

# Evaluation of the effectiveness of tobacco cessation in teenagers by social support network intervention

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## Introduction

According to reports, the percentage for students smoking was 14-15% in high school, and was 7-8% in middle school. In recent years, tobacco cessation in teenagers is the most important program implemented by Department of Ministry of Health and Welfare. The model of social support network was combined with medical resources and professional members in each department in our hospital, and cooperated with the teachers of school. The network will guide and encourage students to abstain from tobacco.



## Purpose/Methods promotion

The student tobacco cessation class is setup by hospital with three schools, one university and two high schools, from April to June, 2014. List of smoking students was provided by school. And then, those students were sent to the class of tobacco cessation in a regular period. There were four to six classes for tobacco cessation. Through the courses of tobacco cessation and sharing of group discussion, the students will gradually aware of the harmful effects of smoking.



## Results

The 68 students were joined in the tobacco cessation class of the three schools. Each student will be followed up by their teacher. For students above 18 years old, they were encouraged to join tobacco withdrawal treatment. The anxiety and withdraw symptoms of students are reduced by the help of social worker. Of 68 students, 11, or 16.2%, students were completely tobacco cessation; 38 or 55.9%, students were less to smoke tobacco; 19, or 27.9%, students are usual smoking.



## Conclusions

Through different professional workers, the intervention of social support network will help students to understand the situation and the skills during quitting smoking period. According to results, our model of network strengthened the effectiveness of abstinence smoking for low-degree tobacco addiction students. It was successful to help the students, who couldn't control by their own mind to avoid of smoking, with combined drug therapy. The cooperation model of schools and hospitals will get more benefit for students in tobacco cessation.

