



Increasing the Trend of Smoking in Iranian Adolescents

Asghar MOHAMMADPOORASL

Dept. of Public Health, School of Public Health, Qazvin University of Medical Sciences, Qazvin, Iran

***Corresponding Author:** Tel: +98 9143025620 Email: poorasl@Yahoo.com

(Received 20 Aug 2013; accepted 12 Sep 2013)

Dear Editor-in-Chief

Cigarette smoking continues to be a major public health problem that specifically affects the adolescent population. The prevalence of cigarette smoking among Iranian adolescents has been reported between 2.5 to 17.0% (1). Such a broad range is primarily due to the variety of the definition of “being a smoker”, the age difference of the samples under study and the location where such studies have been undertaken.

The key point is that by reviewing the studies in Iranian adolescents, even with considering the

differences in definition of cigarette smoker and studied samples, it can be easily observed increasing trend in smoking prevalence in Iranian adolescents. Table 1 shows cigarette smoking trend among Iranian adolescents since 2002 up to now. Statistics for smoking prevalence derived from these were based on the same definition of cigarette smoker (Regular smoker). Regular smoker defined as adolescent who smoked 100 cigarettes or more in lifetime/or smoked at least once per week (2).

Table 1: Trend of prevalence (%) of regular smoking among Iranian high school students

City	year	Sample size	Boys	Girls	Total	Reference
Kerman	2002	860	2.3	0.4	1.2	(6)
Shiraz	2002	1132	2.5	-	-	(7)
Zahedan	2003	475	2.3	0.4	1.3	(8)
Tehran	2003	1095	6.0	1.6	4.4	(9)
Kermanshah	2004	3150	-	1.1	-	(10)
Tabriz	2004	1785	4.4	-	-	(4)
Rasht	2004	1400	6.8	-	-	(11)
Birjand	2005	1233	3.9	-	-	(12)
Tehran	2006	2295	3.9	3.6	3.8	(13)
Jahrom	2007	1145	-	-	6.5	(14)
Tehran	2010	4591	12.1	5.3	8.4	(15)
Zanjan	2011	1035	10.8	-	-	(1)
Tabriz	2011	5197	13.8	0.9	6.7	(5)

Furthermore three studies were showed that the rate of becoming smoker is high among Iranian adolescents. In a study in Shiraz, Ayatollahi et al. (3) showed that during 8 months 11.4% and 2.2%

of never smoked students were transited to experimenter and regular smoking stage, respectively and 14.5% of students in experimenter stage were transited to regular smoking stage. During

one year 14.34% and 2.8% of never smoked students were transitioned to experimenter and regular smoking stage, respectively and 16.5% of students in experimenter stage were transitioned to regular smoking stage (4). Recently during a year, 10.1% and 1.7% of the never smokers became experimenters and regular smokers, respectively, whereas 17.0% of the experimenters became regular smokers (5).

Based on above results we can conclude that: 1) The cigarette smoking prevalence in boys is much more than in girls, 2) There is an increasing trend in smoking prevalence in Iranian adolescents and 3) The rate of becoming smoker is high among Iranian adolescents. So, preventive measures in adolescence and pre-adolescence period are necessary.

Acknowledgements

The authors declare that there is no conflict of interest.

References

- Nazarzadeh M, Bidel Z, Ayubi E, Bahrami A, Jafarie F, Mohammadpourasl A, Delpisheh A, Taromian F (2013). Smoking status in Iranian male adolescents: A cross-sectional study and a meta-analysis. *Addictive Behaviors*, 38(6):2214-8.
- Mayhew KP, Flay BR, Mott JA (2000). Stages in the development of adolescent smoking. *Drug Alcohol Depend*, 59 Suppl 1:S61-81.
- Ayatollahi SA, Mohammadpourasl A, Rajaeifard A (2005). Psychological predictors of transition in different stages of cigarette smoking. *Journal of Ardabil University of Medical Sciences*, 4:13-19 (In Persian).
- Mohammadpourasl A, Fakhari A, Shamsipour M, Rostami F, Rashidian H (2011). Transitions between the stages of smoking in Iranian adolescents. *Prev Med*, 52:136-8.
- Mohammadpourasl A, Nedjat S, Fakhari A, Yazdani K, Rahimi Foroushani A, Fotouhi A (2012). Smoking stages in an Iranian adolescent population. *Acta Med Iran*, 50:746-54.
- Ziaadini H, Kheradmand A, Nakhaee N, Taherzadeh H (2008). Prevalence of cigarette smoking and relevant factors among school students in south of Iran. *Fundamentals of Mental Health Journal*, 39:239-245 (In Persian).
- Ayatollahi SA, Mohammadpourasl A, Rajaeifard A (2005). Predicting the stages of smoking acquisition in the male students of Shiraz's high schools, 2003. *Nicotine Tob Res*, 7:845-51.
- Mojahed A, Bakhshani NM (2004). Prevalence of smoking and drug abuse in students of Zahedan high schools. *Tabib-E-Shargh* 6:59-65 (In Persian).
- Heydari G, Sharifi H, Hosseini M, Masjedi MR (2007). Prevalence of smoking among high-school students of Tehran in 2003. *East Mediterr Health J*, 13:1017-21.
- Pasharavesh L, Khoshbou S, Rezaei M, Saeidi MR (2010). Frequency and related factors of smoking in high school girls in Kermanshah (2004). *Journal of Kermanshah University of Medical Sciences (Behbood)* 13:309-319 (In Persian).
- Mohtasham Amiri Z, Sirous Bakht S, Nik Ravesh Rad SR (2008). Cigarette smoking among male high school students in Rasht. *Journal of Guilan University of Medical Sciences*, 2008; 17(65):100-107, (In Persian).
- Namakin K, Sharifzadeh GR, Miri MR (2008). Prevalence of cigarette smoking and evaluation of attitude and knowledge in its high school boys in Birjand, 2005. *Journal of Birjand University of Medical Sciences*, 2008; 15(1):66-70 (In Persian).
- Ramezankhani A, Sarbandi Zaboli F, Heydari G, Masjedi MR (2010). Pattern of cigarette smoking in adolescent students in Tehran. *Pejouhandeh*, 15:115-122 (In Persian).
- Rahmaniyan KA, Jafarzadeh A, Khaloei A (2010). Determining factors of smoking in high school students of Jahrom city. *Payavard Salamat*, 4:88-96 (In Persian).
- Habib E, Shiraz AS, Naseri-Kouzehgarani G, Hooman S, Reza MM (2012). The determinants of high school students smoking habits with special focus on teachers smoking in Iran: a population based study. *Pneumologia*, 61:28-33.