

THE ABSTRACT OF THE DIPLOMA THESIS

The Name of the Diploma Thesis:

The motivation to lose the habit of smoking in patients treated for some other kind of addiction

Abstract:

Starting point: The prevalence of smoking in people addicted to other narcotics is usually 2 - 3-times higher than in common population. The same percentage of people addicted to tobacco is among patients treated in some in-patient treatment for people addicted to narcotics or gamblers. Simultaneous treatment of addiction to tobacco and other kinds of addiction is possible and is recommended. It seems to be also effective and favourable for treatment of other patient's addictions - it supports the improvement of physical and mental condition. The interest in treatment of addiction to tobacco often appears in patients. But the question is how much they are motivated and informed by the staff. There is no integrated schedule focused on breaking the habit of smoking in in-patient clinics for addiction treatment.

Targets of Thesis: To discover the rate of addiction to nicotine in patients treated for some other addiction. To learn whether the opportunity for helping with losing the habit of smoking was offered to patients and whether they would be interested in it. To map their motivation for getting out of the habit of smoking during concurrent treatment. To find out, whether the patients have some fears about losing their habit of smoking during current treatment and whether they know the advantages of simultaneous treatment of addiction.

Methods: I carried out a questionnaire research. The form consists of thirty questions mainly focused on the behavior of responders – smokers, their attitude and motivation for losing the habit of smoking during the concurrent treatment. Fagerström's test of nicotine addiction is also part of the questionnaire. The data are evaluated by descriptive statistics.

Cohort: The cohort is made up of fifty-six responders, patients of medium-term in-patient treatment (N = 28) and short-term in-patient treatment (N = 28) of addiction to alcohol, non-alcohol drugs, gambling or combined addiction, who currently smoke cigarettes.

Results: On the bases of evaluation of Fagerström's test of nicotine addiction (FTND) I found out that all the responders are addicted to nicotine. The high level of addiction was found in 25 % of them (N = 14). All responders approximately reached 4,7 points in FTND. The staff offered no help with breaking the habit of smoking to 89,29 % of all responders. 66,07 % of them (N = 37) would not be interested anyway. In an open question about their main motivation to stop smoking most of the responders stated their health (decreasing risk of serious diseases). On the contrary, when they had limited choice of options, most of responders stated money (saving, high price of cigarettes) as the main motivation factor. Lots of responders didn't have any reason to break the habit of smoking. 39,29 % (N = 22) of all responders would not be worried about losing the habit of smoking. Deteriorating mood (e.g.

irritability) was most often stated as something the responders would be worried about. 82,14 % (N = 46) of all responders stated, they do not know any advantages of concurrent treatment of addiction to tobacco. Decreasing health risks was the main advantage chosen from the list of options.

Conclusions: Large amount of responders showed they are neither motivated to stop smoking nor they are interested in professional help. This can be surely influenced by minimal offer of help from the staff and inadequate education about advantages of simultaneous treatment or dealing with possible fears of braking the habit of smoking. Creating meaningful program for losing the habit of smoking during the in-patient treatment and motivated staff are two key elements which can influence patients' attitude to concurrent treatment of addiction to tobacco.

Key Words: addiction to tobacco, nicotine, smoking, simultaneous treatment, motivation