

THE RESULTS OF A SMOKING CESSATION CENTER - A PRELIMINARY STUDY

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Aim: Smoking is still one of the important public health problems. Utilizing professional support for cessation increases the rates of success. A retrospective analysis of one year data of a smoking cessation center (SCC) is presented in this study.

Methods: Data obtained from 92 patients by using sociodemographic questionnaire and Fagerstrom test for nicotine dependence (FTND). Quitting or remaining in the program and success rates of cessation were determined.

Results: Female/male ratio was 52.2% /47. 8% (mean age 40.67 ± 11.18). The mean FTND score was 5.23 ± 1.76 . 66.3% of participants had no previous psychiatric treatment. 18.5 % of participants had history of psychiatric treatment and 15.2% had ongoing treatment. Smokers received pharmacotherapy and CBT; CBT alone or pharmacotherapy alone. After first examination, 33% of all participants continued to their treatment program. There was no difference between the attendants or quitters of the program for sociodemographics, treatment history or FTND scores. Seven attendants in the program (32 % of the attendants) quit smoking; nine attendants (41%) decreased daily number of smoking more than 50%. Six attendants (27%) had no change. There was no difference between the quitters or no quitters for sociodemographics, psychiatric treatment history or FTND scores.

Conclusions: We presented a preliminary analysis of our SCC program data. It is reported that psychiatric disorders are related with higher rates of smoking and lower rates of cessation. In this study the anamnesis of psychiatric disorders had no negative influence on cessation of smoking.