

European Respiratory Society Annual Congress 2012

Abstract Number: 85

Publication Number: P4042

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

Keyword 1: Smoking **Keyword 2:** Health policy **Keyword 3:** Monitoring

Title: Correlation between the age of smoking initiation and maintaining continuous abstinence for 5 years after quitting

Dr. Ali 579 Abdolahinia aaliabd@yahoo.com MD ¹, Dr. Makan 580 Sadr makansadr@nritld.ac.ir MD ², Mr. Vahid 581 Moosavi moosavi.v@gmail.com ¹ and Prof. Mohammadreza 582 Masjedi mrmasjedi@gmail.com MD ³. ¹ Research Unit, Iranian Anti Tobacco Association, Tehran, Islamic Republic of Iran ; ² Tracheal Disease Research Center, National Research Institute of Tuberculosis and Lung Diseases, Tehran, Islamic Republic of Iran and ³ Chronic Respiratory Disease Research Center, National Research Institute of Tuberculosis and Lung Diseases, Tehran, Islamic Republic of Iran .

Body: Background: Several factors are involved in increasing or decreasing the success rate of quitting smoking and continuous abstinence. This study aimed at evaluating the correlation between age of smoking initiation and continuous abstinence after quitting smoking. Materials: This study was conducted on 398 smokers who presented themselves to the smoking cessation clinic in 2005. Participants were then followed continuously for 5 years and their success or failure in continuous abstinence was recorded in 2010. Results: Three hundred and five participants (76.6%) including 172 males and 133 females were able to successfully quit smoking at the end of the course. Evaluation and follow up on these subjects at the end of 2010 revealed that 111 cases (27.8%) including 64 men and 47 women were still maintaining their continuous abstinence after 5 years. The mean age of initiation of smoking among participants was 21.01 ± 5.28 yrs. This rate was 21.94 ± 5.33 in cases 5 years after their smoking cessation and 20.71 ± 5.35 yrs in unsuccessful quitters. Analysis showed a significant correlation between age of smoking initiation and daily cigarette consumption rate ($P < 0.001$). By one year increase in age of smoking onset chance of daily cigarette consumption rate less than 30 cigarettes decreased by 6% ($OR = 0.94$). Conclusion: It seems that age of smoking initiation can to a great extent predict the success or failure of smoker in quitting and holding on to their abstinence in the future. The sooner the person starts smoking, the lower the chance of successful quitting and abstinence.