

Abstract:

BACKGROUND: Tobacco is the most commonly used addictive substance among adolescents, according to the ESPAD study, and is often the first psychoactive substance to try out in life. However, the risks associated with the use of tobacco at the young age are not negligible. In the Ambulance for children and adolescents addictology Clinics of addictology, where attend adolescents with various addictological and psychological problems, no research regarding the use of nicotine has been carried out.

AIMS: The aim of the work is to map and describe the patterns of use of nicotine and motivation for use among children and adolescents with problems with addictive substances or in the field of non-addictive addictions. Another aim of the work is to find the degree of physical dependence on nicotine in the target group of respondents.

METHODS: Data were collected using a questionnaire, which included Fagerström's nicotine addiction test for adolescents to assess the degree of physical nicotine dependence in respondents. The questionnaire was submitted in paper form to the clients of the Ambulance for children and adolescents addictology of the Clinic of addictology. The research sample was selected by deliberate selection through the institution. Descriptive statistics were used to evaluate the results and some research questions were accompanied by statements of respondents.

RESULTS: The research file consisted of 14 respondents, of whom 71.43 % were smokers. The average respondent has been using tobacco for more than 3 years in the form of regular cigarettes. The average age for starting smoking is 12 years. The most common place to smoke is outside with friends (40v%) and tobacco combines mostly with alcohol. Most respondents (60 %) started to use tobacco from curiosity, and half of asked of adolescents had no motivation to quit smoking. The average respondent is at the limit of medium to higher physical dependence on nicotine. Most respondents (50 %) smoke 1 to 15 cigarettes a day. 60 % of respondents smoke in the rest of the day rather than in the morning, but half of them smoke within 30 minutes after waking up. For 80 % of respondents, the most important cigarette is the first morning. 60 % of respondents do not have the problem of not smoking where they can not, however, when they are ill and spend most of the day in bed, so 70 % of all respondents smoke.

CONCLUSIONS: Research revealed that there may be far more addicted adolescents to nicotine than known in the Ambulance for children and adolescents addictology Clinics of addictology. The results were further discussed and compared with foreign studies. They were also suggestions about the implication of the results in practice.

Keywords:

Nicotine, patterns of use, nicotine addiction, adolescents