Table 1. Logistic regression of knowledge, attitudes and beliefs regarding tobacco, nutrition and physical activity

Question	Workshop	Ordinal logit coefficient (SE)	Odds ratio (SE)
Do you agree or disagree with the following: "I think I might enjoy smoking shisha."	N/PA	0.200 (0.165)	1.220 (0.201)
	Tobacco	−0.525 (0.168)***	0.592 (0.099)***
Do you think smoking shisha helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?	N/PA	0.126 (0.166)	1.130 (0.189)
	Tobacco	−0.336 (0.163)**	0.715 (0.117)**
Do you think smoking dokha helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?	N/PA	−0.066 (0.167)	0.936 (0.156)
	Tobacco	−0.345 (0.166)**	0.708 (0.118)**
Once someone has started smoking tobacco, do you think it would be difficult for him or her to quit?	N/PA	0.019 (0.172)	1.020 (0.175)
	Tobacco	−0.347 (0.172)**	0.707 (0.121)**
Once someone has started smoking shisha, do you think it would be difficult for him or her to quit?	N/PA	0.199 (0.166)	1.220 (0.203)
	Tobacco	−0.594 (0.167)***	0.655 (0.134)***
Once someone has started smoking dokha, do you think it would be difficult for them to quit?	N/PA	0.168 (0.170)	1.183 (0.201)
	Tobacco	−0.284 (0.165)*	0.752 (0.124)*
Do you think the smoke from other people's tobacco smoking is harmful to you?	N/PA	−0.072 (0.171)	0.930 (0.159)
	Tobacco	−0.813 (0.183)***	0.440 (0.081)***
Do you think the smoke from other people's shisha smoking is harmful to you?	N/PA	−0.028 (0.164)	0.972 (0.159)
	Tobacco	−0.695 (0.168)***	0.499 (0.084)***
Do you think the smoke from other people's dokha smoking is harmful to you?	N/PA	0.031 (0.170)	1.030 (0.175)
	Tobacco	−0.516 (0.174)***	0.597 (0.104)***
At any time during the next 12 months do you think you will use any form of tobacco?	N/PA	−0.124 (0.188)	0.884 (0.167)
	Tobacco	−0.384 (0.194)**	0.681 (0.132)**
If one of your best friends offered you shisha, would you smoke it?	N/PA	0.111 (0.169)	1.110 (0.189)
	Tobacco	−0.433 (0.177)**	0.648 (0.115)**
Do you think smoking tobacco is harmful to your health?	N/PA	0.008 (0.194)	1.010 (0.196)
	Tobacco	−0.595 (0.217)***	0.551 (0.119)***
How important do you think nutrition is to maintaining a healthy lifestyle?	N/PA	0.139 (0.179)	1.150 (0.206)
	Tobacco	−0.554 (0.192)***	0.575 (0.111)***
On an average school day, how many hours do you watch TV?	N/PA	−0.069 (0.161)	0.933 (0.150)
	Tobacco	−0.314 (0.160)**	0.730 (0.117)**
Are you currently satisfied with your level of physical activity?	N/PA	0.332 (0.163)**	1.390 (0.228)**
	Tobacco	0.157 (0.163)	1.17 (0.190)

The n values used in the logistic ordinal regressions were s: pre-N/PA = 230, pre-tobacco = 209, post-N/PA = 196, post-tobacco = 198.

SE = standard error.

N/PA = nutrition and physical activity.

*$P < 0.1$.

**$P < .05$.

***$P < 0.01$.