they are smokers (Salgado et al., 2017). Studies on smoking prevalence in health students are very limited and, to our knowledge, none exists in Valencia. This study aimed to evaluate the smoking prevalence and attitudes towards tobacco among university students in Valencia.

Material and methods

Students (n=309) from three universities in Valencia and from four degrees answered a questionnaire.

Results



SEX DIFFERENCES

Women	Men
85,40%	74,30%
57,80%	31,70%

Smoking among health professionals is less socially acceptable ($X^2=5.679$ $p<0.017$)
Predisposition to join anti-tobacco programmes ($X^2=18.449$ $p<0.0001$)

DEGREE DIFFERENCES

Medical	ST	Psychology	CS-BM
24,2%	29,8%	24,5%	42,0%
89,6%	64,1%	77,0%	75,6%
41,9%	10,6%	17,7%	20,0%
93,5%	87,2%	77,7%	74,0%
77,4%	51,1%	62,2%	48,0%
69,4%	53,2%	44,6%	44,0%
29,0%	12,8%	10,8%	14,0%
56,5%	53,2%	54,1%	22,0%

Never have smoked
Health as main cause for not smoking ($X^2=14.892$ $p<0.021$)
Anti-tobacco campaigns are effective ($X^2=19.670$ $p<0.001$)
Smoking among health professionals is less socially acceptable ($X^2=10.374$ $p<0.016$)
Physicians are role models for patients ($X^2=12.633$ $p<0.006$)
Physicians are behaving less professionally if they smoke ($X^2=11.853$ $p<0.008$)
More aware of anti-tobacco programmes ($X^2=11.616$ $p<0.009$)
More willing to take part in the anti-tobacco programmes ($X^2=17.800$ $p<0.001$)



Conclusion

Smoking prevalence among university students in this study was lower than the Spanish general population average (34%). However, Medical students presented a greater prevalence for smoking, despite being fully aware of their role as future professionals in assisting with smoke cessation, especially women.

References

EDADES, 1995-2017.
Salgado MV, et al. (2017) Smoking-related attitudes and knowledge among medical students and recent graduates in Argentina: a cross-sectional study. J Gen Intern Med, 32:549-555.

Acknowledgments