

P-97 - SMOKING CESSATION IN SCHIZOPHRENIC PATIENTS - A DOUBLE APPROACH

L.Tilea, A.F.Tutu

'Prof.Dr.Al.Obregia' Clinical Hospital of Psychiatry, Bucharest, Romania

Smoking prevalence in the general population is 25-30%. In psychiatric population the rate is three times higher. It is proven that smoker schizophrenic patients, „the heavy smokers”, have more symptoms, more hospitalizations and they need greater doses of antipsychotics.

The purpose of this study was to assess the efficacy of the double approach: group psychotherapy and nicotine replacement therapy - on a study group (outpatient schizophrenic smokers) vs a control group (nonpsychiatric smokers).

Working method: two selected groups of patients diagnosed with nicotine addiction, with no significant differences regarding the demographic situation, the intensity of nicotine addiction, the number of daily cigarettes etc.

Tools used: Fagerstrom test, smoking history evaluation, smoker's profile, motivation, psychological evaluation of smoking.

For three months both groups participated in weekly group therapy sessions (with a strategy oriented on addictions) and received nicotine patches (15mg/16 hours). They were reevaluated by phone a month after the double therapy was finished.

Conclusions:

1. The number of smokers who quit was higher in the control group;
2. The number of smokers who quit and maintained their decision was higher in the control group;
3. The number of smokers that only reduced the number of daily cigarettes was higher in the study group.

Although the efficacy of the double approach was obvious for both groups, the smoker schizophrenic patients need longer assistance, but even if they only reduced the number of smoked cigarettes, their clinical evolution (psychotic symptoms, hospitalisations) improved.