

**Elisabeth Gläßer**

***Health promotion in schools: a program of smoking prevention in 11 to 13 years old pupils in highschools***

**Psychology, Diss. Trier 2003**

This study investigates the impact of a smoking prevention program on 12-year old high-school students. The implemented program has been precisely described in a manual. It consists of a medical part covering the topics “Nutrition”, “Cardiovascular functioning” and “Sports and health” as well as a psychological part containing the units “Reasons for and against smoking”, “Resistance to smoking” and “Advertising and reality”. A secondary study comparing the prevalence of tobacco and alcohol consumption at the beginning and 5 months after completion of the prevention program allows preliminary conclusions about its efficacy.