

Abstract

Background: According to current data on the prevalence of tobacco use in the Czech Republic, less than 25% of people over the age of 15 smoke. Although smoking has been on the decline in recent years, due to the effects on the human body and society as a whole, it is advisable to reduce the use of tobacco products. Due to the high risks associated with the use of tobacco, it is necessary to carry out research investigations and subsequent preventive measures that will limit its consumption, and therefore also the morbidity and mortality of the population. Nicotine replacement therapy is one therapeutic modality that can help with smoking cessation.

Aim: The main aim of the thesis was to map and describe the experiences of users of nicotine replacement therapy who are currently using it or have used it in the last month. In this work, we deal with the most frequently used form of nicotine therapy in our research group, its negative effects, the price and source of reimbursement for substitution therapy, as well as the reason for its initiation.

Methods: The thesis uses a quantitative method, specifically a questionnaire in online form, which was placed on the social networks of the National Smoking Cessation Line and other social networks targeting smokers and those who quit smoking. Closed or open questions were asked in the questionnaire, as well as an evaluation scale. For some questions, respondents could choose more than one option. Descriptive statistics were used for the analysis. We analyzed the answers in the Microsoft Excel spreadsheet, from which the tables and graphs in the diploma thesis were also created.

Results: The most frequently used form of nicotine therapy in our research group (n=118) is nicotine patches (46.6%), followed in this order by inhalation oral spray, chewing gum and lozenges. 53% of respondents do not experience any withdrawal symptoms. Subsequently, the most frequently mentioned include: sore throat, sleep disorders or fatigue. The majority of people involved in the research think that nicotine replacement therapy is too expensive (81.4%), the rest said that the price corresponds to the product (18.6%). In the case of financing, 82.4% of respondents pay for nicotine replacement therapy only from their own resources, 17.6% of respondents also mention a health insurance company. The most common reasons why respondents started nicotine replacement therapy are: health, finances and abstinence from smoking. Other reasons are represented in smaller quantities.

Conclusion and recommendation: The recommendation resulting from this study is to increase interest in professional treatment, increase the provision of short interventions, deal with external financing of nicotine therapy and increase awareness of the possibility of a contribution from the health insurance company. Further studies would be appropriate to focus on more detailed knowledge of adverse effects.

Key words: nicotine – cigarettes – nicotine replacement therapy – addictive behavior