

Abstract

Background: Cigarette smoking is one of the main causes of high mortality and morbidity rates in addiction patients. The prevalence of smoking among patients in addiction treatment is many times higher than in the general population. Addiction treatment centres in the Czech Republic and abroad do not have the same strategy in treating tobacco dependence. The priority for professionals working in addiction treatment centres is the treatment of primary addiction, therefore treating tobacco dependence in the context of treating other addictions is often considered burdensome.

Aim: The aim of this bachelor thesis was to describe the experiences and attitudes of patients in inpatient addiction treatment towards smoking prohibition in addiction treatment units.

Methods: The research is based on a questionnaire research conducted in six wards of 144 respondents within six wards of the Bohnice Psychiatric Hospital in Prague, Czech Republic. All of these participants were being treated for substance abuse disorder in the Hospital. It is a quantitative research. A questionnaire was used to collect data for the purpose of the bachelor thesis, which patients received in hard copy. The Fargeström nicotine dependence test was used to assess the degree of tobacco dependence. The data in this thesis are analyzed using descriptive statistics methods.

Results: The results of the study confirm an increased prevalence of tobacco dependence in addiction patients, similar to other studies conducted in the Czech Republic and abroad. In the same study, 87% of the patients surveyed are smokers. It has been shown that addiction patients show interest in tobacco dependence treatment, just as the general population often tries to reduce or quit smoking. The survey shows that the vast majority of patients undergoing medium-term inpatient treatment for addiction do not perceive smoking bans, restriction and prohibition as negative on wards. 95% of respondents have made numerous attempts to quit smoking, some of whom are ready to start tobacco dependence treatment in addition to their current treatment.

Conclusion: Smoking prohibition on wards influence patients' preferences for inpatient care settings. In most cases, however, it is not a reason to stop treatment. The introduction of smoke-free wards could be of great benefit to people being treated for substance dependence. Staff collaboration, provision of pharmacotherapy, behavioural and psychosocial interventions all play an important role in this.

Keywords: tobacco, smoking, addiction, counselling, intervention, inpatient treatment