

## **Efficacy of Transtheoretical Model Intervention in Improving Behaviors Related to Electronic Hookah among Healthcare Workers**

الخلاصة

### **Abstract**

**Background:** An electronic hookah is a machine that uses electricity to simulate smoking tobacco, the use of electronic nicotine delivery systems is a recent and rapidly increasing global epidemic.

**Objectives:** To determine the efficacy of Transtheoretical Model Intervention in improving behaviors related to Electronic Hookah among Healthcare workers in Mosul city.

**Method and material:** True experimental design is conducted to determine the efficacy of Transtheoretical model on intervention for improving behaviour related to electronic hookah smoking at Mosul hospitals, healthcare workers for period from first Novembers. 2022 to first. April. 2023. A probability simple random sample of 58 males and females' employees from two hospitals, which are Mosul general hospital and Al-shifaa hospital are chosen from a homogeneous group of 440 employees.

**Results:** The study results showed that about quadrant of participants in the study group were in the Precontemplation Stages of Change and about three-quadrants

who were in the Contemplation, and about ninety-percent from the contemplation were in the Preparation Stage of Change. The interventional program made participants use more Processes of Change, enhanced their Decisional Balance and Self-Efficacy regarding electronic-hookah smoking cessation.

**Conclusions:** At the end of the study TTM based program were found to be effective in smoking cessation. The health care workers showed gradual move through the stages of change and increased scores in the perception of process of change (behavioral, experiential) and positive change in decisional-balance (pros, cons) toward quit of smoking. As they progressed through Selfefficacy/temptation scores relating to smoking and habit strength increased.