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The relation between Fagerstrom nicotine dependence and smoking starting age with patients who consult smoking cessation clinic

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Background & Aim: At this research it is intended that the relation between fagerström nicotine dependence and smoking starting age with patients who consult Istanbul Sisli Etfal Training and Research Hospital Stop Smoking Policlinic of Family Medicine.

Method: In year 2015, 400 patients file were randomly analyzed who consulted smoking cessation clinic. Patients smoking starting age, education history, marital status, total cigarettes smoked a day and Fagerström nicotine dependence parameters were analyzed. Collected datas were examined at frequency and chi square in SPSS20.0 version.

Results: A total of 400 patients enrolled in the study and %35.8 (n:143) is female and %64.3 (n:257) is male. %48.8 (n:195) of the patients are low educated level and %51.2 (n:205) of the patients are highly educated. Percentage of smoking starting age under 18 is determined that %69.8(n:279). %30.8 of female patients and %22.6 of male patients determined as highly addicted to smoking. There wasn't any significant relation between gender, education history and smoking starting age ($p=0.131$, $p=0.587$). At both gender (%63.6-%73.2) and all education history smoking start age is under 18. %87.5 (n:14) of the patients who smoke over 40 cigarettes per day is male. It is determined that %62.4(n:88) of the patients with primary school graduate are difficulty comply with the smoking ban in closed ares. Under this circumstances it is determined that if level of education is lower, patients are difficultly comply with the smoking ban in closed areas.

Conclusions: We didn't assigned significant relation between FNAT test and smoking starting age. As a result, citizens shall be educated more about preventing smoking starting age under 18.