



International Psychology  
Conference Dubai

**10am to 4pm**  
**20-21st October 2017**  
**Heriot Watt University**  
**Dubai Campus**

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**Category: Paper Presentation**

**Title:** The factors influencing tobacco use in young people

**Presenter:** John Doe

**Institution/organization:** University of the Gulf States, UAE

**Presenter Biography:** PhD (Psychology), MSc (Public Health).

Professor Doe is currently senior lecturer in psychology and teaching on both the public health and social science programmes. He has consulted to several educational organizations on developing effective anti-smoking and substance use awareness campaigns and currently undertakes research on tobacco use in collaboration with the Gulf Tobacco Consortium.

**Contact email:** j.doe@gsu.edu

**Abstract:**

Tobacco use is a significant problem in the Arabian Gulf. (Smith 2012) In particular statistics show both higher prevalence rates of tobacco and earlier age of first use among young people in this region compared to data from Europe and North America. A particular concern is the use of traditional tobacco products such as shisha and dokha which are less regulated by local policy. Moreover, there is only recent research interest in the health risks, potential for addiction and psychological effects of tobacco use in these forms (Robinson 2013)). One important aspect of this is to investigate the psychological experience of these forms of smoking as a potential cause of their preference over commercial cigarettes. That is, possibly young people are increasingly choosing shisha and dokha because it brings a psychological 'high' and therefore forms a potential 'legal high' substance in a region where use of other psychoactive substances is largely controlled.

The results of an initial interview study with student dokha users will be presented which indicate several psychological factors involved in choosing this product over commercial cigarettes and shisha. The findings will be discussed with reference to developing anti-smoking campaigns in schools or for practitioners dealing with substance use in young people.

(WORDS: 200)

Simth, J. & Jones, A. (2012). Global Youth tobacco survey, UAE statistics. UNODC  
Robinson, A. & Cowell, S. (2013). Proceedings of the World Waterpipe Convention 2013.  
NYU-Press.

**Audience:** Health psychologists, counselors working with substance use, teachers and people working in education

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**Category: Workshop**

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potential 'legal high' substance in a region where use of other psychoactive substances is largely controlled.

Given the unique context and lack of comprehensive research into tobacco use among young people in the Arabic gulf this workshop will discuss different ways to promote anti-smoking in schools. Participants will evaluate current anti-smoking campaigns used globally and use role plays to illustrate risk and protective factors for substance use.

Learning outcomes:

- effective methods for eliciting valid data on young people's substance use
- factors that should be included in anti-smoking campaigns in schools
- introducing and promoting engagement with anti-smoking and substance use awareness in schools
- evaluating campaigns and moving forward

(WORDS 235)

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**Category: Round Table**

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### **Abstract**

Tobacco use is a significant problem in the Arabian Gulf. (Smith 2012) In particular statistics show both higher prevalence rates of tobacco and earlier age of first use among young people in this region compared to data from Europe and North America. A particular concern is the use of traditional tobacco products such as shisha and dokha which are less regulated by local policy. Moreover, there is only recent research interest in the health risks, potential for addiction and psychological effects of tobacco use in these forms (Robinson 2013)).

Given the unique context and lack of comprehensive research into tobacco use among young people in the Arabic gulf this discussion will focus on ways in which psychology professionals and educators can develop anti-smoking campaigns and promote more open communication about substance use in this region.

Discussion themes:

- In our experience, are young people willing to talk openly about tobacco use or other products?
- How can we encourage true reporting of substance use from young people, in particular populations where this may be considered illegal or against their religion?
- What research needs to be done, what information is lacking specific to this region?
- Looking at anti-smoking campaigns aimed at young people globally, how would they translate to the Gulf Arabic context?
- Looking for cross-profession collaborations to support development of more comprehensive campaigns

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