

2 Abstract

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Title of Thesis: Opinions of smokers on quitting smoking

This thesis deals with cigarette smoking, nicotine addiction, possibilities of smoking cessation and experience of smokers with these problems. This work is divided into theoretical and experimental parts.

In the theoretical part the nicotine addiction is described in terms of pharmacology, pharmacokinetics and epidemiology. Other components of cigarette smoke are also discussed as well as their effect on human health.

Possible ways of quitting smoking are mentioned. Pharmaceutical preparations for abstinence facilitation (which are available in the Czech Republic) are summarized and pharmacological properties of their active substances are presented.

Finally, the theoretical part recapitulates the institutions counseling or supporting smokers in their effort, like insurance companies, health care providers or pharmacies.

Over one hundred of completed questionnaires were evaluated within the experimental part of this thesis. People experienced with smoking, like active smokers, former smokers etc. represent the target group of the questionnaires. Their smoking experience, opinions and knowledge of medication for smokers investigated.

The results are presented in graphs. If it is possible they are compared with the results of other studies on this topic. Obtained data were statistically processed to figure out possible dependencies between respondents' characteristics and their relationship to smoking.