

**Assessing the Effectiveness of a Tobacco Use Prevention Programme Based on the School Curriculum, in the Prevention of Tobacco Consumption**

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**Research questions:** Smoking is considered by WHO a paediatric epidemic, calling for an early preventive action through the implementation of school-based programmes, among other initiatives. This study aimed to evaluate the short-term effectiveness of a prevention school-based programme, based on the school curriculum (Smokeout II), in school-aged adolescents attending the 3rd cycle of basic education in schools of Braga municipality, by sex.

**Methodology:** This is a quasi-experimental study of the pre and post-test type with an experimental (n=159) and a control group (n=171), held in 2014/2015. The intervention consisted in the interdisciplinary Smokeout II programme.

**Findings:** In the control group, from the pretest to the post-test, significant changes were observed among boys and girls: an increase in the smoking prevalence was registered among those who had never tried smoking in the pretest; among those who did not smoke or had stopped smoking in the pretest, an increase in the regular smoking was observed. A decrease between the pre and the post-test was found in the prevalence of regular smoking among boys of the experimental group, while the opposite happened in the control group, with an increase in smoking prevalence. Among girls, an increase in the regular tobacco use was observed in both groups.

**Conclusions:** This smoking prevention program has shown some effectiveness in the short-term decrease of the prevalence of students trying to smoke, both in boys and girls, and in reducing the prevalence of smoking among boys. It is necessary to investigate if these results are

maintained in time, being ongoing a follow-up evaluation to assess the long-term effectiveness of the programme.