

Addiction Prevention Program Works For All: A Case Study in Turkey

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Abstract

The aim of the current study was to explore the perceptions of students, teachers, parents, school counselors and principals towards “Addiction Prevention Training Program of Turkey (APTP-Turkey)”. This program was developed by Green Crescent as an action plan against tobacco, alcohol, drug and technology addiction. APTP aimed to increase knowledge and awareness towards addiction among primary, secondary and high school students. This case study was conducted with students (n=55), teachers (n=18), parents (n=26), school counselors (n=3) and school principals (n=3) from primary, secondary and high school levels. The data were collected by semi-structured interviews: focused group interviews with students, teachers and parents; and individual interviews with school counselors and principals. Each interview was based on any improvement in students’ knowledge and attitude towards addiction. Students were asked directly while the other participants (teachers, parents, school counselors and principals) were asked about their observation about students’ knowledge and attitudes. Sample item from focused group interview of parents was “After APTP, how does your child react to relatives/friends who use tobacco?”. The results revealed that students’ knowledge and awareness increased as a result of the program. Parents and teachers stated that students learned the negative effects of tobacco, alcohol and drug addiction; and they also started using technology for academic purposes more than playing games. Students emphasized the necessity of teachers’ being a good model for them by not using tobacco. Finally, for drug addiction, all participants agreed that students learned the bad long-lasting effect of using drug even after the first trial.

Biography:

Gokcen Aydin has completed her PhD at the age of 29 years from Middle East Technical University. She is a faculty member at Hasan Kalyoncu University in Department of Psychological Counseling and Guidance. She is interested in Acceptance and Commitment Therapy, academic success and motivation, procrastination, addiction prevention. She also has presented several publications in several conferences and published articles.



Speaker Publications:

1. Aydemir, G. (1992). Öğrencilerin sigaranın sağlığa zararları konusundaki bilgi durumları ile verilen eğitimin etkinliğinin ölçülmesi. “Measurement of the effectiveness of the education given by the students about the health hazards of smoking”. Türk Hemşireler Dergisi, 42, 19–25.
2. Dabaghi, P., & Valipour, H. (2016). “Effectiveness of a multidimensional prevention program on reducing substance trends among young people”. Addicta: The Turkish Journal on Addictions, 3, 77–85.

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