

## **ABSTRACT**

**Background:** Smoking is the cause of the deaths of up to 7,000,000 people worldwide and can be referred to as a global pandemic. There are 25% of the adult population smoke in the Czech Republic and it is estimated that there are currently 2.4 million active daily smokers. Cardiovascular disease (CVD) is the most common cause of death in the Czech Republic and approximately 50,000 people die every year. In all these deaths, smoking accounts for 26% of men and 12% of women. According to available studies, smoking is directly related to CVD and is a major risk factor for this disease. Both of them, tobacco use and chronic CVD are thought to have a significant impact on the deterioration in quality of life.

**Aims :** The main goal of the diploma thesis was to assess the subjective perception of the quality of life of smokers in connection with the decision to quit smoking in the acute phase of cardiovascular disease and with a three-month interval to find possible connections between tobacco use and quality of life.

**Methods:** The research was based on a quantitative approach, in the form of a questionnaire survey. A set of 34 respondents was selected according to predetermined criteria. These were patients III. Department of Internal Medicine - Cardiology Clinic, University Hospital Královské Vinohrady, who were also active smokers. The research was conducted in two phases, the first phase was realized in the acute stage of the disease and the second phase was three months apart. Individual parts in the questionnaire were designed to identify changes in attitudes towards tobacco use and the subjective perception of quality of life in its individual aspects in relation to the decision to stop smoking.

**Results:** Respondents who stopped smoking in the second phase or at least reduced smoking, or switched to safer use, perceived subjectively better quality of life than those who did not. And not only in the overall concept of quality of life, but also in its specific aspects and also in the overall attitude towards tobacco use. Based on these findings, it can be concluded that the decision to quit smoking has an impact on overall quality of life and, in particular, on convalescence following cardiovascular disease. The hypotheses were confirmed.

**Conclusion:** Given the findings, it is possible to confirm that there is some connection between the quality of life and the current state of health in relation to the decision to quit. The diploma thesis could be an impulse for healthcare professionals to perform more effective early interventions in tobacco dependence not only in patients with cardiovascular disease.

**Key words:** smoking, tobacco addiction, cardiovascular disease, quality of life