

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



SWESWE LATT^a M.Med.Sc(PH), **RAZMAN MR^a** MCM, **JAMALLUDIN AR^a** MPH, **NASREEN HE^a** PhD, **KARIMAH HANIM AA^a** DrPH, **HTIKE MP^a** 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.

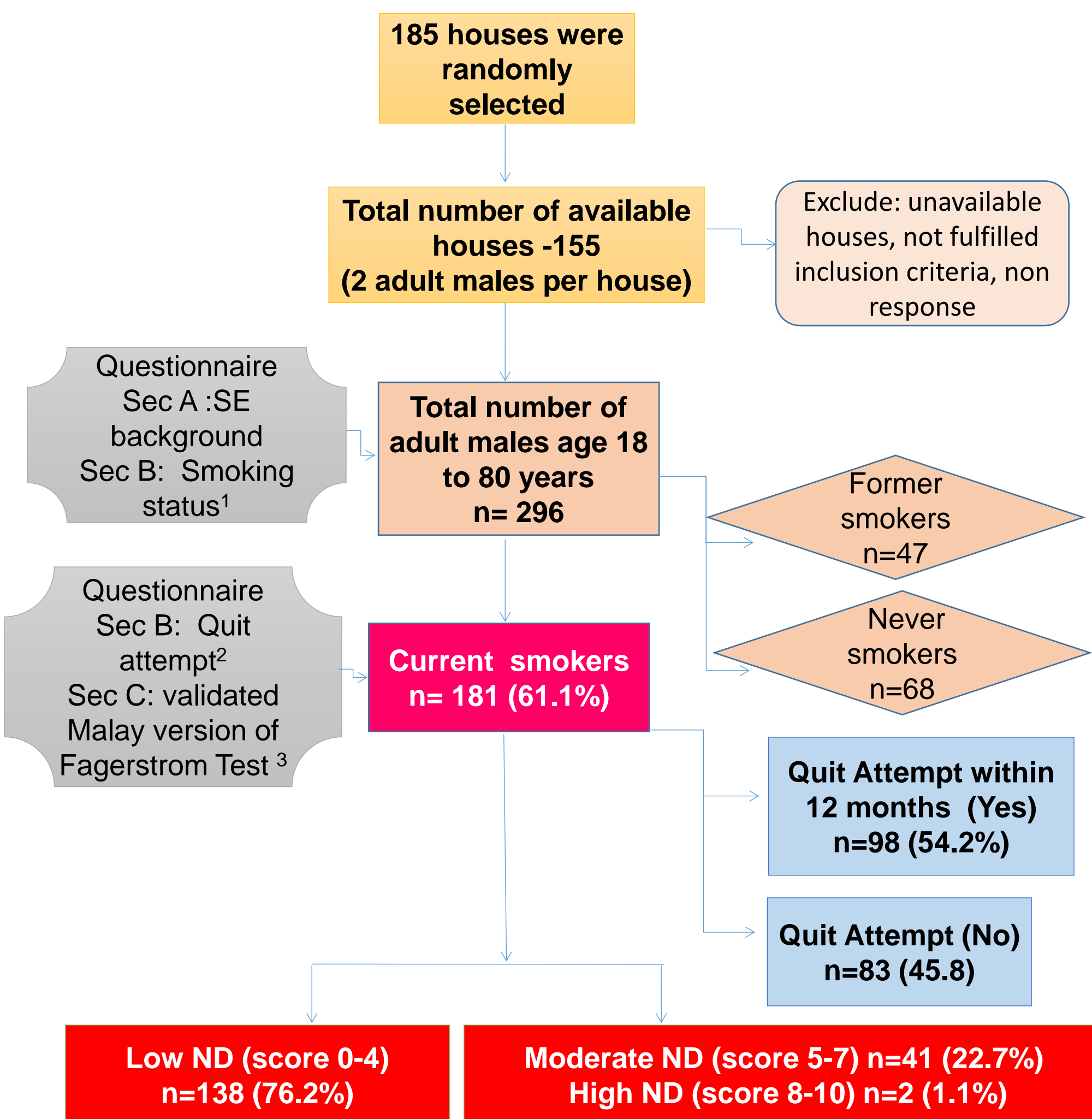


Fig 1. Selection procedure for eligible subjects and prevalence of ND among current smokers

- Influence of socio-demographic and economic status on smoking status and level of ND was analyzed.

Acknowledgement

1. Kulliyah of medicine, Department of Community Medicine, IIUM, Kuantan Campus, Kuantan, Pahang
 (contact : sweswelattdr@iium.edu.my, HP +60109058032)
 2. Year Four – 25 Medical Students, Block 2 Group C2, 2014/2015, KOM, IIUM

RESULTS

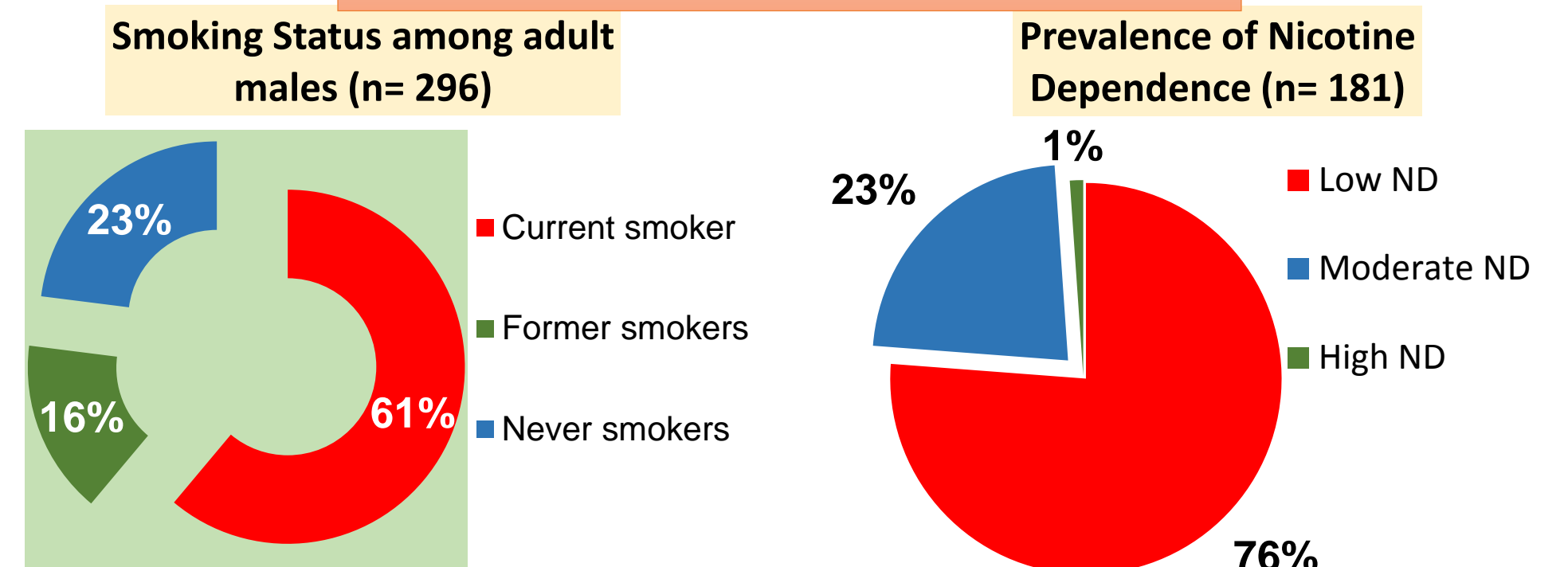


Fig 2. Prevalence of smoking status among adult males

Fig 3. Prevalence of Nicotine Dependence among current smokers

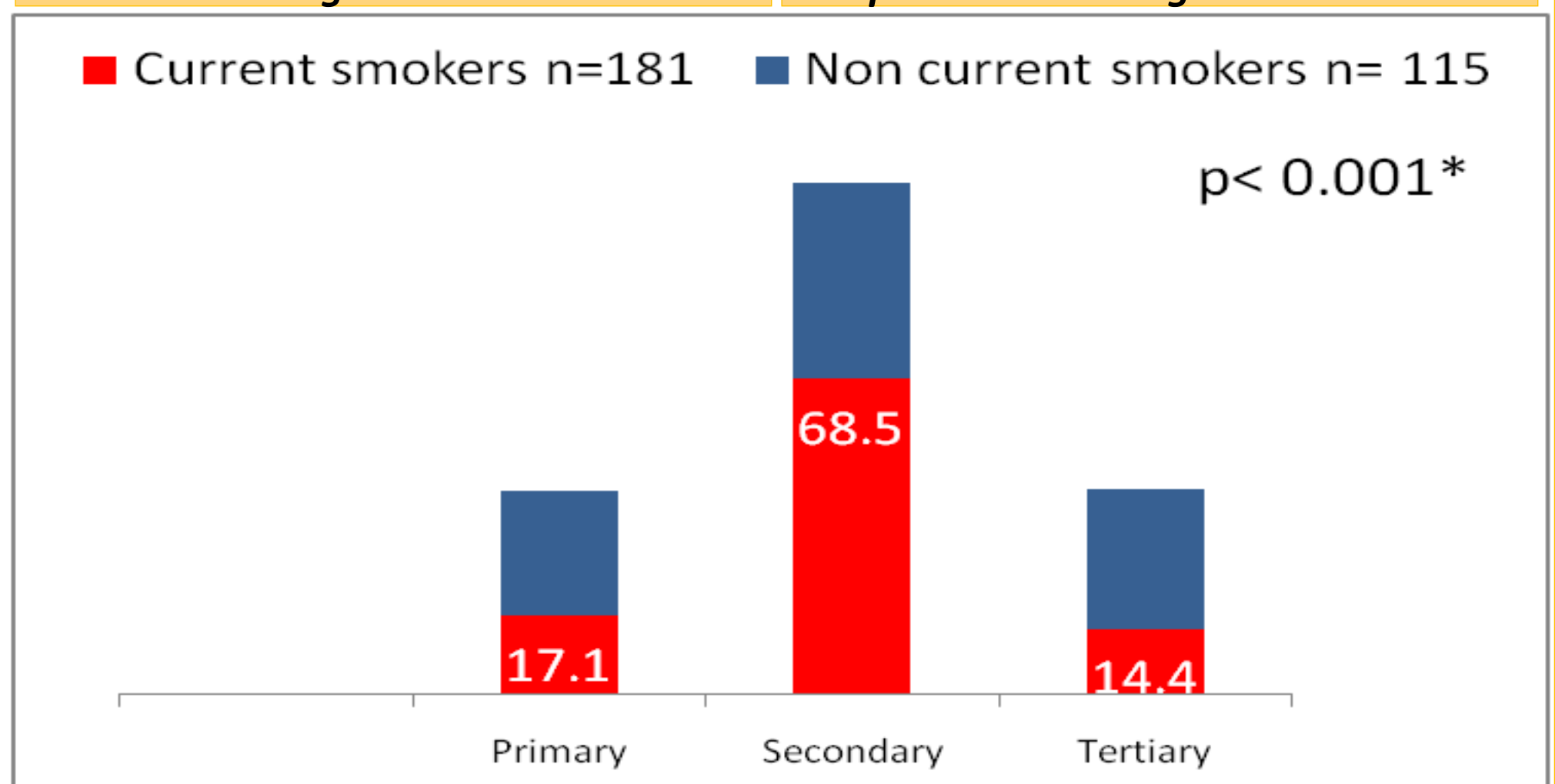


Fig 4. Association of educational level with current smoking status among adult males

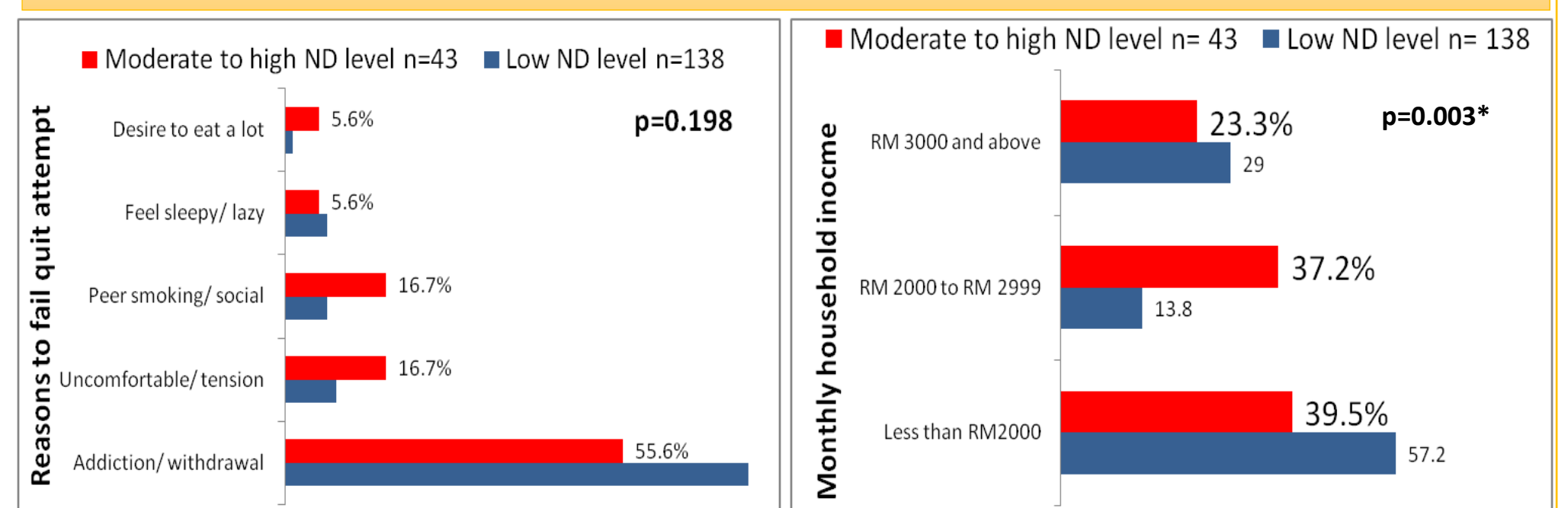


Fig 5. Association between reasons to fail quit attempt and ND level

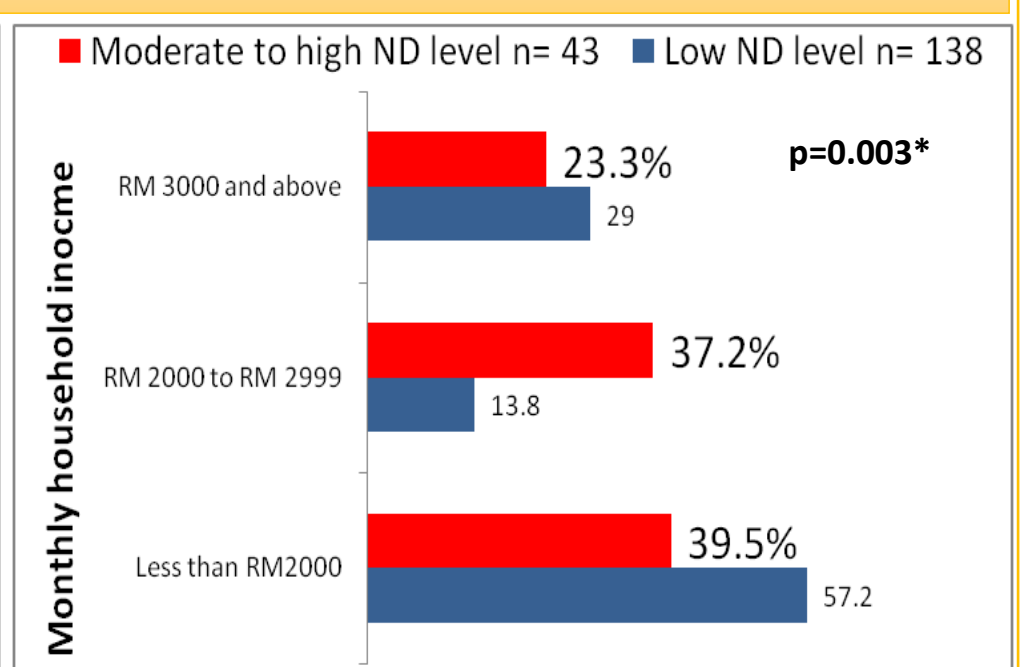


Fig 6. Association between monthly household income and ND level

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).

References

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- HA, A. Y., CG, N., & AR, R. Validation of the Malay version of Fagerstrom test for nicotine dependence (FTND-M) among a group of male staffs in a University Hospital. Malaysian Journal of Psychiatry 2011, 20(1)

