

## Abstract

**Background:** In the Czech Republic, alcohol and tobacco are the most widely used addictive substances. Although use of these substances is legal for those 18 years or older, they can lead to serious health consequences. Especially among alcohol (or other drugs) dependent persons in recovery, the prevalence of regular smoking compared to the general population is much higher. Nevertheless, in these settings within the Czech Republic, tobacco smoking is often overlooked and for the staff there is no standard approach for introducing the systematic programs for quitting smoking. It is often based on theory that these patients have no motivation or interest in professional assistance with quitting smoking.

**Objective:** The primary objective of the research was to assess the motivation of patients dependent on alcohol and tobacco, currently undergoing the residential medium-term treatment to quit smoking. A secondary objective was to highlight the issue of smoking among these patients and find out what their view is on the possibilities of tobacco dependence treatment in the setting and whether they would be interested in professional assistance with quitting smoking.

**Methodology:** Questionnaire-based research was conducted among patients in the 5 health care services for the addiction treatment throughout the Czech Republic. The research involved 128 people who were dependent on alcohol. Questionnaires were developed in accordance with the ethical principles of the facility and all interested parties were informed of the purpose and the anonymity of questionnaire. This is a quantitative research based on data generated via MS Excel.

**Results:** The prevalence of daily smoking among respondents was 84%. The average number of daily smoked cigarettes was 18,07 and the average result of Fagerström Test of Nicotine Dependence was 4,07 points. Within that percentage, 43% of respondents mentioned they would like to quit smoking soon. On a scale of subjective importance of smoking cessation, patients recorded an average value of 46,5% and in the scale of confidence in their own abilities to realize this change, an average was of 34,4%. 66 % of respondents mentioned that they attended a lecture about smoking or quitting smoking during their treatment and 44 % of respondents mentioned that they got an offer of assistance with quitting smoking. Looking at individual settings the patients' responses varied greatly. 57% of respondents mentioned that when offering professional assistance they would consider smoking cessation, and 52% are interested in professional assistance in quitting smoking.

**Conclusion:** The study analysed the willingness of smoking cessation among alcohol dependent people in recovery. The results obtained showed that more than a half of smokers who are undergoing the treatment of alcohol dependence were interested in professional assistance regarding quitting smoking. This finding could alleviate fears from offering treatment for tobacco dependence among patients in recovery. These findings provide insight into further, potential treatment methods for smoking addiction amongst recovering alcohol dependent individuals.

**Keywords:** tobacco dependence, alcohol dependence, treatment, hospital care, dual addiction