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Association between perceived stress, relapse situation and self-efficacy to quit smoking in young and old men

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This study aims to understand association between perceived stress, relapse situation and self-efficacy among 102 men who participated in smoking cessation programs. The Korean version of Perceived Stress Scale (PSS) comprised 10 items used to assess psychological stress. Self-efficacy to avoid smoking temptation across various situations was assessed using a nine-item scale. Participants were divided into two groups of more than 60 years old and 60 years of old group ($n=54$, mean age: 67.3 ± 5.5 years) and younger age group ($n=58$, mean age: 49.9 ± 6.8 years). PSS score was higher (22.1 ± 6.28 vs. 18.5 ± 5.5 , $P=0.002$) and SE score was lower (26.1 ± 8.2 vs. 29.7 ± 7.4 , $p=0.016$) in the younger group than older group. PSS score and SE score showed a significant negative correlation in both group. Linear regression analysis showed PSS score was related to SE score in younger group ($\beta=-0.377 \pm 0.168$, $p=0.029$) and in older group ($\beta=-0.401 \pm 0.179$, $p=0.029$). In positive affect/social situation (i.e., with friend who is smoking, over coffee while talking and relaxing), correlation of PSS score and SE score showed both group. However, correlation in negative affect situation (i.e., anxious, anger, or frustrated) was only just young group and there was no correlation in habitual/craving situation in both groups. When perceived stress were taken into account, recognizing and avoiding specific relapse situations by age group may be important to prevent the relapse.

Biography

Kim has subspecialties in the field of sleep medicine and geriatric psychiatry. She has been actively doing research and engaging in clinical practices with interest in senile cognitive decline, dementia and geriatric depression. She made a systematic educational materials and training materials for dementia family with the support of the Ministry of Health and Welfare. She is a member of the Advisory Committee of National Institute of Dementia in South Korea. Recently she operates a smoking cessation program as part of the dementia prevention activities.

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