

Abstract

Comparison effect of group training and individual training on dependence and motivation to quit smoking in coronary artery disease in Qazvin

Introduction: Smoking cessation or reduction in consumption significantly reduces the risk of cardiovascular disease and other diseases associated with smoking. Patient education seems to play a significant role in helping these patients. The aim of this study was to determine the comparison effect of group and individual education on cessation and cessation motivation of coronary artery disease patients admitted to Booali Sina Hospital in Qazvin.

Methods: This is a semi experimental study with three groups of individual education, group training and control group. The number of samples is 85 in each group. Samples were smokers with a diagnosis of coronary artery disease who were admitted to Booali Sina Hospital in Qazvin and were entered into the study by available sampling method. A three-part questionnaire including demographic information, nicotine dependency and motivation measure for cessation of smoking was used to collect information. The information was collected before the beginning of the training, four weeks and then three months after the training. The final results or descriptive statistical tests (mean standard deviation and percent), ANOVA analysis and POST HOC test were performed using spss v21.

Results: The results of this study showed that the average motive score of the patients after intervention in three groups of control, individual training and group training were 8.18 ± 3.3 and 13.7 ± 2.8 , and 13.7 ± 2.7 respectively, (p value = 0). Also, the mean of nicotine dependency after intervention was in the control, individual education and group training groups with a mean of 7.75 ± 1.35 , 6.32 ± 0.99 , and 6.30 ± 0.81 , respectively (p value = 0).

Conclusion: According to the findings of this study, education has been confirmed as an important and influential factor in increasing the incentive to stop smoking in smokers. Also, our study showed that education in addition to increasing motivation in people to quit smoking simultaneously reduced dependence. Smoking is a high effectiveness program, as well as a simple and inexpensive tool, to be included in the hospital's strategic organizational plan.

Key words: education, nicotine addiction, motivation.