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EXAMINATION OF THE RELATION OF SMOKING HABIT WITH THE APPEARANCE OF ANXIETY AND DEPRESSION AT MENTAL HEALTH PROFESSIONALS

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Introduction: Anxiety is considered to be a situation of agony, anguish and is being experienced as psychological pressure. At Mental Health Professionals' work environment, a lot of factors may contribute to anxiety appearance and create the conditions of depression symptomatology development. The smoking habit is being connected with a great range of psychiatric diagnosis, including anxiety and depression.

Aim: Of this study was the examination of the relationship of smoking habit with the appearance of anxiety and depression at Mental Health Professionals.

Materials/method: 317 mental health professionals were being examined (144 male, 173 female, with median age 38, 64±7,945 years) and their smoking habits were recorded. For anxiety and depression examination the DSSI/Sad QUESTIONNAIRE was being used. The analysis of data was done by the use of statistical package SPSS 16.0.

Results: Smokers have higher levels of depression ($t(315)=2,417$, $p=0,016$) as well as of anxiety ($t(315)=2,219$, $p=0,027$). However no one of the specific degrees was related with the number of cigarettes smoked by smokers ($r=0,022$, $p=0,777$ for depression, $r=0,133$, $p=0,084$ for anxiety)

Conclusions: The smoking habit appeared to be related with anxiety and depression, it cannot although be considered as the reason but as the result of emotional difficulty of the participants. Even though smoking decreases the privative symptoms, it does not decrease the anxiety and the depression or the confrontation of their deeper reasons. It is being seen the need of development and materialization of interventions of effective support for Mental Health Professional at their own work environment.