

Study of predictors of effective indicator of smoking abstinence programs

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This study was conducted in Antismoking Center in Nasser City during the period 1998-99. The study aimed to analyze the psychosocial and behavioral aspects of smokers associated with participation attrition and successful outcome in smoking cessation programs. Three hundred Egyptian smokers attending the Antismoking Center in Nasser City, coming from Al-Hussein University Hospital and Al-Mataria Teaching Hospital (Cairo). All cases were assessed using personal interview, physical and psychological examination, investigations (chest X-ray, ECG, pulmonary function test and blood sugar/cholesterol). Each participant joined the smoking cessation program for two weeks (designed by the American Lung Association), depending mainly on the behavioral, cognitive therapy, the electric nerve stimulation therapy, health education program and counseling. After three months, the participants were followed up to assess the success of the program which was measured by the rate of recidivism. The results showed that the ratio between the quitters (smoking cessation) and the continuers (smoking continued) was 37% and 63%. The most important predictive determinants affecting the outcome in smoking cessation programs are if the smoker is 21-40 years old, single, student, higher level of education, living in urban area, previous cessation experiences, smoking for pleasurable feelings, quit for health, have not past history of other psychiatric disorders, all these determinants favoring the success of this program.