

IDENTIFICAREA MOTIVAȚIEI ABANDONĂRII FUMĂTULUI CREȘTE RATA DE SUCCES ÎN SEVRĂJUL TABĂGIC, PRIN INDIVIDUALIZAREA PRINCIPIILOR DE TERAPIE COMPORTAMENTALĂ

dr. **Gheorghe Deaconu**¹, șef lucr. dr. **Elena Dantes**²,
as. univ. dr. **Dana Alexandrescu**³,
șef lucr.dr. **Oana Cristina Arghir**²,
șef lucr. dr. **Milena Man**⁴

¹Spitalul „Constantin Anastasatu”, Mihăești –Vâlcea

²Universitatea „Ovidius”, Facultatea de Medicină, Spital
Clinic Pneumoftiziologie Constanța

²Universitatea „Transilvania” Brașov, Facultatea de Medicină

⁴U.M.F. „Iuliu Hatieganu” Cluj Napoca

Knowing the smoker's motivation in their decision to quit this habit increases the success rate by combining drug therapy in smoking cessation syndrome with psycho-behavioural techniques. The retrospective descriptive study followed the most important reasons for smoking cessation for 918 smokers who have been admitted at smoking cessation program. Results: the most frequent reason for smoking cessation was related to the health state (53.38%), but also by constantly increasing burden of cigarettes' prices (61.44%). Also, the motivation "it's enough" was frequently specified (65.25%), along with the partner's pressure (39.32%) and the desire not to be addicted (47.82%). Recognition of smoking cessation motivations led to the identification of principles of behavioural therapy for each individual by psychiatrist.