



زانكۆی پۆلیتیه كنیکی هه ولیر

ERBIL POLYTECHNIC UNIVERSITY

# PREVLANCE AND RISK FACTORES OF SMOKING IN ADOLESENTS IN Erbil city

A STUDY IS SUBMITTED TO THE COUNCIL OF THE DEPARTMENT OF NURSING IN  
ERBIL MEDICAL TECHNICAL INSTITUTE IN PARTIAL FULFILLMENT OF THE  
REQUIRMENTS FOR THE DEGREE OF TECHNICAL DIPLOMA IN NURSING FOR  
THE ACADEMIC  
YEAR 2023-2024

**BY SUPERVISED BY**

Mrs. Haana.O.Saadi

I certify that this study was prepared under my supervision at Erbil Medical Technical Institute in partial fulfillment of the requirements for the degree of technical diploma.

**Signature:**

**Name:**

**Title: Date:**

We the members of the evaluation committee certify that after reading this study and examining the students in its contents, it is adequate for the award of the degree of Technical Diploma in Nursing for the academic year 2023-2024

**Signature:**

**Name:**

**Title: Date:**

**Signature:**

**Name:**

**Title: Date:**

This study is approved by the scientific committee of the department.

**Signature:**

**Name of the head of the department:**

**Title: Date:**

## TABLE OF CONTENTS

Contents	Pages
<b>Chapter on</b>	<b>6</b>
<b>1.1- Introduction</b>	<b>7</b>
<b>1.2- Objectives</b>	<b>8</b>
<b>1.3- Child injury</b>	<b>9</b>
<b>1.4- Causes of injury</b>	<b>10</b>
<b>1.5- Types of injury</b>	<b>9-10</b>
<b>1.6-Home safety and prevention</b>	<b>10-13</b>
<b>Chapter two: Methodology</b>	<b>14</b>
<b>2.1. Design of the study</b>	<b>15</b>
<b>2.2. Setting and time of the study</b>	<b>15</b>
<b>2.3. Sample of the study</b>	<b>15</b>
<b>2.4. Instrument of the study</b>	<b>15</b>
<b>2.5. Statistical analysis</b>	<b>15 -16</b>
<b>Chapter Three: Results and Discussion</b>	<b>17-</b>
<b>3.1. Table (1): Social – Demographic Data of the Child .</b>	<b>18</b>
<b>3.2. Table (2): – Demographic Data of the mother.</b>	<b>19</b>
<b>3.3. Table (3): Types of child injury</b>	<b>20</b>
<b>Chapter Four: Conclusion and Recommendations</b>	<b>21</b>
<b>Conclusion</b>	<b>22</b>
<b>Recommendations</b>	<b>23</b>
<b>References</b>	<b>24</b>
<b>Appendices</b>	<b>25</b>

***Chapter one***  
***Introduction and***  
***literature Review***

## **1.1. Introduction:**

The World Health Organization Framework Convention on Tobacco Control (WHO FCTC), an unprecedented international treaty aimed at strengthening tobacco control globally, underlines the importance of education, communication, training, and public awareness on the health risks of smoking<sup>1</sup>. A key aspect to educating the public on the deleterious effects of tobacco is the adoption of health warnings on cigarette packages<sup>1,2</sup>. Article 11 of the WHO FCTC addresses packaging and labeling of tobacco products by calling for ‘each unit packet and package of tobacco products, and any outside packaging and labeling of such products, to carry health warnings describing the harmful effects of tobacco use, and include other appropriate messages’<sup>1</sup>. With the exception of television advertisements, health warnings on cigarette packages are among the most effective sources of information regarding the health effects of smoking, with most smokers reporting becoming more aware about the risks of smoking through warnings on cigarette packages compared to other sources of information<sup>2</sup>. Evidence shows that combined written and graphic health messages are more effective than text-only warnings<sup>2-4</sup>. Pictorial warnings have been shown to increase levels of knowledge regarding the health effects of smoking, as well as increase motivation for smoking cessation behavior among smokers<sup>2-9</sup>.

The updated European Union (EU) Tobacco Products Directives (TPD), which took effect in May 2016, is a major effort to propel and standardize the ratification of the WHO FCTC among EU Member States (MS), and has reinforced the importance of warning labels as an important tobacco control strategy since they are compelling communication strategy, combining high exposure, high reach, and very low cost<sup>10-12</sup>. In consideration of the strong evidence that health warnings increase awareness of health risks related to tobacco consumption, increase quit attempts and decrease smoking uptake and the realization of the disparities that exist among the EU MS in the implementation of the FCTC, the EU TPD has set forth rules governing the parameters of health warning labels that are scientifically supported to maximize impact. The TPD effectively requires combined text and pictorial health warnings that cover 65% of the front and back of tobacco product packaging<sup>10-12</sup>

## **1.2. Objective:**

1-To assess the prevalence of smoking among students





*Chapter two*  
*Methodology*

## **Patient and Methods**

### **2.1. Design of the study:**

A comparative study( purposive sample consists from 20 students grade 10 each of 10 students from private another 10 from public school ) comparative study conducted to assess prevlance of smoking among adolescents in Erbil city

### **2.2. Setting of study:**

This study was conducted at Kurdistan and Roshnbery school in Erbil city during the period of January, February 2023.

### **2.3. Sample of the study:**

A non-probability ( purposive sample) obtained through taking interview students who admitted to ronahy and Muhammad school in Erbil city selected as study sample.

### **2.4. Method and tool of data collection**

A questionnaire constructed by investigator then reporting for data collection. It was comprised of two major parts.

part 1 : to socio demographic characteristics of parents and .

Part 2: to assess assess prevlance of smoking among adolescents in Erbil city

### **2.5. Ethical consideration:**

An official permission was be obtained from directorate of health through, Erbil Medical Technical Institute for data collection. Also oral consent was be taken from students of and Researchers will promise to keep the students'

information, confidential, and use these data for this study only then explain the purpose of this study to each participant.

**2.6. Statistical analysis:** Data was analyzed through using SPSS version 23.

Through application of frequencies and percentage

# *Chapter three*

## *Results*

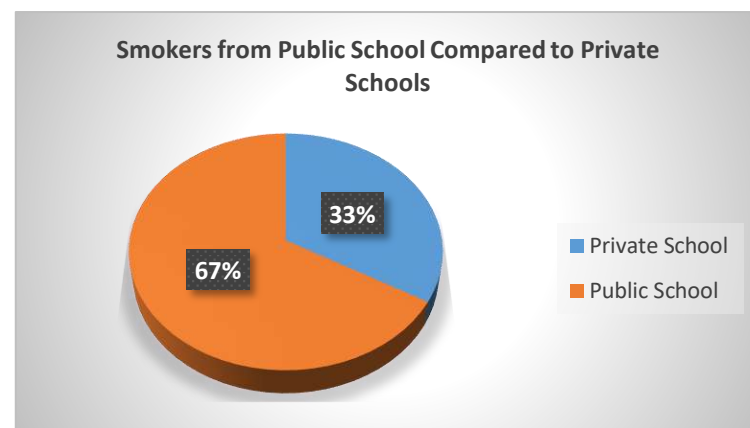
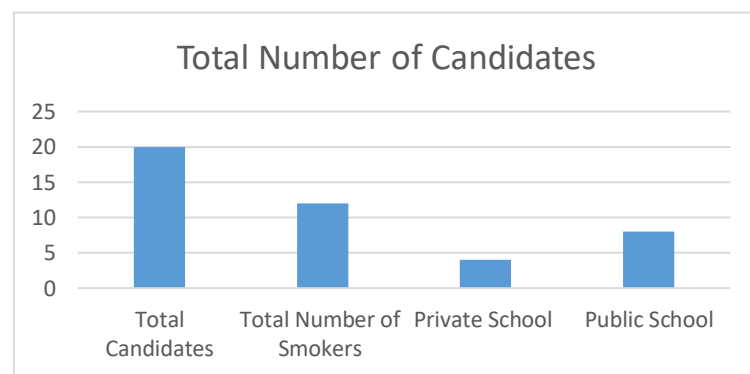
### 3.1 Introduction

This chapter will present the main findings of the study.

#### Results:

A total of 20 candidates were included in the study, with the response of 100%. The candidates were all male gender aged between 13 to 17 years old studying in Private and Public schools. Looking at the results, 12 out of 20 candidates were smokers which is a big number especially for teenagers. Furthermore, 67% of the smokers were those who is studying in public schools comparing to private schools at 33%.

The most common factor for those who are smoking is that their friends are smoking.



<b>Variables</b>	<b>Candidates Responses</b>	<b>Percentage</b>
<b>Age of Mother</b>	30 to 35 = 6 36 to 40 = 4 41 to 45 = 6 46 to 50 = 4	30% 20% 30% 20%
<b>Age of Father</b>	30 to 35 = 3 36 to 40 = 6 41 to 50 = 7 Above 50 = 4	15% 30% 35% 20%
<b>Level of Education of Mother</b>	Primary School= 4 Secondary School = 4 College = 10 Not Attended = 2	20% 20% 50% 10%
<b>Level of Education of Father</b>	Primary School= 1 Secondary School = 6 College = 11 Not Attended = 2	5% 30% 55% 10%
<b>Occupational of Mother</b>	Housewife = 10 Clerk = 4 Teacher = 4 Surveyor = 1 Nurse = 1	50% 20% 20% 5% 5%
<b>Occupational of Father</b>	Driver = 3 Clerk = 6 Butcher = 1 Engineer = 2 Teacher = 3 Doctor = 1 Market owner = 1 Asaysh = 3	15% 30% 5% 10% 15% 5% 5% 15%
<b>Age of Adolescent</b>	13 Years Old = 4 14 Years Old = 3 15 Years Old = 5 16 Years Old = 3 17 Years Old = 5	20% 15% 25% 15% 25%
<b>Gender</b>	Male	100%
<b>Address</b>	Erbil	100%
<b>Level of Education</b>	Secondary School = 12 High School = 8	60% 40%
<b>Type of School</b>	Private School = 10 Public School = 10	50% 50%
<b>Number of Friends</b>	2 Friends = 3 3 Friends = 4 4 Friends = 9 5 Friends = 2 6 Friends = 2	15% 20% 45% 10% 10%
<b>Type of Friends</b>	School Friends = 3 Area Friends = 17	15% 85%
<b>Meeting with Friends</b>	Cafetria = 8 Others = 12	40% 60%
<b>Smokers</b>	12	60%

<b>Types of Smoking</b>	Cigarate =7 Cigarate and Shisha =5	58% 42%
<b>Smoking startup</b>	At age 13 = 5 At age 14 = 4 At age 16 = 3	41.6% 33.3% 25%
<b>Number of years smoking</b>	1 Year = 7 2 Years = 4 4 Years = 1	58.3% 33.3% 8.3%
<b>Daily smoking quantity</b>	1 Pack = 4 Less than one pack = 8	33.3% 66.7%
<b>Are parents aware?</b>	No	100%
<b>How you pay the cost of your smoking</b>	Saving from the money I get from my parents	100%
<b>Does smoking affect your health</b>	I don't feel it yet	100%
<b>Sources of information regarding side effect of smoking</b>	TV = 4 Others = 16	20% 80%
<b>Common factors</b>	One or More smoking friends = 11 One or more smoking parents = 1	92% 8%

# *Chapter four*

# *Conclusions and recommendations*

This chapter presents conclusions and recommendations which are derived out from the study.

## *1. Conclusions*

**Based on the results, it can be concluded that:**

1-The majority of the students are 67% of the smokers were those who is studying in public schools comparing to private schools at 33%.

2-The most common factor for those who are smoking is that their friends are smoking.



## **Recommendation**

- Educational materials need to be age-specific, developed and piloted for particular ages of students regarding smoking prevention
- Education for the students to explain the effect of smoking on human being



## References:

- 1-World Health Organization. WHO Framework Convention on Tobacco Control. Geneva, Switzerland: WHO Document Production Services; 2003. <http://apps.who.int/iris/bitst...> Accessed May,
2. World Health Organization. Evidence Brief. How large pictorial health warning on the packing of tobacco products affects knowledge and behavior. Geneva: WHO; 2014. [http://www.euro.who.int/\\_data...](http://www.euro.who.int/_data...) Accessed May, 2018
- 3.Fong GT, Hammond D, Hitchman SC. The impact of pictures on the effectiveness of tobacco warnings. *Bulletin of the World Health Organization*. 2009;87:640-643. doi:10.2471/BLT.09.069575.
4. Hammond D, Fong GT, McNeill A, Borland R, Cummings KM. Effectiveness of cigarette warning labels in informing smokers about the risks of smoking: findings from the International Tobacco Control (ITC) four country survey. *Tob Control*. 2006;15(Suppl 3):iii19-iii25. doi:10.1136/tc.2005.012294.
5. Monárrez-Espino J, Liu B, Greiner F, Bremberg S, Galanti R. Systematic review of the effect of pictorial warnings on cigarette packages in smoking behavior. *Am J Public Health*. 2014;104(10):e11-30. doi:10.2105/AJPH.2014.302129.
6. Fathelrahman AI, Li L, Borland R, et al. Stronger pack warnings predict quitting more than weaker ones: finding from the ITC Malaysia and Thailand surveys. *Tob Induc Dis*. 2013;11(September). doi:10.1186/1617-9625-11-20.
7. Borland R, Yong HH, Wilson N, et al. How reactions to cigarette packet health warnings influence quitting: Findings from the ITC four-country survey. *Addiction*. 2009;104:669-675. doi:10.1111/j.1360-0443.2009.02508.x.

8. Borland R, Wilson N, Fong GT, et al. Impact of graphic and text warnings on cigarette packs: findings from four countries over five years. *Tobacco Control*. 2009;18:358-364. doi:10.1136/tc.2008.028043.
9. Francis DB, Hall MG, Noar SM, Ribisl KM, Brewer NT. Systematic review of measures used in pictorial cigarette pack warning experiments. *Nicotine & Tobacco Research*. 2017;19(10):1127-1137. doi:org/10.1093/ntr/ntx082.
10. Directive 2014/40/EU of the European Parliament and of the Council of 3 April 2014 on the approximation of the laws, regulations and administrative provisions of the Member States concerning the manufacture, presentation and sale of tobacco and related products and repealing. Directive 2001/37/EC. OJ 2014 L 127/1. <https://ec.europa.eu/health/si...> Accessed May, 2018.

[Google Scholar](#)

## *Appendices*

### **Prevalence and risk factors of smoking in adolescents in Erbil city**

#### **Part I / Sociodemographic characteristics of parents**

- 1- Age of mother
- 2- Age of father
- 3- Level of Education mother.....
- 4- Occupation of mother.....
- 5- Level of Education father.....
- 6- Occupation of father.....

#### **Part II /Sociodemographic characteristics of adolescents**

- 1- Age of adolescent.....
- 2- Gender.....
- 3- Address
- 4- Level of education
- 5- Types of school                      private school                                      public school
- 6- Number of friends .....
- 7- Types of friends? 1- school friend ..... 2-area friend
- 8- Where do you meet your friends out of school ? 1-cafeteria.... 2-fitness 3-night out  
4-Others
- 9- Are you smoker? Yes..... NO.....
- 10- Types of smoking.....
- 11- Age at which smoking was started (age).....
- 12- Number of years of smoking.....
- 13- Daily smoking quantity (number of cigarettes).....

- 14- Are your parents aware about your smoking NO.....YES.....
- 15- How to pay the cost of your smoking .....
- 16- Does smoking effect your health? Yes..... No.....
- 17- Sources of information regarding side effect of smoking?
- 1- Nurse 2-Parent 3-Radio 4- Tv 5- Dr. 6- others

**Part III / Most common factors of smoking?**

- 1- One or both parent(s) smoked
- 2- One or more smoking friends
- 3- Poor school achievement
- 4- Poor family income
- 5- Smoking best friend
- 6- Reduce greaves
- 7- Just for habit
- 8- To show he is un power
- 9- For spending time
- 10- To show he is fully controlled
- 11- Others



# زانكۆی پۆلیته کینکی هه ولیر

## ERBIL POLYTECHNIC UNIVERSITY

ئاماده کردنی له لایهن قوتابی

به سه ره شتی

م هه ئه عثمان سعدي