

Study on treatment of cigarette smoking

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This study was carried out in the Faculty of Medicine, Al-Azhar University during 1986-87. It aimed to answer the question how to provide simple treatment service for those who want to stop smoking habit. The outcome of aversion therapy, self-control therapy and control group was compared. The results showed that self-control therapy produced greater proportion of individuals who discontinued smoking permanently. It was concluded that further researches are needed in this area in order to optimize treatment service for those who want to stop smoking habit.