

# School-based smoking prevention intervention for Saudi male adolescents

Citation for published version (APA):

Mohammed, M. A. H. (2022). *School-based smoking prevention intervention for Saudi male adolescents*. [Doctoral Thesis, Maastricht University]. ProefschriftMaken. <https://doi.org/10.26481/dis.20220330mm>

## Document status and date:

Published: 01/01/2022

## DOI:

[10.26481/dis.20220330mm](https://doi.org/10.26481/dis.20220330mm)

## Document Version:

Publisher's PDF, also known as Version of record

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## **Propositions**

- Having smoking friends and family members who smoke is one of the driving factors for adolescents to start smoking. Hence, identifying them as a target group for smoking prevention intervention is crucial.
- Low self-efficacy of adolescents to resist an offered cigarette increases the likelihood of smoking initiation. Enforcement of adolescent self-efficacy against pressure is essential for any successful smoking prevention intervention.
- Effective school based smoking prevention interventions in Saudi Arabia requires tailoring to culture specific beliefs and acceptable strategies such as involvement of religion leaders
- Using socio-cognitive models to prevent smoking initiation in Saudi Arabia requires an in-depth analysis of smoking behaviour determinants.
- Digital health needs to be implemented as an addition to traditional school-based programs in Saudi Arabia.
- Prevention is more cost-effective than curing, but receives too little attention in Arab cultures. More attention is needed for the prevention role in smoking interventions in the Arab world.
- Tobacco use by women in Saudi Arabia is rising; hence, gender-specific targeting is needed in intervention design.
- Health promotion and health education theories are also applicable in non-Western cultures to understand and change smoking behaviors, utilizing those theories in the Arab world will be of value.
- “It is health that is real wealth and not pieces of gold and silver”. Mahatma Gandhi
- “No slave of God shall move on the day of judgement until he is asked about his life and how he spent it, his knowledge and what he did with it, his wealth and whence he obtained it and how he spent it, and his body and how he used it” Prophet Mohammed Peace Be Upon Him