

عنوان مقاله:

RELATIONSHIP BETWEEN CIGARETTE ADDICTION AND DISTRESS TOLERANCE IN SMOKERS AFFILIATED TO GORGAN PROVINCE IN 2019

محل انتشار:

سیزدهمین کنگره بین المللی دانش اعتیاد (سال: 1398)

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خلاصه مقاله:

Background and Aim : As the consumption of substances has a deterrent effect on the growth and prosperity of society, it is a serious and worrisome threat. Cigar is the most common and most valuable ingredient in the drug that, based on the self-medication hypothesis, many people turn to this addiction because of their low levels of turmoil. The aim of the present study was to investigate the relationship between cigarette addiction and distress tolerance in smokers who depend on cigarettes in 2019. **Methods :** The research method was descriptive-correlational. The study population included smokers in Gorgan city in 2019, with 380 people aged between 18 and 60 years old, They were selected as sample by available sampling and responded to the questionnaire of the scale of dependence on cigarettes Piper Et al, (2004) and Simonzooqhar (2005) distress tolerance. Data were analyzed using Pearson correlation coefficient and stepwise regression. **Results :** The results showed that the stress tolerance component (tolerance, absorption, evaluation and regulation) had a negative and significant relationship with cigarette dependence. The component of distress tolerance assessment has a stronger relationship. **Conclusion :** The results show that low chilling tolerance has a positive correlation with nicotine dependence. This result is in general consistent with the self-healing hypothesis of Khatzayan. Therefore, it is suggested that policymakers and policymakers consider educational programs in the community and the national media to train distress tolerance to prevent and reduce their dependence on smoking.

کلمات کلیدی:

Dependence on smoking, distress tolerance, absorption, evaluation

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