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Assessment of the Joint Approach of Family, School and Family Physician in Smoking and Alcohol Drinking Behaviors of Adolescents

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Objectives: The environment has an important role in gaining healthy behaviors for adolescents. The interaction of family, school and health services constituting this environment should be demonstrated and a positive approach model should be displayed. In this study, knowledge and consistency of some behaviors such as smoking and alcohol in adolescents in family, school system and health services is examined.

Methods: The study, which was designed as a case-control type, reached 1462 students in eight schools from the middle and lower socio-economic level. Scores were calculated according to the Risk Health Behaviors Scale (RSSS) and face-to-face interviews were conducted with 78 students and 78 families with risky health behaviors (RSD), their teachers, and family physicians.

Results: There was a low consistency ($p < 0.001$) between the answers given by the adolescents about smoking and the answers given by the family members, and low consistency ($p < 0.001$) between the answers given by the teachers. There was no consistency in response to drinking alcohol. There was no statistically significant consistency between the responses of the adolescents with RSD to attitude questions and the responses of family, teachers and family physicians ($p > 0.05$).

Conclusion: Family, school and family physicians in the adolescent social environment are poorly aware of adolescents smoking and drinking alcohol. The family, school and health services around adolescents and adolescents must be in collaboration, to improve adolescent health.

Keywords: Adolescents, risky, smoking, alcohol, attitude