P3021: Correlation Between smoking dependence and Depressive Symptom Severity of Patients attending a smoking cessation clinic in Soweto, South Africa.

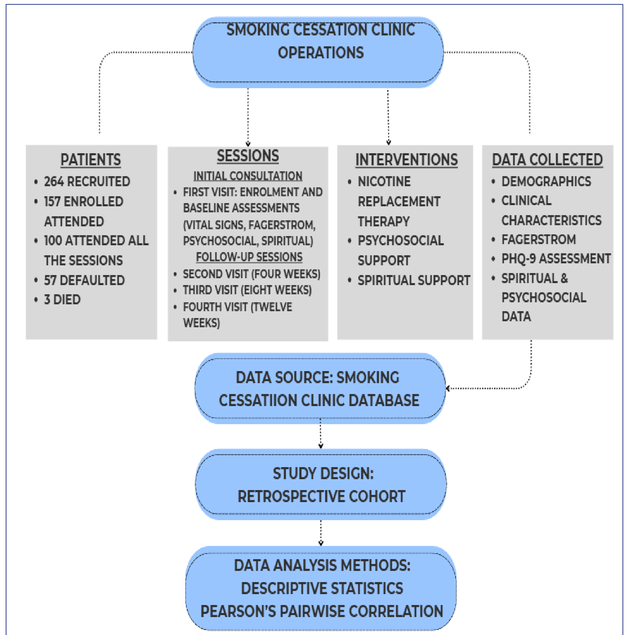
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INTRODUCTION

Lung cancer is the leading cause of cancer-related mortality worldwide, accounting for an estimated 1.8 million deaths in 2020 (1). Smoking is the dominant risk factor, responsible for approximately 85% of all lung cancer cases(2). In South Africa, more than one in five individuals aged 15 years and older identified as current smokers in 2022(3). While smokers want to quit, these attempts are frequently unsuccessful. The aim is to describe the preliminary results of a pilot smoking cessation clinic and to assess the correlation between smoking dependence and depressive symptom severity among patients attending a smoking cessation clinic in Chris Hani Baragwanath Academic Hospital (CHBAH).

METHODS



DISCUSSION AND CONCLUSION

Actionable Take Away Message

Using tools to select highly motivated clients, despite their high level of nicotine dependence, reveals a high early successful quit rate. Contributing to this success rate is the emphasis placed on psychosocial and spiritual interventions.

Future Direction for Research

Future research should be done to assess the impact of clinical, psychosocial and spiritual interventions towards smoking cessation. Longer term quit rates also need to be reviewed for sustained cessation

RESULTS



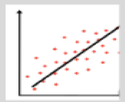
62 (40%) patients completely stopped



3 patients stopped and relapsed



28 patients reduced smoking to 1-5 cigarettes/day



Weak positive correlation (Corr= 0.171, p=0.039) between smoking dependence (Fagerström dependence score) and depressive symptom severity (PHQ-9 score)

Table 1: Demographic characteristics

Demographic characteristics	Statistic
N	**625**
	Median (IQR)
Current age	51.0 (43.0 - 51.0)
	Frequency (%)
Gender	
Female	48 (30.4%)
Male	110 (69.6%)
Highest educational level:	
Informal education	3 (1.9%)
Primary	20 (12.7%)
Highschool	108 (68.8%)
Technical	9 (5.7%)
Tertiary	17 (10.8%)
Employment status	
Employed	11 (7.0%)
Self-Employed	14 (8.9%)
Unemployed	97 (61.4%)
Retired	36 (22.8%)
Marital status	
Single	93 (58.9%)
Married/Partnered	45 (28.5%)
Divorced/Separated	13 (8.2%)
Widowed	7 (4.4%)

Table 2: Characteristics for smoking dependence

Variables	Statistics
	Median (IQR)
Pack years	25.0 (12.5 - 25.0)
Depression severity	9.0 (4. 0 - 9.0)
Fagerström dependence level	6.0 (4.0 - 6.0)
Motivation level	10.0 (9.0 - 10.0)
	Frequency (%)
Motivation scale	
Neutral / Moderate	2 (1.3%)
Somewhat motivated	2 (1.3%)
Motivated	8 (5.2%)
Very motivated	19 (12.3%)
Almost extremely	20 (12.9%)
Extremely	104 (67.1%)

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Artificial Intelligence (AI) Use Disclaimer

No Artificial Inteligence was used in this study

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