

European Respiratory Society Annual Congress 2012

Abstract Number: 83

Publication Number: P4083

Abstract Group: 6.3. Tobacco, Smoking Control and Health Education

Keyword 1: Smoking **Keyword 2:** Public health **Keyword 3:** Environment

Title: Evaluation of the relationship between intention to quit and not smoking at home

Mr. Vahid 592 Moosavi moosavi.v@gmail.com¹, Dr. Ali 593 Abdolahinia aaliabd@yahoo.com MD¹ and Dr. Mohammadreza 594 Masjedi mrmajedi@gmail.com MD². ¹ Research Unit, Iranian Anti-Tobacco Association, Tehran, Islamic Republic of Iran and ² Chronic Respiratory Disease Research Center, National Research Institute of Tuberculosis and Lung Disease, Tehran, Islamic Republic of Iran .

Body: Objective: This study aimed at evaluating the correlation between not smoking at home and intention to quit. Methods: This descriptive cross-sectional study was carried out in Tehran in 2011, on 2,020 smokers. Information were collected by interviewers through a standardized questionnaire such as age of smoking onset, daily rate of smoking, price of cigarettes, using labeled or non-labeled tobacco products, history of quit attempts, cessation intention, water-pipe consumption, and knowledge about anti-tobacco laws. Findings: In our sample (2020 smokers), the mean number of cigarettes smoked daily was 14.4 ± 10.9 . This figure was 15.5 ± 11.0 in married people and 12.6 ± 10.5 in singles. A total of 433 (21.4%) smokers had adequate knowledge about anti-tobacco laws. In addition, 1,081 (53.5%) smokers had history of quit attempts and 729 (46.1%) reported water-pipe consumption. Rate of water-pipe consumption among singles was twice the rate in married individuals. Among our understudy subjects, 673 (33.3%) reported smoking at home; of which, 355 (52.7%) expressed their intention for quitting smoking. Meanwhile, out of 1,330 (65.8%) smokers who did not smoke at home, 834 (62.7%) stated that they would like to quit smoking. Chi-Square test revealed a significant association between tobacco smoking at home and intention to quit. Discussion: As this study and some other studies have shown, restrictions on tobacco smoking at home can motivate smokers to quit smoking. Family has a considerable role in increasing the intention of its members for smoking cessation and not smoking at home. Family members can have a positive role in encouraging other members to quit smoking or sustain their abstinence.