

Puffing Topography and Interpersonal Bonding Behavior Observed Among Recovering Drug Addicts Versus General Smokers

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Smokers can inherently manipulate nicotine doses on a puff-by-puff basis. The character of smoking behavior may be determined by using complex forms of smoking topography in laboratory settings or by unobtrusively observing the time spent smoking a single cigarette, the number of puffs taken, interpuff intervals and smokers' behaviors. The purpose of this study was to observe and compare smoking topography and interpersonal bonding behaviors of recovering drug addicts to that of general smokers in a natural setting (introduction). Following a variable chemical substance detox/treatment period, Fairbanks addiction treatment patients spend 3-12 weeks in follow-up treatment in two groups: Partial Hospitalized Patients (PHP) and Intensive Outpatients (IOP). PHP and IOP form tight interpersonal bonds and friendships with each other. Patients are periodically released and they meet and smoke together at an approved outdoor smoking area. From a distance, PHP and IOP (20 men and 20 women) cigarette puffing behaviors were unobtrusively observed and recorded. Two calibrated investigators, using a stop watch monitored the exact time of lighting and the extinguishing of each cigarette. For each subject, the number of puffs taken was recorded and the interpuff interval was calculated. The same protocol was followed for a population of general smokers observed on the campus of IUPUI (methods). The mean interpuff intervals were IUPUI men: 25.2 seconds (SD 11.93); IUPUI women: 30.9 seconds (SD 16.0); Fairbanks men: 16.2 seconds (SD 6.21); and Fairbanks women: 21.1 seconds (SD 6.51). There was a statistically significant difference in interpuff intervals between the general smokers and the recovering addicts ($p < 0.001$) and this effect was not dependent upon gender. Behavioral observations between general smokers versus recovering addicts will be presented (results). Smokers who were recovering from chemical drug addiction smoked more intensely than the general smoking population and their smoking behaviors were often quite different (conclusions).

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