

P01-21

THE FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE IN LITHUANIAN ADULT SMOKERS

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Nicotine dependence meets the criteria for a psychiatric diagnosis, and has been referred to as “the most prevalent, most deadly, most costly, yet most treatable of all psychiatric disorders”. Fagerström test for nicotine dependence is an instrument often used to assess nicotine dependence. In the last decade, the importance of the level of nicotine dependence and difficulties in cessation has been acknowledged. Therefore it is important to know the level of nicotine dependence for choosing nicotine replacement as a function of dose.

Objective: The aim of the study was to evaluate nicotine dependence among Lithuanian adult smokers, according to gender, age, and former quit attempts.

Methods: The study analyses data of Lithuanian adult population health behavior surveys, performed in period of 1994- 2006. For every survey the national random sample of 3000 inhabitants aged 20-64 was taken from the National Population Register. The study material was collected through mailed questionnaires covering smoking habits. Nicotine dependence was assessed with Fagerström test for nicotine dependence (FTND).

Results: Among Lithuanian regular smokers aged 20-64 in both genders dominated low level of nicotine dependence (56, 9 % of smokers). High level of nicotine dependence was observed in 2, 4 % of smokers. The men presented higher dependence on nicotine than women. Older smokers presented higher dependence on nicotine than young smokers.