

Towards An Effective Smoking Cessation Strategy

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Abstract: The phenomenon of smoking is one of the most dangerous human and social habits which affects the health of the individual and his entourage and the environment as a whole in a very negative way, and it is regrettable that the large number of warnings related to the danger of smoking; However, we see that this phenomenon is increasing, especially among adolescents and young adults.

In this regard, this research which aims to study the phenomenon of smoking as one of the most striking manifestations of the psychology of addiction, is of interest to psychologists and doctors, as well as to develop an effective strategy for quitting smoking.

To achieve this, we will use the documentary method, drawing on the literature and psychological, social and medical studies in this field, where this bad habit will be highlighted to determine the extent of its severity, the causes of its spread and ways to combat and reduce it as much as possible, by discussing the definition of smoking, its history, toxic substances in smoke, the harms of smoking, ways to quit smoking and symptoms of nicotine withdrawal.

Keywords: Smoking; Tobacco; Quit; Addiction; Nicotine.

نحو استراتيجية فعالة للإقلاع عن التدخين

الملخص:

تعد ظاهرة التدخين واحدة من أخطر العادات البشرية والاجتماعية التي تؤثر على صحة الفرد ومن حوله وعلى البيئة برمتها بشكل سلبي للغاية، ومن المؤسف أنه على قدر الكم الهائل من التحذيرات المتعلقة بخطورة التدخين؛ إلا أننا نجد أن تلك الظاهرة في تزايد وخصوصاً بين المراهقين والشباب.

وفي هذا الصدد؛ جاء هذا البحث والذي يهدف إلى دراسة ظاهرة التدخين باعتبارها من أبرز مظاهر سيكولوجية الإدمان التي تهتم علماء النفس والأطباء، وكذا وضع استراتيجية فعالة للإقلاع عنها.

ولتحقيق ذلك سنستخدم المنهج الوثائقي مستفيدين من الأدبيات والدراسات النفسية والاجتماعية والطبية في هذا المجال، حيث سيتم تسليط الضوء على هذه العادة السيئة للوقوف على مدى خطورتها وأسباب انتشارها وطرق مواجهتها والحد منها قدر الإمكان من خلال التطرق إلى تعريف التدخين، تاريخه، المواد السامة في الدخان، أضرار التدخين، طرق الإقلاع عن التدخين، وأعراض انسحاب النيكوتين.

الكلمات المفتاحية: التدخين؛ التبغ؛ الإقلاع؛ الإدمان؛ النيكوتين.

Introduction

We can describe smoking as one of the most dangerous and disturbing social ills. It is mentioned that the concept of smoking is based on the combustion of tobacco in more than one way according to the whims of each; They think it helps get rid of nervousness, negative energy, and negative feelings

in their thoughts. It is unfortunate that some statistics have shown the percentage of smokers in the world, which includes men, women, adolescents, young people and adults, of approximately one billion people or more. It is a number that sounds the alarm and warns of a very near danger that must be faced immediately before it escalates. Therefore, we find that many country governments are doing their utmost to reduce this bad habit among their citizens.

Since scientific research is an important process that helps to change the behavior of individuals and groups in most areas. This study came as an attempt to examine the phenomenon of smoking, according to the relevant information available, from a global perspective that takes into account the characteristics of this phenomenon, the analytical indicators, its causes and motives, which supports the effort in course and in progress to discover it scientifically or at least some of its aspects. By posing the following problem: How to quit smoking?

Definition Of Smoking

Smoking is a process in which a specific substance is burned, and the most commonly used substance is tobacco, and after it is burned, it is tasted and inhaled by a person. Some people resort to smoking, seeing it as a practice that helps leisure time, and it is sometimes practiced in certain religious rituals to instill a state of spiritual awakening. Among the most common means of smoking today are cigarettes, whether industrially produced or those that are hand-wrapped, and there are other means and tools for smoking such as pipes and hookahs (Tariq, 2017).

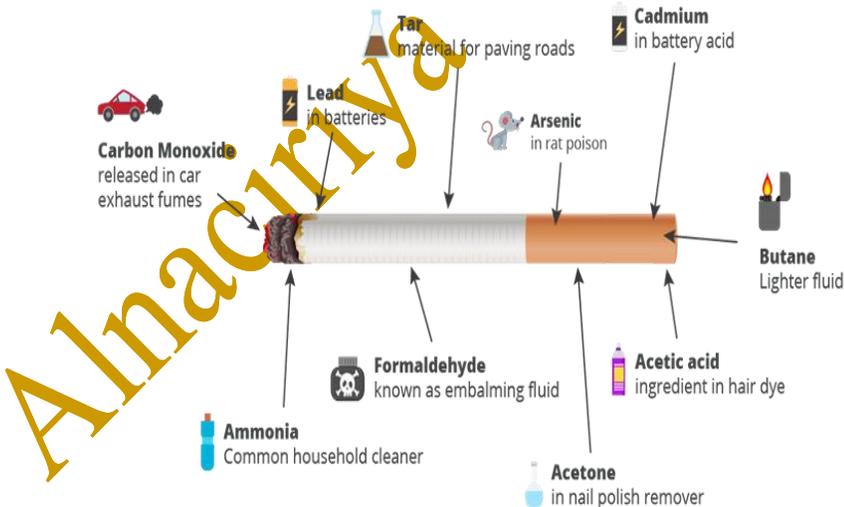
Smoke History

Europeans knew about tobacco when "Columbus" came to America in 1492, he discovered that American Indians cultivated and smoked tobacco, and by the middle of the 16th century, tobacco cultivation had spread in Europe, first in

France, then in Portugal, then in Spain and finally in England; And From Europe, Portuguese and Spanish merchants transported tobacco to the shores of the continents of Asia and Africa (Al-Qasim, 2014: 5).

Toxic Substances In Smoke

Cigarette smoke contains over 4,000 chemicals, including approximately 69 known cancer causing carcinogenic chemicals as well as over 400 other toxins. Nicotine is one of the main ingredients in a cigarette and it is a highly addictive. Smoke containing nicotine is inhaled into the lungs, and the nicotine reaches the brain in just six seconds. Cigarette smoke contains carbon monoxide, a colorless, odorless, poisonous gas that is released on combustion. In smokers, carbon monoxide readily displaces Oxygen in the bloodstream and deprives the heart, brain and other vital organs of Oxygen. (Health Service Executive, 2021).



Cigarette Smoke contains the following

Some familiar chemicals found in cigarettes:

- Carbon Monoxide - car exhaust fumes.
- Nicotine.
- Tar - used on roads.
- Arsenic - rat poison.
- Ammonia - cleaning chemical.
- Hydrogen Cyanide - gas chamber poison.
- Cyanide - deadly poison.
- Acetone - used in nail polish remover.
- DDT – Insecticide.
- Formaldehyde - used to preserve dead bodies.
- Sulfuric Acid - car batteries.
- Cadmium - used to recharge car batteries.

The harms of smoking

Smoking causes around 7 out of every 10 cases of lung cancer (70%).

It also causes cancer in many other parts of the body, including the:

- Mouth.
- Throat.
- Voice Box (Larynx).
- Oesophagus (the tube between your mouth and stomach).
- Bladder.
- Bowel.
- Cervix.
- Kidney.
- Liver.
- Stomach.
- Pancreas.

Smoking damages your heart and your blood circulation, increasing your risk of developing conditions such as:

- Coronary Heart Disease.

- Heart Attack.
- Stroke.
- Peripheral Vascular Disease (damaged blood vessels).
- Cerebrovascular Disease (damaged arteries that supply blood to your brain).

Smoking also damages your lungs, leading to conditions such as:

- Chronic Obstructive Pulmonary Disease (COPD), which incorporates bronchitis and emphysema.
- Pneumonia.

Smoking can also worsen or prolong the symptoms of respiratory conditions such as asthma, or respiratory tract infections such as the common cold.

In men, smoking can cause impotence because it limits the blood supply to the penis.

It can also reduce the fertility of both men and women. (National Health Service, 2021).

Risks from Smoking

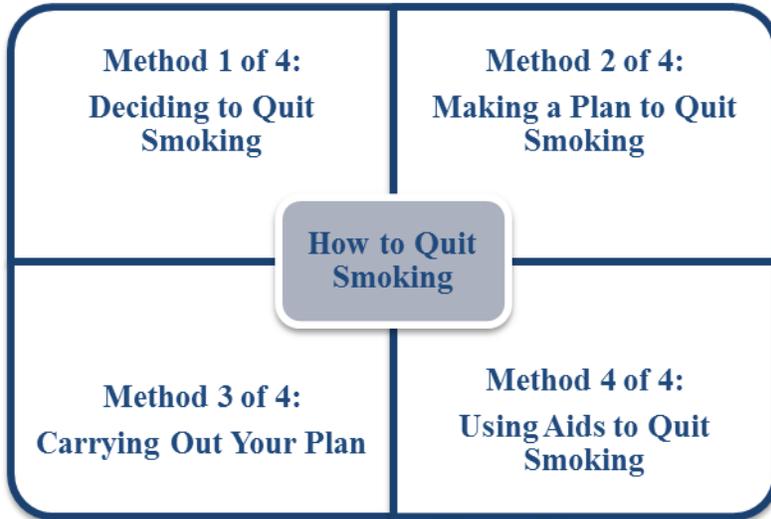
Smoking can damage every part of the body



Smoking can damage many parts of the body.

How to Quit Smoking

Nicotine is one of the most harmful and widely available legal drugs in the world. It's addictive and harmful both to smokers and the people passively exposed to smoke, especially children. If you'd like to give up smoking, but don't know where to begin, create a structured plan. Realize why you want to quit, prepare for success, and carry out your plan with the support of others or medication therapy. Quitting smoking is difficult, but not impossible. (Trudi Griffin, 2021).



Method 1 of 4: Deciding to Quit Smoking

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Think about if you want to quit smoking

Determine why you want to quit

Be prepared for nicotine-withdrawal symptoms

Think about if you want to quit smoking. Nicotine is incredibly addictive and it will take determination to quit. Ask yourself if a life without smoking is more appealing than continuing your life as a smoker. If the answer is yes, have a clear reason for wanting to quit. This way, when abstaining becomes difficult you can be clear about your very important reason to quit.

Consider how smoking affects these areas of your life: your health, your appearance, your lifestyle, and your loved ones. Ask yourself if these areas would benefit from you quitting.

Determine why you want to quit. Make a list of all the reasons why you want to quit. This will help you become clear about your decision to quit. You'll want to refer to this list later, if you're tempted to smoke.

For example, your list might say something like: I want to quit smoking so I can run and keep up with my son during football practice, have more energy, be alive to see my youngest grandchild get married, or save money.

Be prepared for nicotine-withdrawal symptoms. Cigarettes are highly effective at delivering nicotine throughout your body. When you stop smoking, you might experience increased cravings, anxiety, depression, headaches, feeling tense or restless, increased appetite and weight gain, and problems concentrating.

Realize that it may take more than one attempt to stop smoking. About 45 million Americans use some form of nicotine, and only 5 percent of users are able to quit during their first attempt.

Method 2 of 4: Making a Plan to Quit Smoking

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Choose a date
for when your
plan will start

Pick a method

Prepare for
cravings

Choose a date for when your plan will start.

Committing to a start date adds structure to your plan. For example you might choose an important day such as a birthday or holiday, or just pick a date you like.

Pick a date within the next 2 weeks. This gives you time to prepare and start on a day that isn't stressful, important, would otherwise lead you to smoke.

Pick a method. Decide which method you would want to use, like quitting cold turkey, or slowing/reducing your use. Quitting cold turkey means that you completely stop smoking without looking back. Reducing your use means smoking less and less until you've stopped. If you pick reducing your means, be specific about when and by how much you will reduce your use. For example, it might be simple like saying, "I will reduce my use by one cigarette every two days."

You'll have a better chance of success if you combine counseling and medication with stopping, regardless of which method you choose.

Prepare for cravings. Have a plan in advance for when cravings strike. You might try hand-to-mouth. This describes the action of moving your hand to your mouth for smoking. Have a replacement to fulfill this need. Try snacking on low-

calorie snacks, like raisins, popcorn, or pretzels, when this urge comes up.

You might try exercising to combat cravings. Go for a walk, clean the kitchen, or do some yoga. You might also try to control your impulses by squeezing a stress ball or chewing gum when cravings hit.

Method 3 of 4: Carrying Out Your Plan



Prepare the night before quitting. Wash your bedding and clothes to get rid of cigarette smells. You should also get rid of any ashtrays, cigarettes, and lighters from your house. Make sure to get plenty of sleep, since this will help lower your stress.

Remind yourself of your plan and carry a written version with you, or keep it on your phone. You may also want to re-read the list of reasons why you want to quit.

Ask for support. Your family and friends can be extra support in your cessation journey. Let them know your goal and ask them to help you by not smoking around you or offering you a cigarette. You can also ask for their encouragement and to remind you of your specific goals when temptation is difficult.

Remember to take quitting one day at a time. Remind yourself that this is a process and not an event.

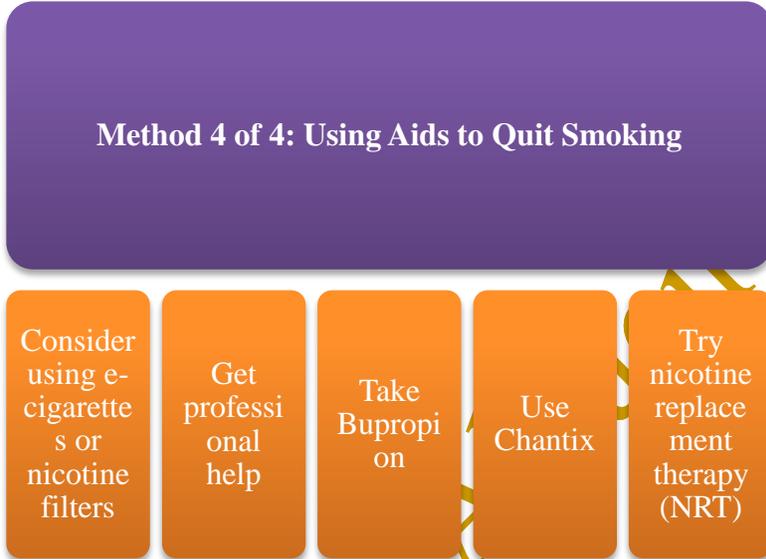
Know your triggers. Many people find that certain situations trigger the desire to smoke. You might want a cigarette with your cup of coffee, for instance, or you might want to smoke when you're trying to solve a problem at work. Identify places where it may be difficult not to smoke and have a plan of what you'll do in those specific places. For example, you should have an automatic response for a cigarette offer: "No thank you, but I will have another tea" or "No - I am trying to quit."

Control stress. Stress can be a pitfall when trying to quit smoking. Use techniques such as deep breathing, exercise, and down time to help thwart stress.

Be committed to not smoking. Continue your plan even if you have bumps in the road. If you have a relapse and smoke for an entire day, be sure to be gentle and forgiving with yourself. Accept that the day was tough, remind yourself that quitting is a long, hard journey, and get back on your plan the next day.

Try to avoid relapsing as much as possible. But if you do, recommit as soon as you can to quitting smoking. Learn from your experience and try to cope better in the future.

Method 4 of 4: Using Aids to Quit Smoking



Consider using e-cigarettes or nicotine filters. Recent studies have suggested that using e-cigarettes while you quit smoking can help you reduce or quit smoking. Other studies recommend caution when using e-cigarettes since the amount of nicotine varies, the same chemicals as those in cigarettes are still being delivered, and they may re-activate the habit of smoking.

Get professional help. Behavioral therapy combined with medication therapy can improve your chances of successfully quitting. If you've tried quitting on your own and are still struggling, think about getting professional help. Your doctor can talk to you about medication therapy.

Therapists can also help you through the process of quitting. Cognitive Behavioral Therapy can help change your thoughts and attitudes about smoking. Therapists can also teach coping skills or new ways to think about quitting.

Take Bupropion. This medication doesn't actually have nicotine, but it does help reduce the symptoms of nicotine

withdrawal. Bupropion could increase your chances of cessation by 69 percent. Usually, you'll want to start taking bupropion 1 to 2 weeks before you stop smoking. It's normally prescribed in one or two 150mg tablets per day.

Side effects include: dry mouth, difficulty sleeping, agitation, irritability, tiredness, indigestion and headaches as side effects.

Use Chantix. This medication curbs nicotine receptors in the brain, which makes smoking less pleasurable. It also reduces withdrawal symptoms. You should start taking Chantix one week before quitting. Be sure to take it with meals. Take Chantix for 12 weeks. Side effects include: headaches, nausea, vomiting, trouble sleeping, unusual dreams, gas, and changes in taste. But it could double your chances of quitting.

Your doctor will have you increase your dose over time. For example, you'll take one 0.5mg pill for days 1-3. Then you'll take one 0.5mg pill twice a day for days 4-7. You'll take one 1 mg pill twice per day after that.

Try nicotine replacement therapy (NRT). NRT includes all types of patches, gums, lozenges, nasal sprays, inhalers or sublingual tablets that have and deliver nicotine into the body. You don't need a prescription for NRT and it can reduce cravings and withdrawal symptoms. NRT could increase your chances of quitting by 60 percent.

Side effects of NRT include: nightmares, insomnia, and skin irritation for patches; mouth soreness, difficulty breathing, hiccups, and jaw pain for gum; mouth and throat irritation and coughing for nicotine inhalers; throat irritation and hiccups for nicotine lozenge; and throat and nasal irritation as well as runny nose if the nasal spray is used.

Conclusion

In order to reduce the spread of smoking among members of society, parents must first be warned not to adopt

this bad habit in front of their children and adolescents, and help all those who suffer from tobacco addiction to stop this phenomenon, and clarify the extent of the health risk expected from smoking ; In addition to the need to enact and enforce laws that criminalize smoking in public and closed places, and it is necessary to clarify the opinion of religion regarding this bad habit and how the person who commits it sins, and organize seminars and discussions that will persuade the smoker to quit smoking.

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