

## *Pilot Study of Tobacco Dependence among Schizophrenia Patients*



DRESLEROVÁ, V.<sup>1</sup>, DRESLER, J.<sup>2,3</sup>

<sup>1</sup> Department of Psychiatry, Jičín Hospital, Jičín, Czech Republic, <sup>2</sup> Institute of Molecular Pathology, Faculty of Military Health Sciences, University of Defence, Hradec Králové, Czech Republic, <sup>3</sup> Central Military Institute of Health, Prague, Czech Republic

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**BACKGROUND:** Individuals with psychotic disorders consistently show very high rates of smoking, reaching up to 70%. Therapeutic activities aimed at this population are hindered by severe dependence and the patient's low level of motivation to stop smoking. Pharmacotherapy, represented by Nicotine Replacement Therapy (NRT), as well as other remedies, frequently with dramatically stronger clinical efficacy, plays an essential role in the treatment of such patients. **AIM:** The aim of this study was to assess the feasibility of a questionnaire used to evaluate the severity of dependence, the level of a patient's motivation to stop smoking, and their awareness of the therapeutic options available when stopping smoking. The possibility of this assessment seems to be a useful tool for the specification of their therapeutic scheme. **DESIGN AND MEASUREMENT:** A ques-

tionnaire combining the Fageström Test for Nicotine Dependence and questions focused on the level of the patient's motivation and their awareness of the therapeutic options was employed. **Participants:** 20 patients suffering from depression and 20 with schizophrenia, mostly outpatients with milder forms of the above-mentioned illnesses, were involved in this study. **RESULTS:** Strong dependence and a low level of motivation and awareness on the part of the patients were confirmed in both study groups. **CONCLUSIONS:** The study confirmed the feasibility of the quick testing of dependence, motivation level, and awareness for the purpose of designing an ideal intervention scheme.

**KEY WORDS:** NICOTINISM – SCHIZOPHRENIA – PHARMACOTHERAPY

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**Address for correspondence:** Veronika Dreslerová, MD / [veronikadreslerova@gmail.com](mailto:veronikadreslerova@gmail.com) / Department of Psychiatry, Jičín Hospital, Bolzanova 512, 506 43 Jičín, Czech Republic