

A PILOT STUDY OF BETEL CHEWING PREVENTION (II) — EDUCATIONAL INTERVENTION TO PREVENT BETEL NUT CHEWING AMONG ADOLESCENTS

YLEE-LAN YEN¹, CHIEH-HSIN LIU², HAN-WEN YEN²,
LIH-FENQ CHERN¹

In order to raise the awareness of adolescents to the harm of betel-nut chewing and to instruct them on the skills of rejection, we purposely chose the ninth graders from four junior high schools in Taipei City to implement a pilot study. Eight classes of male students were selected and randomly assigned to either the intervention group or the control group. A teaching protocol was designed for four weekly 50-minute educational sessions for students in the intervention group. Four school teachers with professional training in the Health Sciences were recruited as educators. In addition to a pre- and post-test for both groups, an educational evaluation following each session was implemented in the intervention group. The intervention program in-

creased the students' knowledge of and negative attitude toward betel-nut chewing. Students of both groups showed increased rates of advising others not to chew betel-nut. More of the students in the intervention group discussed betel chewing with others compared with those in the control group. Students in the intervention group reported that they were interested in the strategies employed in the educational activities. They felt that this educational program focusing on betel-nut chewing was worth expanding. The educational effectiveness of this program will be enhanced when production policies are established for betel-nut. (*J Natl Public Health Assoc (ROC)*: 1992; 11(4): 295-303)

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¹ Institute of Public Health, National Taiwan University

² Institute of Health Education, National Taiwan Normal University