

Abstract

Original Article

The Correlation between Levels of Coping with Stress and Attitude Towards Smoking in Patients with Schizophrenia

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Abstract

Introduction: The rate of smoking in patients with schizophrenia is greater than the general population or individuals with other mental disorders. Patients consider smoking a way of controlling their mood especially when they feel angry or nervous. Smoking is defined as a coping strategy used in decreasing the emotions like anxiety, depression, stress and regulating the negative mood.

Aim: to determine the correlation between the attitudes displayed by patients with schizophrenia, who were hospitalized in psychiatric clinic, towards smoking and their levels of coping with stress.

Methods: The population of this descriptive study consisted of patients who were diagnosed with schizophrenia who were hospitalized in a psychiatric clinic of a training and research hospital in Erzurum and a psychiatric hospital in Elazığ and compatible with the study criteria. The study was completed with 143 patients overall. The researcher used Personal Information Form, Stress Coping Styles Scale, Attitudes towards Smoking Questionnaire.

Results: The high rate (86.7) of smoking despite the negative attitudes of patients towards smoking is an important results in this study. This study revealed that patients with schizophrenia used mostly the passive style (helpless approach and submissive approach) in coping with stress. It was determined that individuals using the passive style in coping with stress displayed a positive attitude towards smoking. ($r= 0.228, p<0.001; r=0.234, p<0.05$).

Conclusions: In accordance with these results, it is required to provide a psychosocial support to cope with stress and plan training programs regarding the efficient methods in coping with stress in order to decrease smoking in patients with schizophrenia.

Key Words: smoking, schizophrenia, coping with stress