Nicotine Dependence and Quit Smoking: A Preliminary Survey among Adult Males in Kuantan, Malaysia

SWESWE LATTa M.Med.Sc(PH), RAZMAN MRb MCM, JAMALLUDIN ARc MPH, NASREEN HEc PhD, KARIMAH HANIM AdrPH, HTIKE MPd M.Med.Sc(PH)
aCommunity Medicine Department, Faculty of Medicine, International Islamic University Malaysia, Kuantan, Pahang

INTRODUCTION

Most of the smokers remain as active smokers and unrecognized their nicotine dependence (ND) level.

The ND level have received less attention even though it was an important reason why people are addicted to smoking.

Assessment of ND level should take into account to obtain successful smoking cessation among current smokers.

OBJECTIVE

To measure the prevalence and associated factor of tobacco smoking, their quit attempt and level of nicotine dependence among adult males.

METHODS

A cross-sectional descriptive and analytical study was conducted among 296 adult males aged 18 to 80 years at Felda Bukit Goh, Kuantan, Pahang in February 2015.

RESULTS

DISCUSSION & CONCLUSION

Despite high prevalence of smoking (61.1%), majority of smokers have low ND (76.2%) and addiction (71.9%) was the main reason to fail quit attempt.

High prevalence of low nicotine dependence was a favorable condition to attain smoking cessation.

Thus, ND level assessment should be done among the smokers before engaging in the quit smoking program to provide tailored nicotine replacement therapy (NRT).

ACKNOWLEDGEMENT

1. Kulliyyah of medicine, Department of Community Medicine, IIUM, Kuantan, Pahang
2. Year Four – 25 Medical Students, Block 2 Group C2, 2014/2015, KOM, IIUM

REFERENCES

2. World Health Organization. (2011). Tobacco questions for surveys: a subset of key questions from the Global Adult Tobacco Survey (GATS) global tobacco-surveillance system