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The readiness of quit smoking status of smokers registered in quit smoking services in the hospital around Klang Valley, Malaysia

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Statement of the Problem: A total of (70%) which is equivalent to three million smokers in Malaysia has an intention to quit smoking. However, there are only less than one percent of smokers enrolled in the Quit Smoking Service in the hospital each year.

Methodology & Theoretical Orientation: The cross-sectional study was conducted to assess the status of the characteristics of the socio-demographic, the relationship between psychosocial factors with constructs of readiness to quit and to investigate the relationship between psychosocial factors with readiness to quit smoking.

Findings: The majority of respondents involved in this study were men (95.7%) and mostly aged between 30 and 50 years (56%). A total of (27%) of respondents had a high willingness to quit smoking. The study found that there was a significant negative relationship between family social support with pre-contemplation constructs ($p=0.050$, $r=-0.179$). There was also a significant negative relationship between nicotine addiction with contemplation constructs ($p=0.050$, $r=-0.180$). Apart from that, the study also showed that there is a significant negative relationship between social support colleagues with action constructs ($p=0.050$, $r=-0.183$). The study also shows that there is a significant positive relationship between anxiety with the maintenance constructs ($p=0.004$, $r=0.265$), there is also a significant negative relationship between social support and social support partners with maintenance construct with each recorded value ($p=0.027$, $r=-0.206$) and ($p=0.001$, $r=-0.305$). Finally the conducted study also shows that there is a significant negative relationship between social support colleagues with willingness to quit smoking ($p=0.016$, $r=-0.224$).

Conclusion & Significance: In conclusion, in addition to providing basic information on psychosocial profile, the study also gives a clear picture of the influence of psychosocial factors on the level of behaviour change and readiness to quit smoking. Thus, the responsible party must ensure that each operator of quit smoking services has high helping skills in controlling the smokers, especially on the assessment aspects of smoker's readiness to quit smoking and psychosocial profile.

Biography

Mohd Haazik bin Mohamed developed interest in Tobacco Control and Management after working with Ministry of Health about three years ago. His first task was doing an anti-smoking campaign at national level. From there, he continued to do campaigns and promotions for anti-smoking by doing several exhibitions and giving talks to students, public and smokers. He also administrated Ministry of Health's Quitline for Smoking where smokers can call the infoline to get information or help in quitting smoking. He also was one of the influencers in 2015–2020 National Strategic Plan for Tobacco Control. Due to this, he continued his second MSc by doing thesis, "The Readiness of Quit Smoking Status and Psychosocial Profile of Smokers Registered in Quit Smoking Services in the Hospitals around Klang Valley Malaysia".

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