



**5<sup>ÈME</sup> CONGRÈS NATIONAL &  
1<sup>ER</sup> CONGRÈS PANAFRICAIN**  
DE MÉDECINE GÉNÉRALE ET DE MÉDECINE DE FAMILLE

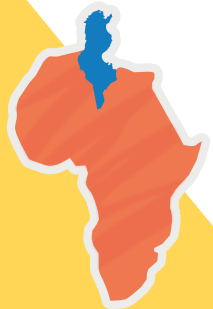
**11 12 13 NOV  
2022**  
CENTRE DE CONGRES  
MÉDINA HAMMAMET

## Factors associated with success in quitting smoking among consultants for smoking cessation in Monastir (Tunisia)

Belhadj Mohamed Mayssa

Department of Preventive Medicine and  
Epidemiology, University Hospital Fattouma  
Bourguiba of Monastir, Tunisia

**Communication Orale N°C113**



# Plan:

- 1) Background
- 2) Method
- 3) Result
- 4) Conclusion

# Background:

Smoking cessation is beneficial for health. It reduces the risk of cardiovascular diseases, chronic obstructive pulmonary disease, cancers and poor reproductive health outcomes, and improves the quality of life. We aimed to determine factors associated with quitting smoking among consultants for smoking cessation.

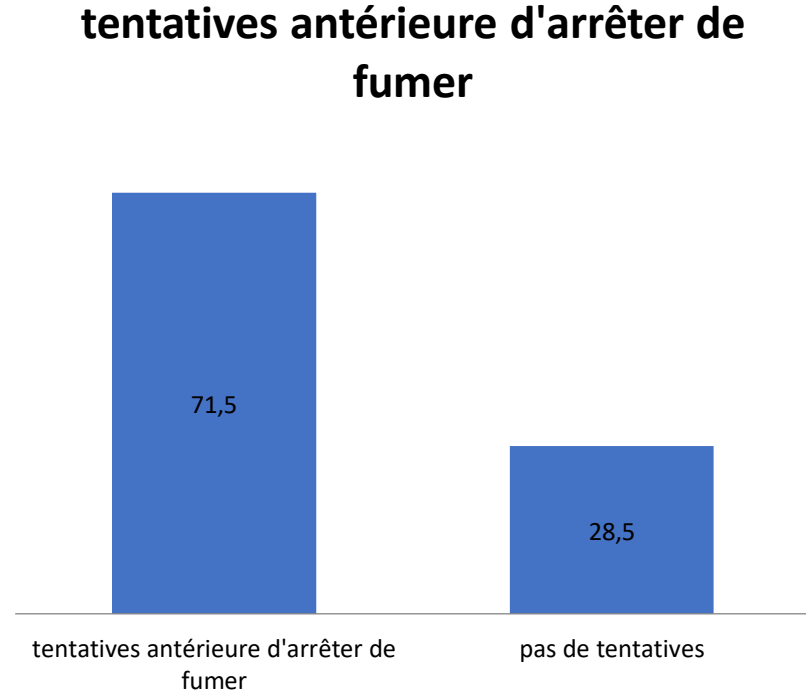


# Methods:

We conducted a prospective cohort study in 2019 at the smoking cessation consultation of the Epidemiology et Preventive Department of the University Hospital Fattouma Bourguiba of Monastir. The association between 2 qualitative variables were analyzed using Chi square test and that between a qualitative and quantitative variables were analyzed using Mann-Whitney test.

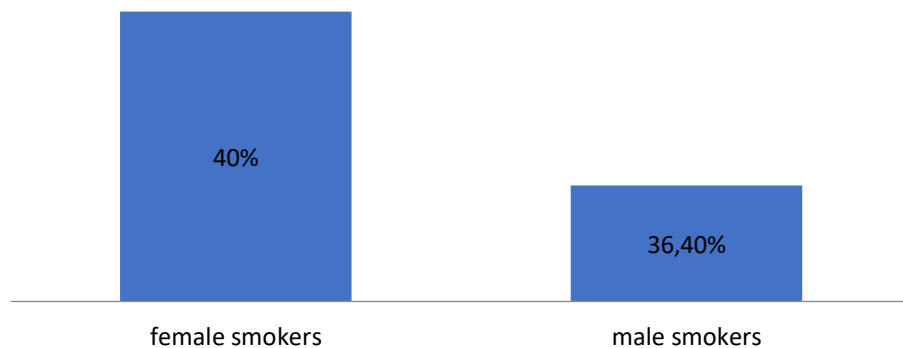
# Results:

A total of 447 participants were included. The majority of them were male (95.2%). The median age was 37 years (interquartile range: 25.2-50). The most frequent medical history was cardiovascular diseases (34.1%). Previous attempts to quit smoking were found in 71.5%.



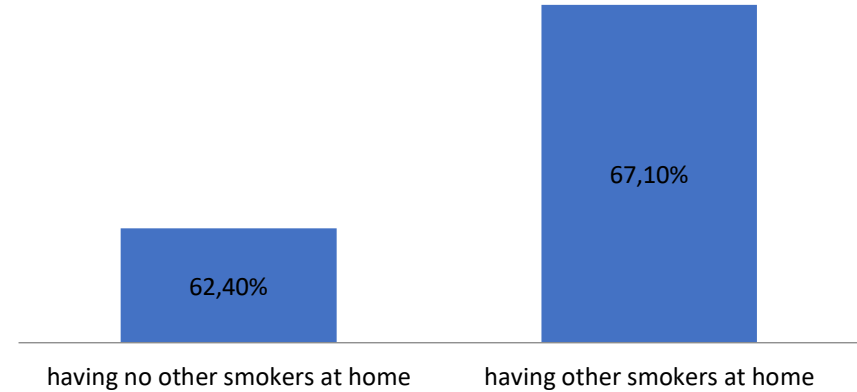
The duration since the last quit attempt was less than 6 months (32.9%). Only 22.7% of the patients had quit smoking for more than one year. A quit period between 6 months and 1 year and less than 6 months were reported by 12.1% and 65.2% of respondents respectively. Quitting smoking for more than 6 months was found in 40% of female smokers and 36.4% of male smokers (p=1).

### Quitting smoking for more than 6 months



Quitting smoking for more than 6 months was found in 67.1% of consultants having other smokers at home and 62.4% of those with no other smokers at home ( $p=0.47$ ). Quitting smoking for more than 6 months was found in 33.8% of consultants having a regular physical activity and 32.6% of those with no regular physical activity ( $p=0.84$ ).

### Smoking with others at home



## Conclusion:

Understanding the factors influencing smoking cessation is important and allow to target interventions against tobacco use. Interventional studies should be performed to determine the impact of smoking cessation interventions on health status.