OBJECTİVE: The last decades are characterised by large scaled public anti-smoking campaigns in media and education. To determine the addiction levels of tobacco smoking according to Fagerstrom Questionnaire and self perceived addiction among University students in Sakarya/Turkey and make a comparison between 2005 and 2012.

METHODS
A 15-item questionnaire investigating socio-demographics, as well as smoking behavior (developed by the researchers) and Fagerstrom Questionnaire were applied to students of seven faculties and one vocational school of Sakarya University, Turkey. In 2005-2006 and 2012-2013 educational years, total number of registered students at these faculties/schools was 17541 and 25667, respectively. Questionnaires of 3399 consenting participants were analyzed. Self rated addiction level was dichotomized (No, Yes); Fagerstrom scores were grouped into three (very low-low: 0-4; moderate 5; high-very high 6-10).

RESULTS
Less than one fourth of the participants (1560 males (41.6%), 2189 females (58.4%), mean age 20.4±2.6 years) were smokers (880 (23.4%), 148 (3.9%) ex-smokers, 2714 (72.4%) non-smokers). Out of 1028 smokers and ex-smokers, 818 (79.6%) answered the question on self perceived addiction; (327 (39.9%) "I am not addicted"; 491 (60.1%) "I am addicted. Out of 880 smokers, 790 (89.7%) answered the question "do you wish to quit smoking"; (522 (66.1%)"Yes"; 268 (33.9%) "No"). Among the students who had the wish to quit smoking, 359 (69.3%) declared that they believed that they can quit. According to Fagerstrom score 3507 (93.5%) had very low-low addiction, 95 (2.5%) medium addiction, and 147 (3.9%) high-very high addiction. When compared the smoking prevalence was low in 2012 (p<0.001) but Fagerstrom scores among smokers displayed no difference (2,9±2.4 vs 2,7±2.4).

The result can be interpreted as the positive effects of legislative and educational interventions on tobacco consumption. There are students who claim smoking and their wish and belief in to quit. Those students have to be counseled/supported about smoking and how to quit smoking.

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