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Anxiety level and its relationship with socio-demographic features and dependency level of the individuals who applied to smoking cessation clinics

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Background & Aim: in this study, we aimed to determine the level of anxiety in people who seek treatment for smoking cessation; to investigate the relationship between the existing anxiety with addiction levels and sociodemographic factors.

Method: This study was planned as a two centered, prospective and cross-sectional research. It was conducted between 01.06.2015–30.07.2015 in Smoking Cessation Polyclinics of Sisli Hamidiye Etfal Training & Research Hospital Family Medicine Clinic, Nisantasi Family Medicine Polyclinic, Gaziosmanpasa Taksim Training & Research Hospital Aliya Izzet Begovic Polyclinic among the individuals over the age of 18. Socio-demographic data and smoking history were questioned via face to face interview technic. Fagerstrom Test for Nicotine Dependence (FTND), Beck Anxiety Scale (BAS), State and Trait Anxiety Scales (SAS, TAS) were performed and analyzed.

Results: Most of the participants of 214 people in the study, were male (68,2%;n=146). The mean age of the total participants were 39,9±11,6. The average amount of smoking was found to be 23±11,5 cigarette/day. Nicotine dependence level was found “medium” in 58.4% of respondents (n=125). The mean score of BAS was 11.4±10.3. Levels of anxiety were “medium” in 13.6% (n=29) and “high” in 10.7% (n=23). The average score received from SAS was 37.1±10.3, from TAS was 43.1±8.5. SAS scores were higher in people who were married, who had low education level and who had long smoking period (p=0.033, p= 0,000, p=0.026).

Conclusion: This study showed that nearly half percent of individuals who applied to smoking cessation clinics to quit smoking, had anxiety. Female gender, low level of education and being single are the risk factors for the presence of anxiety in smokers. This is important for the success of attempts and maintenance of smoking cessation, the management of potential benefits and risks of the treatment which is considered to begin.

Key words: Cigarette, Anxiety, Fagerstrom, Smoking cessation