

## **Abstract**

According to a research report made by National Institute of Health in 2012, in the Czech Republic can be over 24 % of the population classified as regular smokers who smokes more than one cigarette a day. There is no doubt that smoking ranks among current societal problems that threatens the health of about two and a half million people in the Czech Republic. For this reason, in this thesis I concerned myself with subject of treatment of tobacco dependence and I'm trying to determine the level of knowledge about treatment options among the smokers in the Kolín area and if they are interested in treatment.

This thesis is divided in two parts - theoretical and practical. Goal of the theoretical part is to describe methods of diagnosis of tobacco addiction and treatment options.

The first chapter of this thesis describes and explains what is nicotine, tobacco with its brief history and the concept of passive smoking. The second chapter deals with what is addiction to tobacco, describes the principle and neurobiology. The third chapter deals with the different ways to diagnose tobacco dependence and the last, the fourth chapter of the theoretical part provides information about treatment options.

Practical work aimed to investigate awareness about treatment options for tobacco dependence among smokers in the Kolín area, and their interest in treatment options.

Have been set three research questions:

1. What is the level of knowledge about treatment options among the smokers in the Kolín area?
2. What is the demand for treatment of tobacco dependence among smokers in the Kolín area?
3. Would be the ambulatory institution in the treatment of tobacco dependence welcomed and used by smokers in Kolín area?

Data for the practical part of this work was obtained using a quantitative questionnaire, which consisted of 11 closed and opened questions. Sampling of respondents was conducted through occasional choice. The results were analyzed using basic descriptive statistics in excel.

Although 58,5 % of smokers would like to stop smoking and 54,4 % of them already tried to stop smoking at least once, short medical intervention by medical professionals is provided rarely and smokers are actually missing any informations about effective treatment. More than 58 % of smokers said they would welcome an institution specialized in the treatment of tobacco dependence.

The results further suggest that if health professionals were more interested in their smoking patients, there would be probably smokers who wants to quit smoking. It's important to focus on the education of health professionals in this field and the dissemination of information about treatment options for tobacco dependence among smokers.

**Key words**

Tobacco – nicotine – smoking – dependence – treatment – withdrawal symptoms

