

Abstrakt

Introduction: Smoking and obesity (overweight) together represent a significant risk factor for a number of diseases. So far, not much has been published about the effect of weight reduction on smoking.

Aim: The aim of the work was to map the most significant risk factors that lead women, tobacco smokers, overweight and obese to maladaptive behavior based on a comparison of a series of case studies. A partial goal was to find out whether compliance with the reduction program does not affect the number of cigarettes smoked.

Methods: This is a case series, prospectively followed for three months (December 2022-March 2023), in which 21 female tobacco smoking patients undergoing a weight reduction program were followed. Monitoring the effect of weight reduction on the number of cigarettes smoked was complemented by structured interviews with female respondents on the topic of the most significant risk factors leading to smoking. The results were evaluated using the rapid assessment method. By searching for common psychosocial factors between individual case studies, individual types of clients were supplemented.

Sample: The research sample of 21 female smokers was selected using a simple purposive sampling method based on availability and voluntariness. The age composition of the research sample ranged from 18 to 66 years. The initial weight of the female smokers corresponded to the parameters of overweight or obesity (BMI above 25, above 30) and all were nicotine dependent.

Results: Among the most significant risk factors for smoking among overweight and obese women are parental behavior, bullying, divorce, three-shift work, illness or death in the family. Based on the research, it was possible to describe four profiles of the monitored respondents. During the three-month follow-up, female smokers lost an average of 8.7% weight. At the same time, the number of cigarettes smoked increased by 63.1%.

Conclusion: Female smokers with obesity or overweight should be motivated to quit smoking when deciding to reduce weight. Given the fact that a number of risk factors leading to maladaptive behavior in female smokers are uncontrollable.

Key words: smoking, overweight, obesity, maladaptive behavior