1. Introduction

   A. Personality.

   B. Attitude toward smoking.

   C. Personality and Attitude.

   D. Smoking behaviour and other factor.
INTRODUCTION:

A broad overview of the literature described as follows, focusing on a range of issues salient to smoking behaviour among college going adolescents in respect of their personality and attitude towards smoking.

A. Personality

1. Witold Zolnowski (2012):

   The sample of college students was divided into three groups of Non-smokers, ex-smokers, and current smokers and study their personality characteristics, self-esteem, self-efficacy, coping tips. The results are no significant differences were observed between the three groups on self-esteem, self-efficacy, and coping types. No age effect was observed either. Significant differences were observed between smokers, and Non-smokers on extraversion, $F(2, 122) = 5.1, p < .01$. The hierarchical multiple regression model has found extraversion ($r^2 = .34, p < .001$), neuroticism ($r^2 = .2, p < .05$), conscientiousness ($r^2 = -.18, p < .05$), and age ($r^2 = .34, p < .001$) predictive of number of smoking cigarettes a day.


   Examined the predictive relationship among Myers-Briggs Type Indicator personality preferences and types, both selected health-promoting and selected risk-taking behaviors among residential college students. Furthermore, several potential mediating demographic variables were added to the study to determine their predictive relationship and if they should be entered into a model for the selected health behaviors. The study used a cross-sectional design with
two self-report instruments and a demographic questionnaire. The two self-report tools were the MBTI and the HPLP II. A systematic random sample was applied to obtain the sample of full-time residential 406 college students. voluntarily completed the inventory. The subjects ranged in age from 18 to 28 with 98.3% reporting traditional college age. Descriptive and inferential statistics with an alpha level of 0.05 were used for data analysis. The results revealed that models incorporating MBTI personality preferences and types had a significant predictive relationship with nutrition, interpersonal relations, spiritual growth, physical activity, aggregate health-promoting lifestyle, alcohol use, binge drinking, and heavy drinking. However, the variance comprehensible by the models for the behaviour was consistently lower with the one exception of interpersonal relations. Health-responsibility, stress management, and cigarette smoking could not be predicted by models integrating MBTI personality preferences and types. Despite anything to the contrary (usually following a concession), specific personality preferences and types did have a significant relationship with health responsibility, stress management, and cigarette smoking. In finally, MBTI personality preferences and types provided valuable insight into explaining several of the selected health behaviors. The results revealed personality preferences and type can be useful in health research.


High Neuroticism and low Conscientiousness are frequently implicated in health-risk behaviors, such as smoking and overeating, as well as health outcomes, including mortality. Their associations with physiological markers of morbidity and mortality, such as inflammation, are less well documented. The
present research examines the association between the Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism of personality and interleukin-6 (IL-6), a pro-inflammatory cytokine often elevated in patients with chronic morbidity and frailty. A population-based sample of 4923 from four towns in Sardinia, Italy, had their levels of age, sex, smoking, weight, aspirin use, and disease burden measured and completed a comprehensive personality questionnaire, the NEO-PI-R. Analyses controlled for factors known to have an effect on age, sex, smoking, weight, aspirin use, and disease burden. Conclusion: high Neuroticism and low Conscientiousness were both associated with higher levels of age, sex, smoking, weight, aspirin use, and disease burden. The findings remained significant after controlling for the relevant covariates. Similar results were found for C-reactive protein, a related marker of chronic inflammation. Further, smoking and weight partially mediated the association between impulsivity-related traits and higher levels of age, sex, smoking, weight, aspirin use, and disease burden. Finally, logistic regressions revealed that participants either in the top 10% of the distribution of Neuroticism or the bottom 10% of conscientiousness had an approximately 40% greater risk of exceeding clinically relevant thresholds of age, sex, smoking, weight, aspirin use, and disease burden. Conclusions: Consistent with the literature on personality and self-reported health, individuals high on Neuroticism or low on Conscientiousness show elevated levels of this inflammatory cytokine. Identifying critical medical biomarkers associated with personality may help to elucidate the physiological mechanisms responsible for the observed connections between personality traits and physical health.
4. Julie Baughan (2010):-

Smoking affects people’s personality in negative ways. It is a shared-experience amongst all smokers that they reminisce about the times they had not known about smoking, their younger years, how different they were, how they felt no sort pull or addiction to this dangerous, commercialized and legalized drugs. First emotion was the rush, then the guilt, then the pain, and then denial and all this goes on in the haze of a vicious circle that swirls and distract one’s self completely. Everyone remembers the time they did not smoke. They used to hate it, hate when their fathers smoked and hated the smell in a public place. they were innocent, they used to look down upon smokers, and raise cancer-awareness billboards in school projects. then they tried it and got hooked and crooked and cooked. Now they cannot remember how it felt to be innocent and pure, literally, as the damage inflicted by smoking even one cigarette on the lungs cannot be reserved by any means. Many big in this habit in a guilt trip kind of thing, they hide, and they enjoy doing it because it is prohibited. Many stupid youngsters start smoking to act macho and impress girls only to fall face first in the dirt and realized that it is turn off. Every smoke faces the early morning problem. they cannot go to the toilet without having a smoke. Thus the average smoker taken the first breaths of the day through a filter that hardly filters any of the hundreds of deadly toxins it contains. They know it contains bad things and slowly over time they do realize that it is indeed true that smoking destroys your stamina, lung capicitu. Athetic abilth,libido and sexual ability and general facial apperanmce too. smokers age faster as wrinkles appear faster on their visages.
They always suffer from bad breath and would either annoy every one they talk to or constantly be bothered by chewing minis tandmouth – fresheners.

The money cost is a matter of grave concern for may, kids who steal money to buy cigarettes get their personalities badly bent by such an act. Some wise man had once said that if the cost of buying cigarettes is concerning matter than you definitely should not smoke. Many poor people of limited means also get hooked on to blowing money of cigarettes and it acts like the effect of alcohol on an irresponsible husband who beats his wife, people waste money, health time, relationship opportunities because of this and this realization and what follows it, whether a correlation in the habit or a continuation of the same path on ignorance and carelessness, makes them see cigarettes either as something horrific or something bad but unavoidable.

Many get hospitalized after quitting smoking, such is the intensity of the addiction to the man-made drugs and chemical. The governments of the world must units and declare smoking as a real habit, either tax it 50% or so or ban it completely. Letting this menace of unchecked will only increase the number of cancerous lung cells in the world.

5. Paul T Costa (2008):-

 Investigated the role of individual differences in drug use, the present study compares the personality profile of tobacco, marijuana, cocaine, and heroin users and non-users using the wide spectrum FFM of personality in a diverse community sample. Participants are 1,102 samples mean age of 57 years. were part of the Epidemiologic Catchment Area (ECA) program in Baltimore, MD,
USA. The sample was drawn from a community with a wide range of socioeconomic conditions. Personality traits were assessed with the Revised NEO Personality Inventory (NEO-PI-R), and psychoactive substance use was assessed by systematic interview. In Result it was found that compared to never smokers, current cigarette smokers score lower on Conscientiousness and higher on Neuroticism. Similar, but more extreme, is the profile of cocaine, heroin users, which score very high on Neuroticism, especially Vulnerability, and very low on Conscientiousness, particularly Competence, Achievement-Striving, and Deliberation. By contrast, marijuana users score high on Openness to Experience, average on Neuroticism, but low on Agreeableness and Conscientiousness. In addition to confirming high levels of negative affect and impulsive traits, this study highlights the links between drug use and low Conscientiousness. These links provide insight into the ethology of drug use and have implications for public health interventions.

7. Laurie Chassin, Clark Presson, Dong-Chul Seo, Steven J. Sherman, and Jon Macy (2008):

Investigated the relation between developmental phenotypes of parental smoking and the intergenerational transmission of smoking to their adolescent children. A longitudinal, multigenerational study of a Midwestern community sample followed individuals from adolescence into adulthood and was combined with Web-based assessment of participants’ spouses and adolescent children. Mixture modelling identified multiple trajectories of smoking, and path analyses related these trajectories to adolescents’ smoking (beyond both parents’ current
smoking). Potential mediations were parental education and adolescents’ personality characteristics.

The results are a parent’s smoking trajectory had a unique effect on their adolescent’s smoking, beyond both parents’ current smoking and the parent’s educational attainment. However, although adolescents’ personality characteristics were related both to adolescent smoking and to their parents’ smoking, these characteristics could not explain the effects of the parent’s smoking trajectory.

8. Weisset al (2008):-

Explored the association between three psychological factors, namely anxiety, hostility and depressive symptoms and smoking behaviour among Chinese adolescents. Data used in this study was a cross-sectional slice from a longitudinal investigation of tobacco use. 4724 The sample consisted of 7th and 11th grade students from seven large cities in China. Chi-square analysis and stratified univariate logistic regression analysis were performed in this study. The result of the study suggests that anxiety, hostility and depressive symptoms were significantly associated with higher risk of smoking for both boys and girls.


John and other describe a meta-analysis of the relationship between the Five-Factor Model of personality and smoking in these articles. 4,730 sample selected on nine studies , show that smoking was associated with the low conscientiousness, low agreeableness, and high neuroticism. Smokers outside Canada and the United States had significantly higher extraversion than Non-
smokers, while extraversion was not significantly related to smoking in Canada and the United States. The results, which for the first time quantified precisely through meta-analysis the association between the five-factor model of personality and smoking, provide support for the relevance of the Five-Factor Model to an important behaviour and for the trait element of Gilbert's (1995) Situation-Trait-Adaptation-Response model of smoking. The results also suggest possible avenues for smoking prevention and treatment and for further smoking research.


Investigated the association between personality traits and smoking status using a comprehensive model of personality, the Five-Factor Model (FFM). This cross-sectional survey included 1638 adult, elderly Americans. A self-administered survey of cigarette smoking tools used Revised NEO Personality Inventory (NEO-PI-R). The result revealed that current smokers scored higher than never smokers on neuroticism and lower on agreeableness and conscientiousness; former smokers scored intermediate on these higher-order dimensions. Neuroticism was related to smoking, particularly among individuals with low conscientiousness, as indicated by an interaction effect between the two factors. There were no differences on extraversion and openness to experience. At the lower-order facet level, smokers were characterized by inability to resist cravings (high impulsiveness), search for stimulation (high excitement-seeking), and lack of perseverance (low self-discipline) and lack of careful consideration of the consequences of their actions (low deliberation). To conclude at the higher-order factor level, this study replicates and extends previous studies using a
The comprehensive model of personality (FFM). The greater specificity provided by the facet-level analysis appears to explain some of the conflicting results in the literature, and the use of an older sample provides insight especially into the former smokers group.


The study of 100 college students about the relationship between risk factor, personality trends and cigarette smoking indicates difference in personality traits and social influences between college student smoker versus Non-smokers.


Investigated the childhood personality predictor Combined cohorts of 220 males and females born of unwanted pregnancies, and 220 control subjects, examined with low attrition rates at ages 9-10, 21-23, 28-31 and 32-35. Childhood IQ was assessed by the Wechsler Intelligence Scale, Children (WISC), and personality characteristics were rated by teachers, mothers and classmates. In adulthood questionnaires and face-to-face interviews were used to assess drinking and smoking. The result revealed that unwanted pregnancy was not related to adult drinking and smoking. The ratings of childhood personality characteristics were condensed into three personality dimensions, i.e. conscientiousness, extroversion and neuroticism, interpreted as three of the Big Five personality dimensions, and found to show some stability into adulthood. Gender, IQ and the three childhood personality traits were used as predictors of adult drinking and
smoking behaviour. Adult drinking behaviour was significantly predicted by the block of the three childhood personality traits, low conscientiousness predicting high drinking quantity per occasion (and heavy episodic drinking) whereas extroversion predicted subjects' average daily consumption. Smoking in adulthood was predicted by low IQ and low conscientiousness. Overall, they concluded that IQ and personality traits in children explain to some degree the drinking and smoking behaviour of adult men and women, but the roles of the different components vary according to the form of substance use. Overall their 24-year follow-up study has found that neither neuroticism, nor extraversion was a predictor of smoking in adulthood.


   Studied on Neuroticism in smoking behaviour in a population of 759 never smokers, current, and former smokers, all members of the sub-paras. The main finding is that smoking behaviour is influenced by an interaction between neuroticism and 5- health promoting lifestyle profile genotype. Specifically, neuroticism was positively correlated with current smoking and negatively associated with smoking cessation in individuals and siblings with poorly transcribed 5- health promoting lifestyle profile -S genotypes, but not in those with the highest expressed 5- health promoting lifestyle profile -L genotype. Individuals with both a 5-HTTLPR-S genotype and a high level of neuroticism had the greatest difficulty in quitting smoking.
14. Shadel, Niaura, Goldstein and Abream (2000):-

Reported that high extraversion score are also related to smoking and an interesting finding is that of openness and nicotine dependence, which note that smokers who view themselves as being more independent or ordinal are less dependent on nicotine.


Explored that individual personality factors, cognitive factors and coping resources may play a key role in determining which college students will have a propensity to initiate and continue to smoke. Personality factors include neuroticism, extraversion, openness, agreeableness, and conscientiousness.


Examined whether regular smokers are more impulsive than never smokers using personality are and behavioral measures of impulsivity are. Methods: Twenty regular smokers 15 cigarettes per day and 20 never smokers were recruited. Participants completed five personality questionnaires to assess impulsivity: Adjective Checklist, Barratt’s Impulsivity Scale, the Tridimensional Personality Questionnaire, Eysenck’s Personality Questionnaire, and the Sensation-Seeking Scale. Participants also performed three behavioral choice tasks designed to assess impulsivity. In the delay task, participants chose between small, immediate and large, delayed monetary rewards. Impulsivity was defined as a relative preference for smaller, immediate alternative. In the probability task, participants chose between small, certain and large, uncertain monetary rewards. Impulsivity was defined as a relative preference for the large, but more risky
alternative. In the work task, participants chose between small monetary rewards obtained by performing a negligible amount of work and a larger amount of money requiring more work. Impulsivity was defined as a relative preference for the smaller, easier alternative. The results: On the personality questionnaires, smokers had statistically higher impulsivity scores on most scales. On the behavioral choice tasks, smokers chose small, immediate money over a large, delayed money more frequently, signifying greater levels of impulsivity. There were no differences between the groups’ choices on the other tasks. Correlations between questionnaire and task data were small, as were correlations between the data for each task. This result indicates that the smokers were more impulsive than never smokers.


Reported that, as in contrast to the extensive research effort to understand the genetic contribution to alcoholism risk, there has been little research directed at understanding genetic influences on smoking behaviour. Data collect from large twin studies in Scandinavia and Australia are consistent with a major genetic influence on the probability that an individual will become a smoker ("initiation") and will persist in the smoking habit once smoking has started ("persistence"). We use data from the 1988 to 1989 follow-up survey of the Australian NH&MRC twin panel to determine to what degree personality measures (Tridimensional Personality Questionnaire, Eysenck Personality Questionnaire—Revised) and attitudes and socio-demographic variables (social and political conservatism, education, religious involvement) might account for
genetic or environmental influences on smoking. Results are significant phenotypic associations between these variables and smoking, these are too modest to account for much of the genetic variance.

18. Gilbert (1995):-

Examined studies conducted after 1970. It has found that smoking was most strongly associated with extraversion, and neuroticism. Interestingly, recent research has found little or no association between tobacco use, and extraversion. Tucker et al, were review through their A Longitudinal research. (1995), that children who scored high on extraversion, and low on conscientiousness were at higher risk for smoking in adulthood.

B. Attitude towards Smoking


Estimate the prevalence of smoking, and its associations among high school male adolescents in Iran, in the context of the theory of planned behaviour (TPB). Patients and Methods: This was a cross-sectional study involving 365 male high school adolescent students in the city of Zarandieh, Iran. The participants completed an anonymous, voluntary, and self-report questionnaire. Prevalence was estimated, and demographic variables, psychological factors, and the theory of planned behaviour components were used to indicate factors contributing to adolescents’ cigarette smoking. Results In all, 365 students were entered the study. The mean age of respondents was 16.49 ± 1.11 years. The prevalence of current smoking was 15.1%. The result obtained from logistic
regression analysis revealed that all theory of planned behavior (TPB) components knowledge (OR = 0.75; 95% CI: (0.59-0.97), attitude (OR = 0.75; 95% CI: (0.65-0.86), self-efficacy (OR = 0.82; 95% CI: (0.71-0.95), subjective norms (OR = 0.84; 95% CI: (0.72-0.98) were significant predating factors for adolescents smoking habits. In addition, having parents who smoke (OR = 4.75; 95% CI: (1.38-12.35), smoking friends (OR = 3.76; 95% CI: (1.20-11.76), and smoking siblings (OR = 4.21; 95% CI: (1.17-11.16) were significant contributing factors to adolescents’ cigarette smoking behavior. The results showed that the prevalence of cigarette smoking in adolescents was high, and the theory of planned behavior (TPB) components were significant predictors of cigarette smoking. It seems that interventions targeting adolescents’ smoking habits might benefit using the TPB model.

2. J. Eggert and W.K. Al-Delaimy (2013):-

Determine smoking behaviors and attitudes among the nomadic Bedouin in rural southern Jordan in their study. Patients visiting a village clinic over 2 months of 2009 were invited by the attending physician to participate in the survey, which was adapted from the California Tobacco Survey. The smoking prevalence among the 92 participants was 46.7%. Most smokers were men who smoked heavily > 1 pack per day (90.7%). There was general low self-efficacy to quit among smokers, yet 81.4% acknowledged that smoking was harming their health. Although 79.1% of smokers and 89.1% of Non-smokers believed second-hand smoke was harmful to Non-smokers, most of them had no restrictions on smoking for residents and guests (66.3%) and most had children at home
These data demonstrate contradictions between attitudes and behaviors about smoking of this rural population.


Constitutes an investigation of tobacco consumption, related attitudes and individual differences in smoking or Non-smoking behaviors in a sample of 7th-grade, 9th-grade and the second-year of high school adolescents of different ages in the French-speaking part of Switzerland. Present the statistical method both descriptive and inferential statistics. At an inferential level, we present a binary logistic regression based model predicting risk of smoking. The resulting model most importantly suggests a strong relationship between smoking and alcohol consumption (both regular and sporadic). We interpret this result in terms of both the impact of the actual campaigns and the cognitive processes associated with adolescence.


Determined the prevalence and associated factors for smoking among university students in Malaysia. A cross-sectional study was conducted among 199 students in the period from December of academic year 2009 until April of academic year 2010 in Management and Science University (MSU), Shah Alam, Selangor in Malaysia. The questionnaire was distributed randomly to all faculties of MSU by choosing one of every 3 lecture rooms, as well as the library and a restaurant where you serve yourself and pay a cashier of the campus randomly by choosing one from every 3 tables. The questions concerned socio-demographic
variables, knowledge, attitudes and practice toward smoking. Participant’s consent was obtained and ethical approval was provided by the ethics committee of the University. Statistical significance being concluded at p<0.05. In results it was found that about one third of students were smokers (29%). The most important reason of smoking was stress (20%) followed by ‘influenced by friends’ (16%). Prevalence of smoking was significantly higher among male and those in advanced semesters (p = > 0.001, p = 0. 047). Smokers had a low level of knowledge (p < 0.05), had wrong beliefs about smoking (p < 0.05), and negative attitude toward tobacco control policies compared to Non-smokers (p <0.05). In multiple logistic regression, significant predictors of smoking in the model were gender (p = 0. 025), age (p = 0. 037), a semester of study (p = 0.025) and attitude toward smoking (p < 0.001). Overall, this study found that 29% of university students were smokers. Males and students in advanced semesters were more likely to smoke.

5. Melissa Ross (2009):

A total sample of 326 students, 71 males and 255 females, participated in the survey was administered to students at the College of Charleston, South Carolina, asking about their attitudes toward smoking and, if they smoked, about their smoking habits. A chi-square analysis revealed that gender affected the likelihood that a student smoked and was also associated with differences in attitudes toward smoking. There were also several significant differences between smokers and Non-smokers.

Investigate the effects of smoking as portrayed in movies, on the attitudes towards smoking in adolescents. A sample of 27 adolescents, 13 boys and 14 girls were selected from a local private school in Islamabad. After establishing a baseline, subjects were exposed to positive or negative stimulation in terms of smoking and later tested on ATS-18 scale in the four trials. The attitude scores were compared through the trials to obtain the overall change in attitude of the groups towards smoking. Results revealed that there was a significant difference in the attitude of adolescents exposed to positive stimulation on repeated trials, whereas there was no significant effect of negative stimulation on the attitude change on repeated trials. There was no difference in the strength of the positive and negative portrayal on attitude towards smoking. Overall, there was a difference in the attitude change of boys and girls. On positive portrayal, boys experienced more attitude change in a positive direction than girls. Whereas, on the negative portrayal condition, girls reported more change in a negative direction than boys. To conclude, there is a significant effect of positive stimulation on repeated trials in changing adolescent’s attitudes towards smoking in movies.


Investigate nutritional knowledge, attitude and practice (KAP) of smokers participating in smoking cessation clinics with their Non-smoker family members. Two hundred twenty-six smokers and 260 Non-smokers aged 18 years
and over were compared in a cross-sectional study. A Likert type KAP questionnaire including 36 items was used. Knowledge and attitude scores were compared between smokers and Non-smokers using the Mann-Whitney test. Practice patterns were compared with the Chi-square test. Differences were significant at $p=0.05$. In results the mean age of male smokers and Non-smokers were 38.5±11 and 33.5±14 years, respectively, and in women these rates were 42±10.4 and 31.3±15 yrs. respectively ($p < 0.001$). In males, the mean percentage of knowledge in Non-smokers was higher than smokers (2.41 vs. 1.85) and the average score of attitude in smokers was less than that of Non-smokers (37.5 vs. 37.9; the differences were not significant). Sixty (26.5%) smokers and 93 (35.8%) Non-smokers reported having regular physical activity ($p = 0.005$). In women, the mean percentage of knowledge in Non-smokers was higher than smokers (3.37 and 2.93 respectively; the difference was not significant). Attitude scores of female Non-smokers were higher than smokers (40.3 vs. 37.1; $p = 0.001$). Among female Non-smokers, 68 (46.9%) reported daily meat consumption; this rate for female smokers was 41 (56.2%; $p = 0.001$). Female Non-smokers consumed daily breakfast more than female smokers (107, 73.8% vs. 35, 47.9%; $p=0.001$).


Investigate the smoking behaviour, attitudes, and beliefs of Greek adolescents, as well as the risk and preventive factors for the onset of smoking and to obtain data to serve on the planning of comprehensive antismoking campaigns tailored to the Greek adolescent's specific profile. Representative, school-based sample of 3827 Greek adolescents was surveyed during the
academic year 2001-2002, using a questionnaire on smoking and Achenbach's Youth Self-Report. Results are Cigarette smoking is a serious problem among Greek youth. Family and peers play a primary role in shaping smoking attitudes and habits. Adolescents who smoke regularly have increased rates of psychopathology as indicated by higher scores on the Externalizing and Attention Problem scales of Achenbach's Youth Self-Report, compared to adolescents who are Non-smokers. The data obtained can indeed guide smoking prevention strategies in Greece.


Developed and tested the validity of a scale measuring attitudes towards smoking in current and former cigarette smokers. Design and participant- In a first mail survey, we collected qualitative data from 616 smokers. In a second mail survey, we collected quantitative data from 529 smokers and ex-smokers. We conducted a 16-month follow-up survey among 93 participants in the second survey setting. Geneva, Switzerland, 1995–98. The study resulted in a three-dimensional, 18-item scale: the “Attitudes towards Smoking Scale” (ATS-18). measure perceptions of adverse effects of smoking (10 items), psychoactive benefits (four items) and pleasure of smoking (four items). Internal consistency coefficients (0.85, 0.88 and 0.81) and test–retest correlations were high (0.90, 0.75, and 0.89, respectively). Differences in attitude scores between smokers in the pre-contemplation and preparation stages of change were - 0.83, 0.71 and 1.23 standard deviation units, respectively. A differential score (advantages minus disadvantages of smoking) predicted smoking cessation in baseline
smokers and relapse in baseline ex-smokers. Conclusion are ATS-18 is a valid and reliable instrument which can be used in both research and clinical settings.


Aim of study attitudes, perceptions, and risk-taking behaviour of smokers, ex-smokers, and Non-smokers. Researcher found that smokers were more likely to say they were risk takers than ex-smokers or Non-smokers. He also discovered that overall; smokers tend to express the least satisfaction with their health, their lives in general, and the control they felt they maintained over their life. He found that smokers were more likely to feel as though smoking is addictive and that it could lead to major health problems.


Investigate the relationship between attitudes and behaviour regarding cigarette smoking. The sample for this analysis consisted of 1,050 students from junior and senior high schools in Muscatine, Iowa (population 32,800), who participated in 2 consecutive years of a 5-year longitudinal study of adolescent cigarette use. The results of this study indicated that for both regular and Non-regular smokers, smoking behaviour was more predictive of attitudes regarding the effects of smoking than were the attitudinal scales predictive of future cigarette use. Therefore, intervention programs that focus on attitudes about the consequences of smoking may not adequately reduce the number of adolescent smokers unless they also address the behavioral and social aspects of cigarette use.
C. Personality and Attitude


   Investigated the associations of personality with continued smoking and continued alcohol consumption during early pregnancy. In addition, we studied whether antenatal anxiety and depressive symptoms can explain these associations. Two antenatal measurements from the population-based Pregnancy Anxiety and Depression cohort study were used. Pregnant women in their first trimester were recruited via midwifery practices and hospitals. They analyzed a sample of women who continued (N=101) or quit smoking (N = 254), and a sample of women who continued (N = 110) or quit alcohol consumption (N = 1230). Measures included questions about smoking, alcohol consumption, the NEO-Five Factor Inventory (personality), the State Trait Anxiety Inventory, and the Edinburgh Postnatal Depression Scale. They found associations between continued alcohol consumption and higher levels of openness to experience, and lower levels of conscientiousness (p < 0.05). The association between conscientiousness and continued alcohol consumption was partly explained by both anxiety and depressive symptoms. No associations between personality and continued smoking emerged.


   Examined the association between adolescents' personality traits and smoking, and tested whether this association was moderated by birth order or
gender. Participants were 832 Dutch siblings aged 13 to 17 years participating at baseline assessment \( (T1) \) and at follow-up 12 months later \( (T2) \). Personality was assessed by applying a variable-centered approach, including five personality dimensions (Extraversion, Agreeableness, Conscientiousness, Emotional Stability and Openness to Experience), and a person-oriented approach using three personality types (i.e., Resilient, Over controllers and Under controllers). Cross-sectional findings indicated that Extraversion (at \( T1 \) and \( T2 \)), Agreeableness (at \( T2 \)), Conscientiousness (at \( T2 \)), and Emotional Stability (at \( T2 \)) were related to adolescent smoking. Longitudinal findings indicated that only Extraversion and Emotional Stability were related to onset of adolescent smoking. Using a person-oriented approach, over the controllers and under controllers did not differ from Resilient on smoking onset. No indication was found for a moderating effect of birth order on the association between personality and smoking. Additional findings showed that gender moderated the effect of Agreeableness on adolescent smoking onset. Implications for prevention are also addressed.


Examine the relations between personality (Five-Factor Model), risky health behaviors, and perceptions of susceptibility to health risks among 683 university students. The hypothesis was that personality would aspect perceptions of susceptibility to health risks in two ways: directly, irrespective of risky health behaviors, and indirectly, through the effects of personality on risky health behaviors. The students were surveyed about smoking, being drunk, drunk driving, risky sexual behaviour, and perceptions of susceptibility to related health risks. In a path-analytical models we found the expected direct and indirect
effects. The personality dimensions of Agreeableness and Conscientiousness had negative direct effects on perceptions of susceptibility as well as negative indirect effects through risky health behaviors. Neuroticism was the only personality dimension to show positive direct effects on perceptions of susceptibility as well as negative indirect effects.


Investigate the relation between tobacco and alcohol use and exercise, attitudes toward these habits, and the Sensation-Seeking personality trait in students. A transversal descriptive study was carried out in the city of Lerida in 1990 in a sample of 430 sixth-grade students and 383 eighth-grade students. The sample was obtained by random sampling of aggregates of the school. An analysis was made of the tobacco and the alcohol use, the levels of physical exercise and the attitudes, among other variables, using the FRISC questionnaire. In eighth grade students, the Sensation-Seeking personality questionnaire was added. Results revealed that the overall scores for Emotion Seeking (EMS), Disinhibition (DIS), Sincerity, and the overall score for Sensation Seeking (SS) were higher for males. The most active students in sports had more favorable attitudes toward exercise and higher EMS and DIS scores. Smokers and drinkers had favorable attitudes toward these habits, opposed their prohibition, and had higher scores for all the subscales and the overall SS. There was a correlation between favorable attitudes toward tobacco (-0.38) and alcohol (-0.51), and the DIS score. Attitudes toward alcohol also correlated with the overall SS score. To conclude there was a close relation between habits, attitudes, and personality.
5. Lesli J. Francis (1997):–

Study the impact of personality and religion on attitude towards substance use among 13–15 year olds. A sample of 11173, 13–15 year old secondary school pupils completed a scale of attitude towards substance use alongside the short form of the Junior Eysenck Personality Questionnaire, measures of personal religiosity and an index of denominational identity. The data demonstrate that a negative attitude toward substance use is associated with tenderness mindedness, introversion, stability and social conformity. Personal religiosity and membership of Protestant sects are also positively correlated with rejection of substance use, even after controlling for individual differences in personality.

Adolescent cigarette smoking is increasing health risk behaviour in many societies. The reasons why adolescents commence smoking is patently complex, though it has been suggested that young people take up this behaviour as a means of stress reduction during the difficult and challenging time of adolescence. This paper reports, data which suggest that adolescent stress, broadly defined, does indeed relate to the decision to commence smoking by young people. Moreover, though the personality attribute of neuroticism is independently associated with this decision to commence cigarette smoking, it does not mediate the association between stress and smoking onset. Byme D.G., Byme A.E and Reinhart MI (1995).
D. Smoking Behaviour and other factor

1. Canet et al. (2009):-

Examine the risk factors contributing to regular smoking in adolescents in Turkey. The study comprised 4666 participants. Data was gathered by means of questionnaires. Logistic regression and the Chi-square test were used in the data analysis. The findings of the research suggested that those whose mothers, siblings and or friends were smokers and those with poor grades were at significant risk. According to their study, poor school achievement was an influential factor in the progression to regular smoking of those who had experimented.

2. Di Napoli (2009):-

Study the tobacco use among adolescent girls. This study used data from a previous study, but concentrated only on the health behaviour of adolescent girls enrolled in the larger study. The study comprised of 3,775 participants. The study employed the use of Pearson’s correlations and multiple logistic regressions in data analysis. The findings suggest that socio structural variables that decrease the relative risk for the initiation of tobacco use were girls who feel that it is important to contribute to their community, girls who feel that their community is a good place to live, girls who are more likely to have parents who think smoking is wrong, girls more likely to have parents whom they can talk to when they have personal problems, those more likely to enjoy school.

Investigate the factors that influence school children to smoke. This study was a cross-sectional study conducted in Greece and had 924 participants. Data was collected by means of questionnaires. Logistic regression was also used in this study. They observed high prevalence of smoking among adolescents in the last grades of school. They found a link between current smoking and having a brother or sister smoking.


Investigate non-smoking attitudes, beliefs and norms among 16-17 year old Non-smokers. This was a qualitative study comprising of 39 participants. Data was gathered by means of interviews. The findings of the study suggested that positive concerns for health and addition, positive self-image and perceived confidence were reasons affecting participant’s decisions not to smoke.


The study comprised of 100 participants. The study found peer pressure to be the greatest influencing factor for beginning to smoke, and health was the main reason for not beginning to smoke. According to the study, addiction and stress maintained smoking.

6. Clark, Lazenbatt, McCann, & Rowe (2004):

Conduct a study that also focused on cognitive dissonance. However, they concentrated on nursing students because of the fact that a shocking number of nursing students smoke tobacco cigarettes. This contradicts their role, as nurses
and doctors are to promote health and discourage the use of nicotine products because they can be so detrimental to an individual’s health. Clark et al. Specifically examined nurse’s knowledge about the impact of smoking on health, and their attitudes towards smoker’s and smoking cigarettes. The researchers state that even though nurses are ideally placed to advise and educate patients about the dangers of smoking, there are disagreements about the extent to which nurses fulfil this obligation. They found that the majority of nursing students who currently smoke began smoking tobacco during their adolescent years, and the researchers are unclear as to why undergraduate nursing attracts such a high proportion of female smokers. They found that participants who had ceased smoking had higher specialized knowledge than smokers and Non-smokers.

7. M. Paavola, E. Vartianen and P. Puska (2001):-

Assessed Smoking cessation and the factors those are associated with this process. A 15-year follow-up study on the North Karelia Youth Project has made it possible to assess these factors using a longitudinal study design. The project began in 1978 with students in Grade 7 of junior high school (age 13 years) and concluded in 1980 when the students reached Grade 9 (age 15 years). The follow-up study included four additional surveys. The present analyses are based on the data collected at ages 15, 21 and 28. The original sample comprised 903 students and the response rate of the last survey was 71%. A quarter (26%) of daily smokers and about half (46%) of occasional smokers at age of 15 had quit by the age of 28. The cessation rate was higher among females than males ($P = 0.006$). The cessation rate was higher among married ($P = 0.015$), employed ($P = 0.01$) and white-collar workers ($P = 0.006$). The cessation was less prevalent among
those who had friends \((P < 0.001)\) and family \((P = 0.012)\) members who smoked. The cessation rate was lower among those who consumed fatty milk \((P = 0.050)\), had less leisure-time physical activity \((P = 0.032)\) and consumed more alcohol \((P < 0.001)\). One-third of all teenage smokers stop smoking before the age of 28, averaging a 2.3% annual decline. Cessation is greater among occasional than daily smokers and greater overall among females.


Risk behaviour jeopardizes the successful development in adolescence, but it is also instrumental, functional and goal-oriented. The acceptance of peers, a better social status, and independence from the parents can be reached through risk behaviours such as early sexual experiences, drinking, smoking, and drug use \((c.f.\ Jessor, Donovan \& Costa, 1991)\).