

Effect of Life Skills Workshops on Changing the Attitudes and Awareness toward Narcotic Drugs abuse in Students

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Abstract:

Background and Objectives: Narcotic drug abuse and its consequences is one of the most important social concerns. In this study we aimed to examine the effect of life skills workshop on changing the knowledge and attitude of students towards Narcotic drugs.

Methods and Materials: This study consisted of 293 student of Tabriz University of Medical Sciences. All recruitties were asked to fill in the questionnaires about knowledge, attitude and skills in addiction prevention. Then all recruitties entered a three session workup to increase the assertive skills. After above intervention all students again in the questionnaires. The post and pre intervention results were analyzed by statistical method.

Results: The results of this study showed a significant increase in the level of knowledge ($P<0.01$) attitude ($P<0.01$) and social skills development after taking part in the life skills workshop ($P<0.02$).

Conclusion: skills workshop, by increasing the cognitive capabilities is essential for university students.

Key words: Narcotic drug abuse, Life skills, Attitude

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