

FACTORS INFLUENCING THE DECISION TO QUIT SMOKING - ANALYSIS TAKING INTO ACCOUNT THE MOTIVATION OF PATIENTS

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Smoking cigarettes is the main and avoidable cause of the development of numerous diseases, especially of the respiratory system.

The aim of the study was to assess the degree of nicotine addiction, level of motivation to quit smoking and analysis of the occurrence of factors that motivate patients to try to quit considering selected demographic and clinical data as well as nicotine status.

The study was carried out in the form of a questionnaire. The study included 532 patients aged 17 to 82 years. There were 282 women and 250 men.

Various statistical analyses were performed depending on age, gender, place of residence, level of education, clinical features and nicotine status, using the appropriate tests from Statistica 13.0 program.

Age, sex and place of residence do not affect the strength of addiction. The longer the smoking time, the higher the degree of addiction is observed. The strength of motivation depends on the duration of the nicotine addiction and number of attempts to quit smoking in the past, with no relationship to sociodemographic factors. The most important factor motivating to try to stop smoking is fear of health. Physicians too rarely undertake the effort of anti-smoking counselling.