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Tobacco addiction in medical students and relationship with anxiety and depression

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Introduction: Smoking is one of the well-known and preventable health problems in the world. It causes organic health problems and also leads many diseases with psychiatric effects. Tendency of smoking may increase with stress factors during the youth. Purpose of this study was to investigate the relationship between cigarette addiction state and anxiety depression at students of a medical school.

Methods: The 375 participants were attended to study. Sociodemographic data's and smoking status were asked. Fagerström Nicotine Addiction test was used for smokers and Hospital Anxiety and Depression Scale for all students. Data was analysed by using the SPSS for Windows 20.00 program. Student T, One Way Anova, Mann Withney-U, Pearson and Spearman correlation analysis, Kruskal-Wallis tests were used for statistical analysis. $p < 0.05$ was accepted for statistical significance.

Results: The 375 student were participated to our study and 12% (45) of them were smoking. The mean of Fagerström addiction scale was found 3.07 ± 2.37 . It was found that economical status was not effective for smoking. Male attendees anxiety score average was 7.46 ± 3.33 and depression score average was 7.14 ± 2.45 . Female attendees anxiety score average was 7.92 ± 3.37 and depression score average was 7.13 ± 2.62 . Smoker attendees anxiety score average was 8.96 ± 4.2 , non-smoker attendee's anxiety score average was 7.55 ± 3.1 . The mean of anxiety scores between smokers and nonsmokers was statistically significant ($p = 0.03$). Second year and third year student's anxiety scores indicate meaningfully differences ($p = 0.025$). Second year students' anxiety score was the highest among the other students.

Conclusion: Smoking can cause very important psychiatric problem like anxiety. We have observed that medical school students have high depression scores related to psychosocial stress and high anxiety. This study was local therefore it ncan not be generalized to the all medical school students. More sophisticated study is needed.