

Original Paper

## Application of transtheoretical model to determination of smoking behavior

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### Abstract

**Background and Objective:** Smoking is one of the important risk factors for many diseases and increases the premature death. Transtheoretical models is one of the behavioral models for behavior understanding specifically in addictive behaviors. This study was done to evaluate the application of transtheoretical model to determination of smoking behavior among smokers.

**Methods:** This descriptive - analytical study conducted on 450 male smokers in Gorgan, northern Iran during 2014. Data gathering instruments were Diclemente smoking stages of change, Velicer decisional balance and temptation, Prochaska processes of change measurements along Fagerstrom test for nicotine dependency.

**Results:** Based on the stages of changes, 39.1%, 13.8%, 42.4%, 2.7% and 2% of subjects were in precontemplation, contemplation, preparation, action and maintenance stage, respectively. There was a significant relationship between stages of change with all transtheoretical model variables and nicotine dependency ( $P < 0.05$ ). Cons of smoking, self-reevaluation, self-liberation, and social liberation had the highest effect while helping relationship had the lowest effect.

**Conclusion:** Cons of smoking, self-reevaluation, self-liberation, and social liberation had the strongest predictors of smoking stages movement. Helping relationship had the lowest predictor of smoking stages movement.

**Keywords:** Smoking, Transtheoretical Model, Stages of change

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