

P02-164 - **VULNERABILITY'S FACTORS OF SMOKING ADDICTION IN THE MEDICAL AND PARAMEDICAL STAFF**

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To determine the factors of vulnerability to the addiction to smoking to the medical and paramedical staff and to prevent them.

Patients and methods: Our study concerned 100 medical and paramedical staffs practicing in the HEDI CHAKER HOSPITAL, Sfax

A structured questionnaire was used to collect socio-demographic, somatic, psychiatric and the tobacco consumption data.

We also used Hospital-Anxiety and Depression Scale (HADS) and Rosenberg's self-esteem scale.

Results: The population was consisted of 100 staffs of the health, distributed in two groups

Group 1 (n = 50), regular or occasional smokers

Group 2 (n = 50), no-smoking witnesses

The mean age was 30 years. Sex-ratio (H/F) was 1.

The smokers were single in 60 %. They began to smoke in an average age of 16 years. Their motivations to smoke were mainly: curiosity (44 %), decreasing stress (28 %), searching pleasure (16 %) and doing as the others (12 %).

The smokers, compared with witnesses, consumed more alcohol and reported more stress factors (divorce of the parents, the frequent quarrels in the family, financial difficulties).

In our study, low self-esteem and anxiety were statistically correlated to the tobacco consumption ($p=0.00$).

Conclusion: It emerges from this work that the addiction to smoking in the medical and paramedical staff is frequently associated with traumatic events, anxious disorder and low self-esteem.