



# SMOKING PATTERNS AND ATTITUDES OF PATIENTS RECEIVING TREATMENT FOR SUBSTANCE USE DISORDERS AT THE NATIONAL REHABILITATION CENTER ABU DHABI

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# INTRODUCTION

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- In the 1950s, the link between **smoking and lung cancer** was approved.
- The 1964 US Surgeon General's Report and countless other reports have clearly demonstrated the **horrible consequences of tobacco use on health**.
- **Non-tobacco users** as well suffer **tobacco-related illnesses**.
- Globally, tobacco **kills** more than **7 000 000** individuals every year. More than **6 000 000** of those deaths are a consequence of **direct use** of tobacco whereas, around **890 000** are the result of non-smokers exposed to **second-hand smoke**.

Tobacco in any form **kills** and **sickens millions** of people **every year**.

# GLOBAL PICTURE - WHO 2018 REPORT

- Trends in prevalence of tobacco smoking by WHO region Age-standardized fitted and projected rates of prevalence of tobacco smoking among people aged ≥ 15 years, both sexes, by WHO region, 2000–2025



# GLOBAL PICTURE - WHO 2018 REPORT

- Progress towards achieving a 30% reduction in the prevalence of tobacco smoking by 2025

WHO region	Number of countries that					were assessed in total
	are likely to achieve a 30% relative reduction	are likely to achieve a decrease in prevalence but less than 30%	are unlikely to experience a significant change in prevalence	are likely to experience an increase in prevalence	did not have enough data for calculating a trend	
All	24	82	34	6	48	194
African	1	21	8	2	15	47
Americas	10	6	4	0	15	35
<b>Eastern Mediterranean</b>	<b>0</b>	<b>3</b>	<b>9</b>	<b>2</b>	<b>7</b>	<b>21</b>
European	6	31	10	1	5	53
South East Asian	1	7	0	1	2	11
Western Pacific	6	14	3	0	4	27

✓ WHO global report on trends in prevalence of tobacco smoking 2000–2025, second edition. Geneva: World Health Organization; 2018.

## UAE PICTURE

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- Tobacco smoking contributes to major health issues across the globe as well as in the UAE.
- According to the 2010 Ministry of Health and Prevention report, the prevalence of smoking any tobacco product is **21.6%** among **men** and **1.9%** among **women**.
- Al-Houqani, M. (2012) reported:
  - Smoking prevalence in **males** was **24.3%** and **0.8%** in **females**.
  - The highest prevalence was reported in **males aged 20–39 years**.
  - Smoker's **mean age was 32.8±11.1 years**; 35.7±12.1 in females and 32.7±11.1 in males.
  - One of the most common forms of tobacco use included **cigarette smoking** (77.4%) followed by 15.0% **midwakh** use (a small pipe used for smoking tobacco), 6.8% **waterpipe**, and 0.66% **cigar use**.

# UAE PICTURE

## Midwakh



## Shisha



# SIGNIFICANCE

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- Global smoking prevalence rates are decreasing, rates of smoking in the Eastern Mediterranean and African Regions appear to be **increasing**.
- A recent survey of NRC patients revealed that **98%** of the participants smoked (Al Mamari, 2018).
- Smoking tobacco products through a '**Midwakh**' is a particular UAE phenomenon that has now spread to other countries in the world.
- **Shisha** smoking is another phenomenon common in the region.
- Information on patterns, attitudes and histories of smoking in a clinical population of substance users should yield useful information that could help develop effective prevention and treatment interventions.



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- **Research questions:**

What is the prevalence, patterns, histories, attitudes and health related knowledge of tobacco smoking in a population receiving treatment for substance use disorders in the UAE?

- **Potential implications/utility of findings:**

To establish the size of the problem. Information on attitudes and histories should be particularly helpful in developing appropriate prevention and treatment interventions.

## METHODS - STUDY DESIGN

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- Study Population

- Both genders.
- In-patients & Outpatients.
- Admission Type: voluntarily or non-voluntarily.
- Patients who agree to participate in the study.

- Sample Size

- 250 patients.

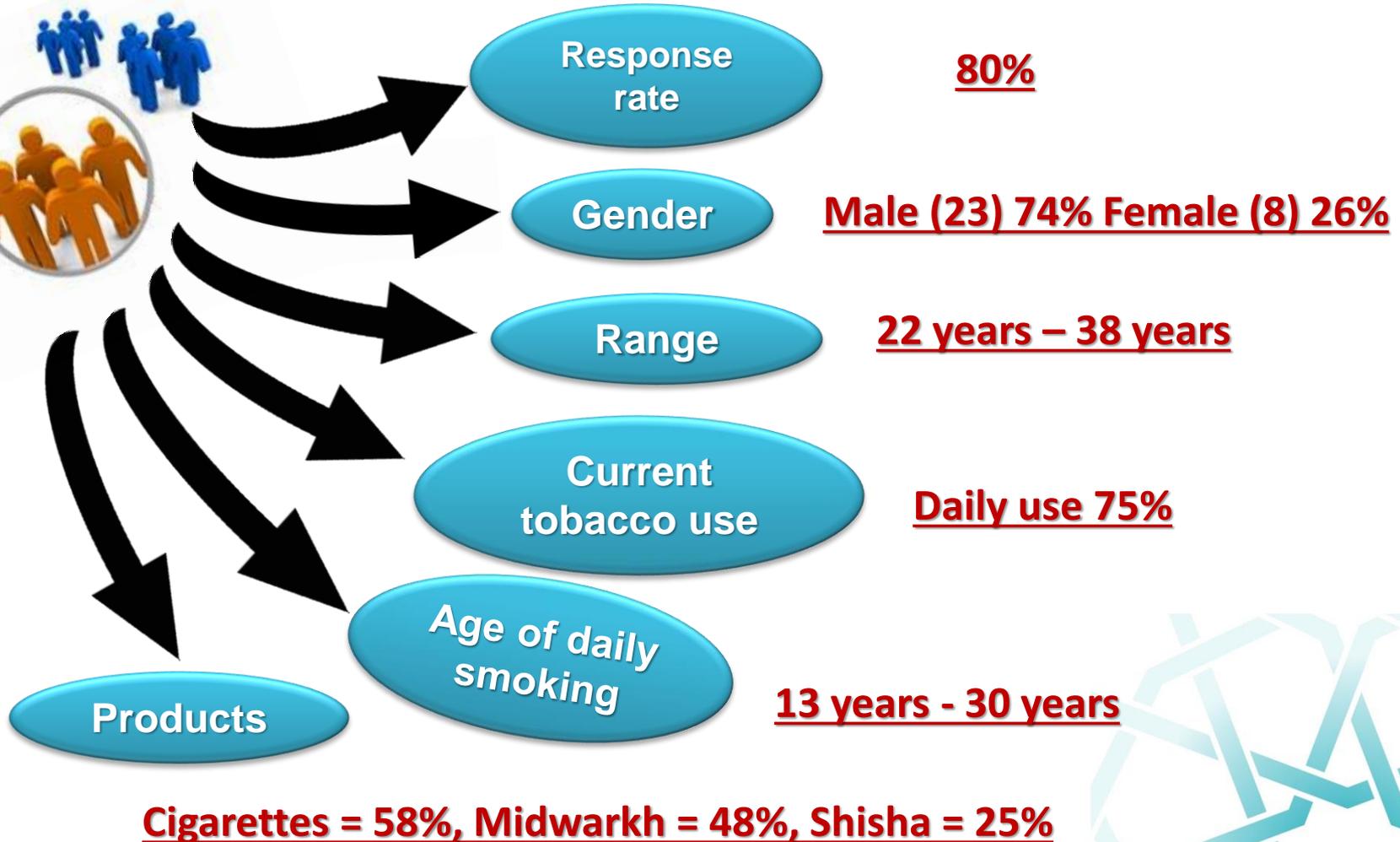
- Study Design

- Cross sectional Survey (Based on WHO Global Adult Tobacco Survey (GATS) Questionnaire).

# LOCAL CONTEXT



# PRELIMINARY RESULTS



# ISSUE OF SMOKING IN ADDICTIONS TREATMENT SETTINGS

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- Seen as no go area by staff.
- Making treatment available .
- Training staff .
- Making sure that staff brings up the subject of smoking and using MI techniques during discussion .

# CONCLUSIONS

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Even though the tobacco smoking prevalence in the UAE is less than many other Middle Eastern countries, it is a prevalent habit among young individuals and can inevitably lead to the rise in smoking-associated comorbidities.





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# THANK YOU