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### **Alcohol and substance use knowledge, attitudes, subjective norms, self-efficacy, perceived behavioral control, and behavioral intentions among Omani college students**

**Background:** Alcohol and/or substance use among college students is a serious public health issue. In Oman, studies addressing college student's alcohol and/or substance use are limited.

**Aim:** Aim of this study is to identify knowledge, attitudes, subjective norms, self-efficacy, and perceived behavioral control associated with alcohol and/or substance usage patterns among Omani college students (OCSs) and; identify behavioral intentions for alcohol and/or substance use among OCSs.

**Method:** Cross-sectional online survey completed by college students from Oman higher education institutes (HEIs) in academic year 2016-2017. The survey was guided by theory of planned behavior (TPB) constructs. 182 males (45.2%) and 224 females (54.8%) reported 30-day prevalence rates of 3.2% and lifetime prevalence rates of 15.9% for alcohol and/or substance use.

**Results:** Attitudes, subjective norms, and self-efficacy significantly predicted OCSs' alcohol and/or substance use behavioral intentions ( $p < 0.05$ ). Perceived behavioral control was not a significant predictor. Socio-demographic factors (i.e., age, gender, father's educational level, family income, college type, region of permanent residence, and religiosity) were significantly associated with and predicted OCSs alcohol and/or substance use behavioral intentions ( $p < 0.05$ ). Findings supported attitudes, subjective norms, self-efficacy, and perceived behavioral control as predictors for alcohol and/or substance use behavioral intentions among OCSs. Secondly, OCSs reported a strong self-efficacy in their ability to avoid alcohol and/or substances; however, this did not translate to lower intentions. Public health professionals, educators, and policymakers should focus on influencing intentions and on strengthening OCSs' confidence to abstain from alcohol and/or substances.

### **Biography**

Muna Shaaban Bait Ajzoon has completed her PhD in Health Services Research from Old Dominion University, USA in 2017. She is the Dean of Nursing College, Ministry of Health Oman. She has more than 12 years of experience in nursing teaching and more than five years of leadership and management experience.

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