

The Impact of a Psychiatric Hospital's Total Smoking Ban Policy on Patients' Attitude and Behavior regarding Smoking during Hospitalization

**Shu-Hua SHEN; Shu-Ti CHIOU;
Hsien-Jane CHIU; Fang-Rong CHANG; Yin-Jie HUANG**

- 1 Jianan Mental Hospital, Department of Health, Taiwan**
- 2 Institute of Public Health, National Yang-Ming University, Taiwan**
- 3 Bureau of Health Promotion, Department of Health, Taiwan**

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Purpose

Taiwan's revised Tobacco Control Act requires psychiatric hospitals to be totally smoke-free.

This study examined the effect of such a new policy on the attitude and behavior regarding smoking among hospitalized psychiatric patients.

Methods

A structured questionnaire was administered to all the patients staying in the rehabilitative wards before and 6 months after the new policy, with 280 and 236 respondents respectively.

Data on age, sex, educational level, smoking status before admission, and knowledge, attitude and reaction to the new policy were collected.

The Cronbach's α is more than 0.65. Smoking status during hospitalization was confirmed by measurement of expired carbon monoxide.



Result

A total of 38.9% of patients smoked before admission. Most patients were aware of the new policy. 70.9% of patients said this new policy didn't affect their volition of hospitalization.

Prevalence of quit attempts increased from 55.3% to 77.3% ($p < 0.01$). Proportion of being able to stay away from smoking for more than one week increased from 28.1% to 48.9% ($p = 0.026$).

Proportion of ever being asked of smoking status by a healthcare professional in the past year increased from 45.3% to 61.5% ($p < 0.001$). Average level of expired carbon monoxide decreased from 22.67 to 6.07 ($p < 0.01$).

Conclusion

Most smoking patients complied well with the new policy and many were willing to initiate a quit attempt.

A total ban with adequate communication and support turned out to be not only acceptable but also beneficial to the psychiatric patients.

Thanks !!