

DIFFICULT TO QUIT SMOKING BEYOND "NICOTINE DEPENDENCE": A PRELIMINARY SURVEY AMONG ADULT MALE SMOKERS IN FELDA BUKIT GOH, KUANTAN PAHANG, MALAYSIA

SWE SWE LATT¹, RAZMAN MR¹, JAMALLUDIN AR¹, TIN MYO HAN², HTIKE MYAT PHYU¹, NASREEN HE¹, KARIMAH HANIM AA¹

1. Community Medicine Department, Faculty of Medicine, International Islamic University Malaysia, 2. Department of Medical Statistics, 2. Faculty of Dentistry, International Islamic University Malaysia

INTRODUCTION

- The vast majority of smokers want to quit and most make repeated attempts to do so¹.
- Although, effective treatment for nicotine dependence (ND) is present now, repeatedly fail to quit is still a common issue among smokers because of beyond nicotine addiction².

OBJECTIVE

To measure nicotine dependence level among adult male smokers and influences of socio-economic (SE) characteristics on ND and failing to quit smoking.

METHODS

A cross-sectional descriptive study was conducted among 156 current adult male smokers in Kuantan, Malaysia in 2015.

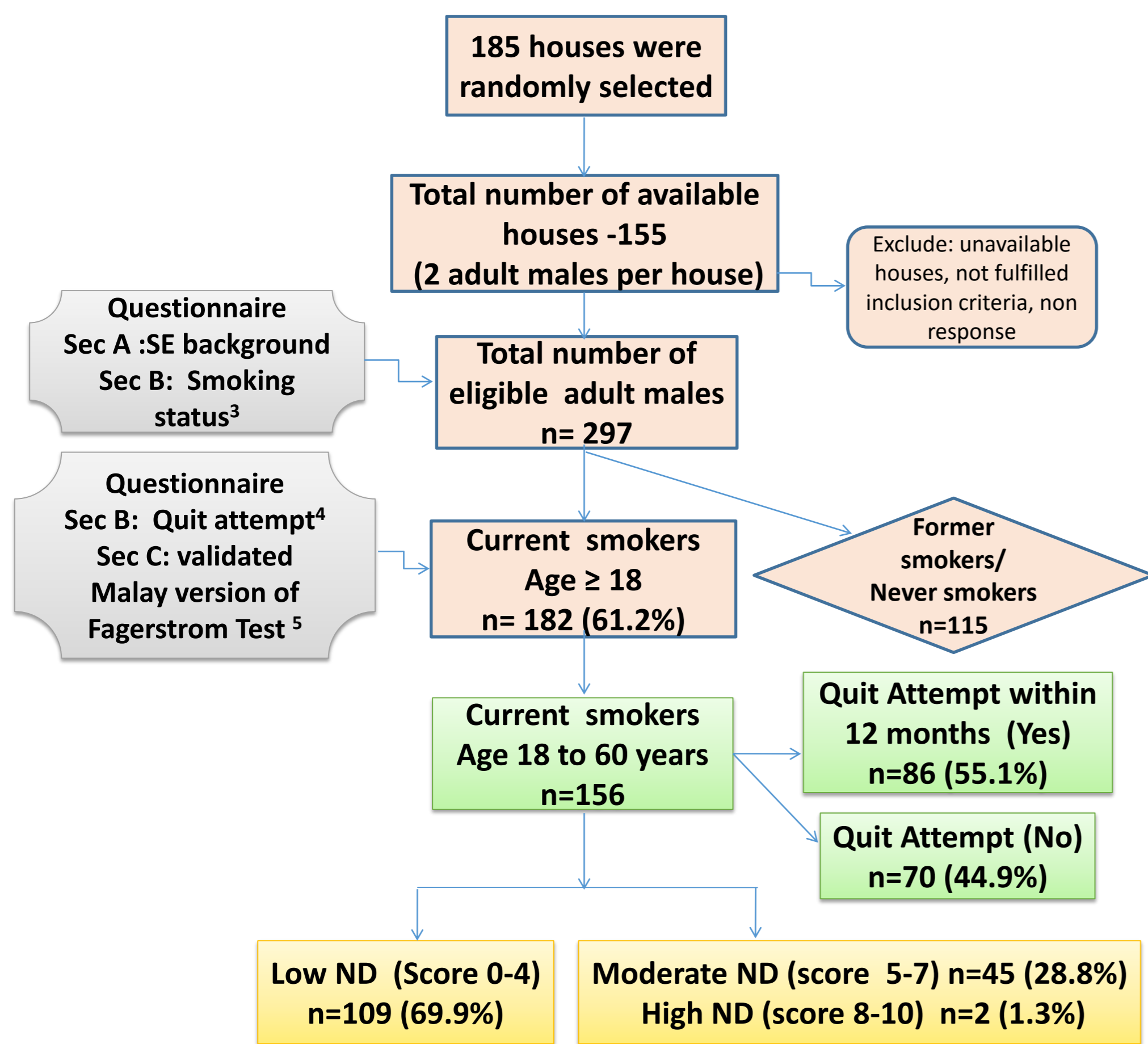


Fig 1. selection procedure for eligible subjects and prevalence of ND among current smokers

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

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RESULTS

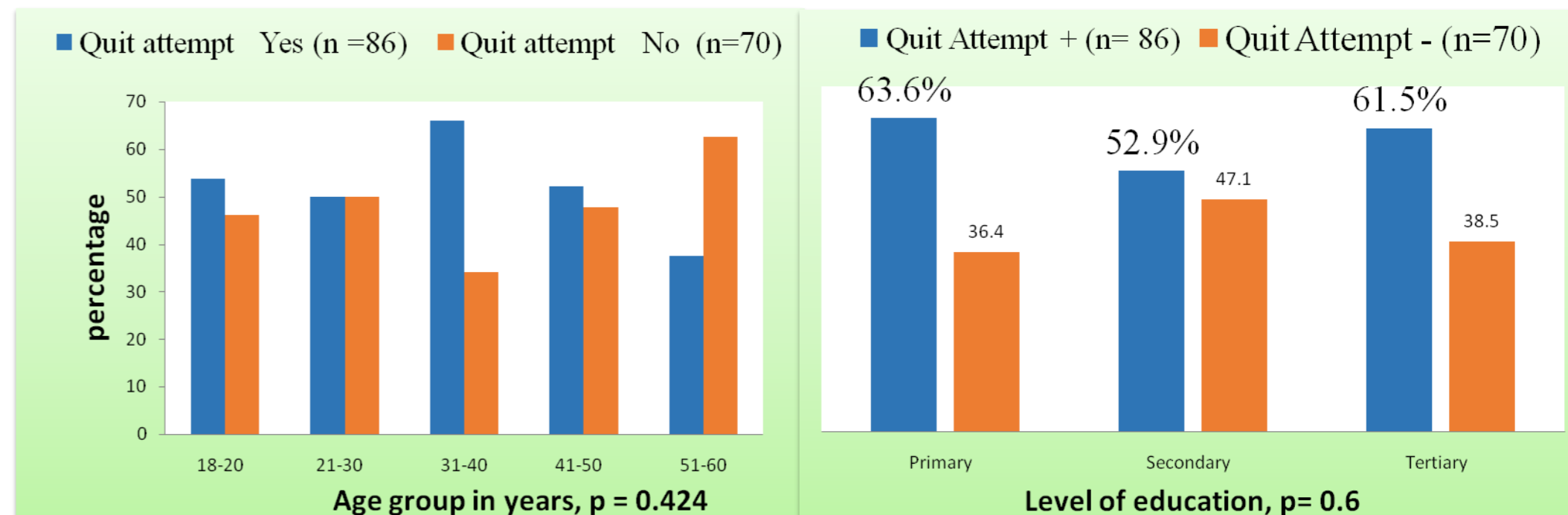


Fig 2. Age group with quit attempt⁺

Fig 3. Level of education with quit attempt⁺

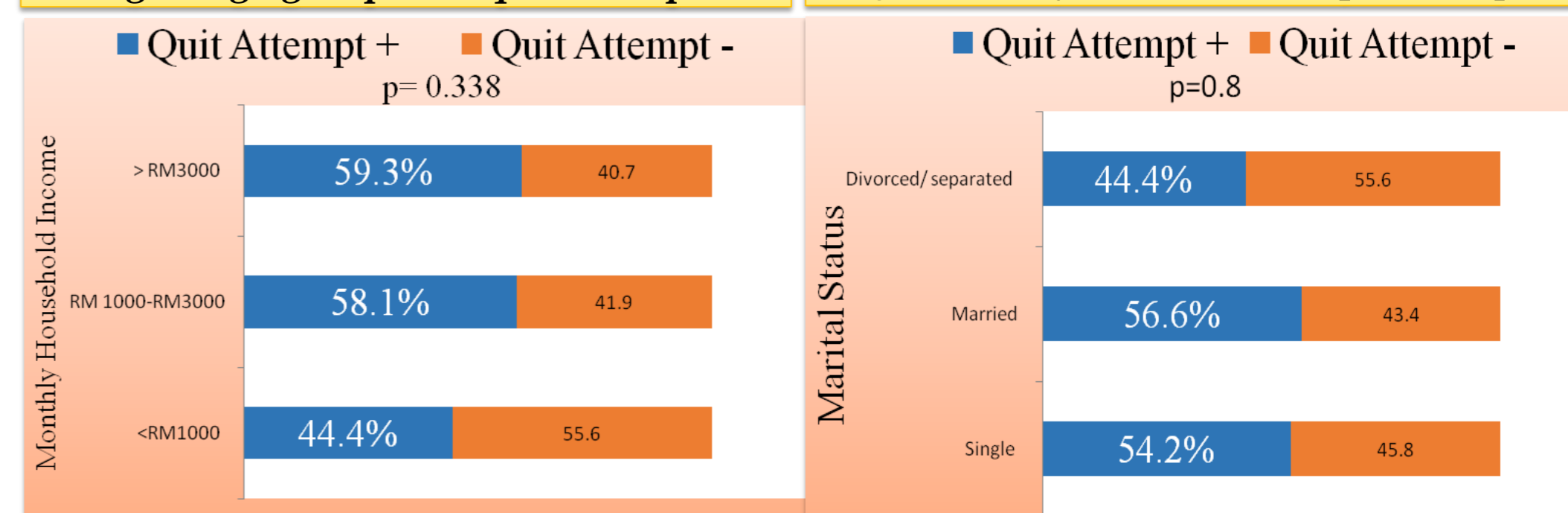


Fig 4. Monthly Household Income & quit attempt⁺

Fig 5. Marital Status with quit attempt⁺

Table 1. Association of occupation status, ND score of current adult male smokers and their quit attempt (n=156)

Variables/ Sub variables	Quit attempt Yes (n=86)	Quit attempt No (n=70)	'P' value
Occupation⁺			
Government	5 (62.5)	3 (37.5)	0.033*
Private	43 (68.3)	20 (31.7)	
Self employed	33 (44.0)	42 (56.0)	
Retired/ unemployed	5 (50.0)	5 (50.0)	
Nicotine dependence score[#] Mean (SD)	2.93 (2.13)	3.73 (2.23)	0.024*
Min -Max	0-8	0-9	

= t test, + = Chi square test * P value < 0.05

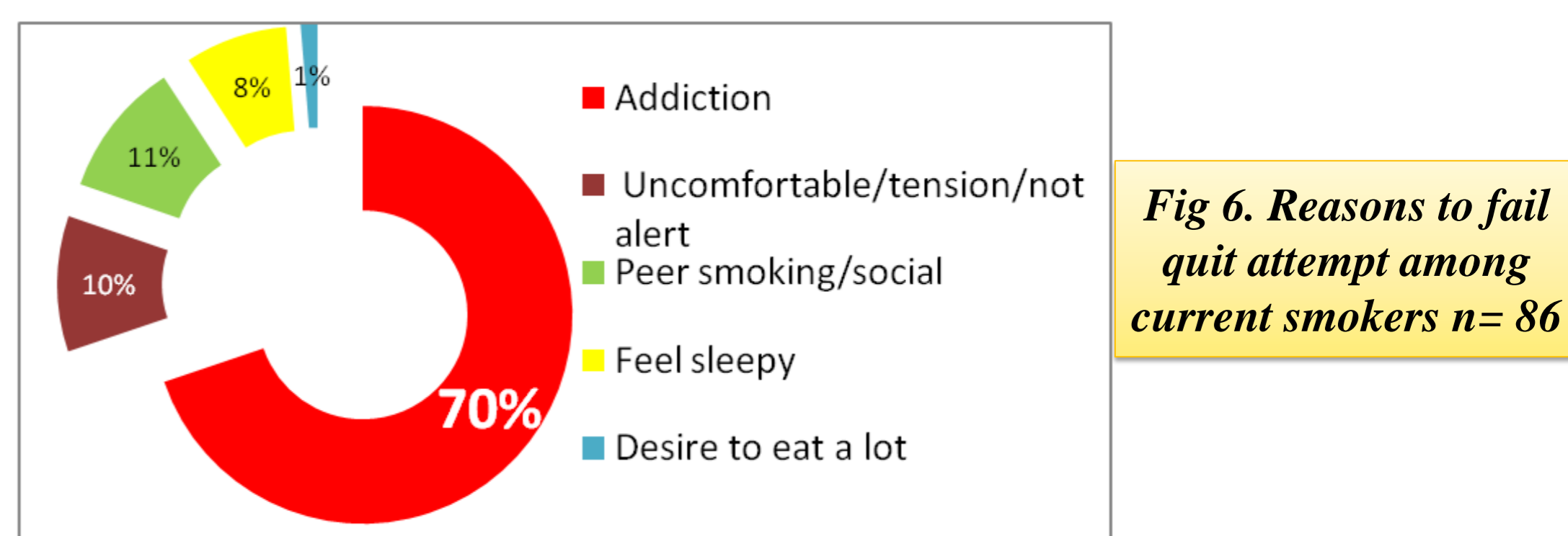


Fig 6. Reasons to fail quit attempt among current smokers n= 86

DISCUSSION & CONCLUSION

- High prevalence of low ND (69.9%) was found in current adult male smokers aged 18 to 60 years.
- Among them, 55.1% were tried to quit smoking during 12 months and failed to quit. Similar studies showed that current smokers have attempted to quit and unsuccessful within a period of 12 months were 70.6%⁶ and 43%⁷ respectively.
- The adult male smokers with low mean ND score and working in private sector were significantly tried to quit smoking.
- Addiction (70%) as a main reason for failing to quit smoking was confirmed in the study; however, influence of socio-demographic and economic characteristics was highlighted to consider in plan for successful quit smoking.