

VARIOUS FACETS OF ANXIETY IN NICOTINIC CONSUMPTION AND CESSATION

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SUMMARY

We investigated the link between anxiety and smoking cessation. Cessation of smoking was found to correlate with increased anxiety in smokers.

Key words: anxiety - smoking cessation

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Background

Previous research on anxiety and tobacco, has often shown unmatched results. Frequent links were established between anxiety and tobacco, little research has been done to study the relationship between the cessation of tobacco and the type of anxiety.

Objective

The authors want to identify the role which anxiety in its various forms plays in the consumption and the cessation of tobacco in three groups.

Method

120 comparable subjects with regard to age and sex were divided into three distinct groups: smokers (n=3), non-smokers (n=50) and ex-smokers (n=27). The following Questionnaires were administered to the three groups: the Bonis Anxiety Trait-Scale (BATE), the Rating Scale of Phobias, Panic Attacks and Diffuse

Anxiety (PPAG), the Social Liebowitz Anxiety Scale (LSAS), the Social Phobia and Anxiety Inventory (SPAI) and the Cigarette Dependence Scale (CDS-12).

Results

Our study reveals that the more the smokers are suffering from anxiety-state, anxiety-trait and social anxiety, the more they frequently try to stop their nicotinic consumption. We also showed that ex-smokers suffer more from social anxiety than smokers.

Conclusions

If our study does not enable us to draw up a cause-effect link between the various facets of anxiety and the beginning of smoking, it clearly states that the cessation of tobacco is correlated with the smokers' anxiety. "To generate" anxiety in smokers would be thus a motivation in order to stop tobacco use.

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