

## P02-19

### COGNITIVE-BEHAVIOUR THERAPY TO ENHANCING SELF-ESTEEM CONCERNS IMPROVES SMOKING CESSATION OUTCOME IN PATIENTS WITH MENTAL DISORDERS: THE PILOT STUDY

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**Aims:** Tobacco dependence is common in patients with mental disorders. At the same time the self-esteem of these patients is very low. Failures, which inmates may suffer during smoke cessation, may lower their self-esteem more and more. The aim of the study was to indicate the influence of CBT on self-esteem and smoking cessation among inmates.

**Methods:** The study comprised 44 mentally ill heavy smokers (38 with schizophrenia and 6 with depression). CBT was adopted for the experimental group (n=19). The CBT-group participated in twelve weekly two-hour therapeutic sessions concentrated on enhancing a self-esteem, and twelve weekly educational sessions. The control group (n=25) participated in educational training only. The study was of a linear character. The following methods were used: Self-Esteem Scale, Fagerstrom Test for Nicotine Dependence, characteristic of tobacco use questionnaire and monitoring the amount of cigarettes.

**Results:** An improvement in self-esteem was observed in the period following the therapy among CBT-group in comparison with the control group. After therapy inmates from CBT-group smoked less cigarettes than control group and faster decided on a smoking cessation. After interventions self-esteem was negatively correlated with amount of cigarettes. Twelve patients from CBT-group stopped smoking completely in comparison with eight from control group.

**Conclusions:** CBT improves the self-esteem in mentally ill patients and it may be used as a very helpful method for smoking cessation among this group of smokers.