

**Psychological Motives and Vulnerability for Pulmonary Dysfunction
among Tobacco Smokers**

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Abstract

Tobacco smoking has multidimensional motives which might lead to compulsive or problematic nicotine use. Pulmonary diseases associated with tobacco smoking are a complex group of disorders the early diagnosis of which as well as identification of motives behind smoking would allow effective management. Therefore, the aim of the present study was to assess motives that influence smokers' decision to use tobacco, the impact on pulmonary function and possible associations among those outcomes as well as with related background characteristics of study participants.

METHODS: Participants in this descriptive correlational study comprised of 96 smokers. Majority was students, with average age of 22.01 ± 5.87 years. Age, weight, height, BMI and pack-years were recorded, smoking dependence motives were assessed and spirometry was performed. **RESULTS:** Smoking dependence motives revealed equivocal mean ranged between (2.5 – 2.8) with increasing mean value of nicotine dependence motives. Mean tobacco consumption was 9.80 ± 10.82 pack-years. Study participants exhibited mild airflow limitation, mean percentage of predicted values for FEV1 was $83\% \pm 0.9$, mean FVC was 4.6 ± 1.3 , and FEV1/FVC ratio was as low as $45\% \pm 1.2$. Psychological motives had shown weak correlations with FEV1, FVC and PEF. Certain motives however, showed significant differences with number of cigarettes smoked per day. Age at start of smoking as well as intensity of smoking showed significant relation with FEV1 decline. **CONCLUSIONS:** Smokers had shown mild airflow limitation. Various smoking motives affected study participants equally. The implementation of a coordinated tobacco control program is therefore required.

Key Words: Smoking, Motives, Pulmonary function, University

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