

Fact sheet

(Seinäjoki Social and Health Care Centre, Finland)

Intervention theme:	Smoking /snus prevention and cessation
User group:	Adolescents (13 to 17 – year-old)
Used methods:	Focus group, Motivational interview
Used eTools:	FUME, demo version of a MobileHealth application

Further information on the pilots:

The Finnish project partner, the Seinäjoki Social and Health Care Centre, in cooperation with the Seinäjoki University of Applied Sciences (SeAMK), are planning a pilot project to promote quitting or reducing the use of tobacco products among children and adolescents aged 13 to 17. This work is carried out by completing two pilots.

The first pilot is aimed at the comprehensive school pupils and the second at the vocational school students. The structure of both pilots is based on the intervention model developed in the project. In the comprehensive school, **88** pupils had about two weeks time to play the health game FUME before the health appointment (incl. motivational interviewing). They also filled in the national health questionnaire. FUME was utilized as a starting point of adolescent-oriented discussions with the school health nurse. The game stirred the pupils to think about questions on the tobacco products and to discuss them with the school health nurse. The methods as well as the tool were evaluated using the internal evaluation of the project.

The needs of the vocational school students were determined using the focus group method. In the further course of the project, a demo version of the MobileHealth application will be tested and further developed together with the students of the vocational school, the PHA, SeAMK and an SME.

The methods used and the intervention model applied will be evaluated and adapted during and after the pilot phase in order to increase usability and practicability.

In order to facilitate the internal evaluation of the project, a pre- and post-evaluation of the entire pilot was carried out.