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Medical Sciences

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In the Name of God

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Tobacco and Health

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Conference Topic

Epidemiology and Pattern Of Smoking

Tobacco and Disease

Tobacco and COVID-19

Tobacco and Family

Tobacco and Regularations

Tobacco and Workplace

- Fitness for Work
- Occupational Diseases
- Passive Smoker

Tobacco and Economy

Strategies to Prevent and Quit Smoking

Tobacco and Oral Diseases

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Message from the President of the Congress

Smoking is a leading preventable cause of death due to non-communicable diseases. It annually kills over 8 million people worldwide. Scientific and applied studies have constantly played a major role in solving social issues, especially concerning health problems and challenges. Moreover, holding scientific congresses provides a dynamic environment for sharing achievements and solutions. In this regard, Hormozgan University of Medical Sciences in cooperation with other national and international scientific and executive institutions have intended to host the first International Tobacco and Health Congress in order to fulfill its social and organizational responsibilities. We are looking forward to exchanging information and experiences which aid us estimate and plan our capabilities and facilities for the reduction of tobacco use and promotion of community health.

Dr. Hossein Farshidi

Message from the Scientific Secretary

Corona virus has killed 3.5 million people over the past year and a half while smoking kills 8 million people annually worldwide. In Iran, approximately 8 million people are smokers and nearly 55,000 billion cigarettes are smoked yearly. Besides the decrease in the consumption age of tobacco products, including hookah, we unfortunately witness an increasing interest in the use of such substances by women. Eastern Mediterranean has the highest rate of tobacco use worldwide, which is even reported to be higher in some countries in the region.

Reducing tobacco use requires collective effort. Moreover, resolutions and programs will be efficient in this filed given that they are extracted from scientific studies. In this regard, it is intended to provide an opportunity for the experts, scientists and researchers in this field to come together, share their new findings and highlight effective strategies for the control and reduction of tobacco use which in turn inhibits a serious risk factor of various acute and chronic diseases.

Undeniably, any research finding, scientific and executive experience would be enlightening for prospect planning.

Dr. Hadi Eshaghi Sani Kakhaki

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Values of ECG and Echo findings in COPD severity assessment

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Abstract

Background: Chronic obstructive pulmonary disease(COPD) is one of the major causes of morbidity and mortality around the world which has the third highest death rate worldwide. Smoking is the main cause of this disease. Recently among the systemic complications of COPD, cardiac manifestations have been noticed as an important factor in the prognosis of COPD.

Methods: On evaluation, 36/1% and 30/5% of cases had normal ECG and Echo findings respectively. The most common changes in ECG included P-pulmonale, poor progression of "R" wave(PPRW) and right axis deviation(RAD). It was determined that pulmonary hypertension(PHT) and right ventricular hypertrophy(RVH) were dominant findings in Echo. Also we found a statistically significant relation between severity of COPD with ECG findings including P-pulmonale, RAD, RVH and low voltage QRS complex as well as Echo findings such as High risk for PHT, Mod. to severe TR, RVH and corpulmonale.

Results: A total of 72 patients who were diagnosed with COPD, were staged by pulmonary function test(PFT) according to GOLD criteria into 4 stages. Detailed history and physical examination and results of ECG and Echo of all patients were documented.

Conclusion: the present study suggested that abnormal findings of ECG and Echo are more common as the disease duration and severity increase and could recommend an intensive management of COPD, to prevent or reverse of cardiac complications.

Keywords: Electrocardiography, Echocardiography, Pulmonary Disease, Chronic Obstructive.

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Study of the correlation between addiction to inhaling opium and radiologic findings of COVID-19 infection in heavy smoker patients: a retrospective longitudinal study

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Abstract

spiral chest computed tomography scan in COVID-19 suspected patient can demonstrate reliable clues which lead the physician to an exact diagnosis. It also provides a reliable estimate of the disease severity's range as well as prognosis. ground glass opacity, crazy paving, sub-pleuretic line, pleural effusion and consolidation are remarkable signs and long involvement distribution is considerable too. Each of these radiologic signs illustrates the pathologic change that is going on in the lung through the skeleton cage of the chest. Addiction to inhaling opium affects a large number of people in the middle east and Iran as well. so studying radiologic changes in opium-addicted COVID-19 positive patients shows possible variabilities in pathology and prognosis compared to the infected normal population.

Keywords: Inhaling Opium, COVID-19, Addiction.

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Study of the correlation between addiction to inhaling opium and early presentations of COVID-19 infection in heavy smoker patients: a retrospective longitudinal study

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Abstract

Addiction to inhaling opium affects a considerable number of people in the middle east and Iran as well. Some traditional beliefs support the Idea that opium usage induces resistance to COVID-19 infection and diminishes disease progression. Theoretically, opium reduces cellular immunity and declines interferon release so it shuts the most remarkable antiviral arm of the immune system down. Opium blocks pain pathways by shutting down the neurotransmitter release in the spinal cord and activating inhibitory control in the midbrain. And codeine as an opioid can alleviate cough in upper respiratory infections. In this retrospective longitudinal study, two cohorts of smoker COVID19 PCR-positive hospitalized patients during 2020 were compared. Group O included 38 inhaler opium addict patients and Group C consisted of 103 patients who haven't used any type of opium. Primary symptoms, duration between onset of symptoms and hospitalization and admission vital signs were assessed in These groups. The final result showed a significant decrease in cough, bone pain prevalence and duration between the onset of symptoms and hospitalization in opium addict patients. (29.7%vs54.4%) (8.1% vs 29.1%)(5.16 days vs 7.68 days) (p-value<0.05) Suppressive effect of opium on cough reflex and pain pathways make these findings reasonable which leads to significant clinical effect. This study demonstrated that cough and bone pain as the primary symptoms of COVID 19 developed later in opium addict patients so silent hypoxemia would mask the presentations of pathology progression. Therefore, those patients could spread the infection more in the subclinical state meet the doctor and hospitalize when the disease is more severe and their treatment could get delayed and so on.

Keywords: Inhaling Opium, COVID-19, Addiction.

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Study of the correlation between addiction to inhaling opium and the severity of COVID-19 infection in heavy smoker patients: a retrospective longitudinal study

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Abstract

Inhaling opium addiction is a common substance dependency in Iran and the middle east. Native thoughts support the Idea that opium usage reduces COVID-19 infection prevalence and improves prognosis in infected ones. Opium restricts cellular immunity function and interferon release as a result, virus reproduction is not well controlled in opium-addicted patients. On the other hand, opium reduces the overproduction of interleukin-1 and 6 as the most important inflammation modulator in the cytokine storm. Cytokine storm is in charge of the fatal inflammatory phase of COVID-19 infection as well as multi-organ damage. This dual effect of opium on COVID-19's infection progress gave rise to performing this study and evaluating COVID-19 severity and mortality in opium-addicted patients. This retrospective longitudinal study compares two cohorts of smoker COVID19 PCR-positive hospitalized patients during 2020. Group O included 38 inhaler opium addict patients and Group C included 99 patients from the normal population who haven't used any type of opium. Laboratory findings, discharge vital signs, organ failures, mechanical ventilation requirements, Intensive Care Unit admission, length of hospitalization and dead ratio were assessed in These groups. There was no difference between the two groups in terms of prognosis but The final result showed a considerable elevation in white blood cell count and a reduction in the neutrophil-to-lymphocyte ratio in opium addict patients. (10.87 Vs 8.23) (5.51 Vs 3.81)(p-value<0.05)The dual effect of opium on the immunity system and inflammation progress neutralizes each other. Unless the traditional beliefs, severity and mortality were the same in both groups and there wasn't any evidence which favors the positive effect of opium usage on COVID-19's course of infection. Although some of the traditional beliefs are evidence base originated but, in this case, delaying the treatment based on a hypothesis can be fatal.

Keywords: Inhaling Opium, COVID-19, Addiction.

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The association between smoking behavior and fat-soluble vitamins: A review on the related evidence

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Abstract

It is well known that smoking as an important public health problem is a risk factor for several adverse health outcomes such as cancer, cardiovascular, cerebrovascular, and respiratory diseases. In addition, there is growing evidence that smoking can affect nutrients' metabolism including fat-soluble vitamins which are the main focus of this review. We aimed to study the literature to investigate the relationship of smoking with the status of vitamins A, D, E, and K. Briefly, the PubMed database was searched using a combination of the keywords related to “smoking” and “fat-soluble vitamins”. In general, a large body of evidence showed the differences in circulating vitamin D levels between smokers and non-smokers supporting that smokers are more likely to have vitamin D deficiency. It has been suggested that smoking through effects on vitamin D intake, synthesis, hydroxylation, and catabolism can involve decreasing vitamin D levels. In the case of other fat-soluble vitamins, although there is limited and conflicting literature, smoking was negatively associated with concentrations of vitamin A (retinol and β-carotene as a pro-vitamin A carotenoid), and vitamin E (α-tocopherol) in most researches. The variation in plasma vitamin k (phylloquinone) concentrations with smoking status has been also reported, however, there is no sufficient and consistent evidence to draw reliable conclusions. In summary, smoking can be associated with an increased risk of hypovitaminosis, especially vitamin D. Indeed, smokers compared to non-smokers are more likely to be deficient in fat-soluble vitamins. More studies are needed to strengthen the evidence regarding the precise role of smoking in nutrients status.

Keywords: Review, Smoking, Vitamin A, Vitamin D, Vitamin E, Vitamin K.

Article code: 1stinth-03940278

Investigating the relationship between emotional intelligence and smoking severity in patients referred to substance abuse treatment centers in Bandar Abbas city in 2018

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Abstract

Background: In recent years, studies have been conducted on the relationship between emotional intelligence and smoking, and it has been shown that smokers have lower emotional intelligence than non-smokers. On the other hand, the low level of emotional intelligence, which is caused by the inability to effectively deal with emotions and manage them, plays a role in the initiation of drug use. Therefore, in this study, we examined the relationship between emotional intelligence and smoking severity in patients referred to drug abuse treatment centers in Bandar Abbas city.

Methods: In this descriptive-analytical study, the clients of Bandar Abbas drug abuse treatment centers were examined in 2018. In addition to the general questionnaire including demographic characteristics such as age, gender, marital status, education level and the type of last substance consumed and the amount of methadone received, two emotional intelligence questionnaires, Bar-Ann and Fagerström questionnaire were completed by the participants. Incomplete questionnaires were excluded from the study. The information obtained from the questionnaires was entered into spss software version 25 for statistical analysis.

Results: The average age of 87 subjects was 43.13 ± 9.96 years. 82 people (94.3%) were men and only 5 people (5.7%) were women. Low dependency on smoking was seen in 43.7%, moderate in 35.6% and severe in 20.7%. There was no significant difference in smoking intensity according to age, gender, marital status, education, the type of the last substance consumed, and the amount of methadone received ($p>0.05$). The average overall score of emotional intelligence, the dimensions of interpersonal competences and interpersonal competences, and the subscales of emotional self-awareness, interpersonal relationships, and problem solving in people with moderate and severe dependence on smoking were significantly lower than those with low dependence ($p < 0.05$). The mean of bad adjustment and social responsibility subscale was significantly higher in people with low addiction to smoking than people with moderate addiction ($p < 0.05$). No significant difference was found in terms of other dimensions and subscales of emotional intelligence between people with different intensities of dependence on smoking.

Conclusion: The average overall score of emotional intelligence, dimensions of individual competences, interpersonal competences and adaptability and subscales of emotional self-awareness, social responsibility, interpersonal relationships and problem solving, there is a

relationship with the intensity of smoking in drug users. Emotional intelligence training can be useful for these people.

Keywords: Emotional Intelligence, Smoking, Drug Abuse.

Article code: 1stinth-03890276

Evaluation of the effects of PAKDAM, an invented device to get Nitrous Oxide and Oxygen, in the consumers – A new method tobacco control based on the report of pilot study in Tehran 2022

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Abstract

Background: The demand for Water pipe smoking is increasing, and even given the implementation of tobacco control programs in many countries, this social and health problem still exists. Therefore, it is very critical to find a solution that can be a healthy alternative behavior to reduce or eliminate hookah smoking. Many studies showed that the combination of Nitrous oxide (N2O) and Oxygen (O2) led to a reduction pain, greater respiration and euphoria. About a decade the device, which was called PAKDAM (means clean inspiration) was invented in Iran and has been used in some cafe to prepare N2O and O2 as a new instrument instead of water pipe. The goal of this study was to evaluate the effects of Pakdam and investigating its short and midterm side effects in users.

Methods: In a case-control pilot study which was done between September 2021 and March 2022, 152 individuals were selected and divided into two groups: 76 consumers (case) and 76 non-consumers (control). In terms of smoking status, both groups were divided into two groups of 36 smokers and 36 nonsmokers. Participants in this study have read and signed the participation form and filled out the questionnaire then their vital signs, O2 saturation, CO expiratory and spirometry test were done.

Results: No significant difference was observed between case and control groups in demographic indicators. The subjects who used the device had a mean blood pressure of 123.71±16.11, oxygen saturation of 97.2±1.9, exhaled carbon monoxide of 9.8±5.5, and an FVC / FEV1 ratio of 88.5±7.9. These figures in people who did not use the device were (137.79±18.15) - (94.1±4.2) - (14.3 ± 9.3) and (83.9 ± 10.4), respectively. In addition to the effects on the respiratory system, consumers had lower heart rates and lower systolic and diastolic blood pressures.

Conclusion: The blood oxygen level and FEV1 / FVC ratio were higher in people using Pakdam and the amount of exhaled carbon monoxide and blood pressure were lower. This condition was more common in smokers and less in non-smokers. It is possible to see the favorable effects of using Pakdam device on people especially in smokers.

Keywords: Tobacco Control, Pakdam.

Article code: 1stinth-03880275

Effect of passive exposure to cigarette smoke on blood pressure in children and adolescents: a meta-analysis of epidemiologic studies

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Abstract

Background: Hypertension is an emerging disease in children and adolescents resulting in future morbidities. Cigarette smoking is one of the most studied contributing factors in this regard; however, there are contradictory results among different studies. Therefore, the present meta-analysis tends to assess the relationship between passive exposure to cigarette smoke and blood pressure in children and adolescents.

Method: Medline, Embase, Scopus, EBSCO, and Web of Sciences were systematically reviewed for observational studies up to May, 2017, in which the relationship between cigarette smoking and hypertension were assessed in children and adolescents. The meta-analysis was performed with a fixed effect or random effects model according to the heterogeneity.

Results: Twenty-nine studies were included in present meta-analysis incorporating 192,067 children and adolescents. Active smoking (pooled OR = 0.92; 95% CI: 0.79 to 1.05) or passive exposure to cigarette smoke (pooled OR = 1.01; 95% CI: 0.93 to 1.10) were not associated with developing hypertension in the study population. Despite the fact that active cigarette smoking did not significantly affect absolute level of systolic and diastolic blood pressure, it was shown that passive exposure to cigarette smoke leads to a significant increase in absolute level of systolic blood pressure (pooled coefficient = 0.26; 95% CI: 0.12 to 0.39).

Conclusion: Both active and passive cigarette smoking were not associated with developing hypertension in children and adolescents. However, passive cigarette smoke was associated with higher level of systolic blood pressure in children and adolescents.

Keywords: Hypertension, Blood pressure, Children and adolescent, Smoking.

Article code: 1stinth-03870274

Investigating the attributes related to water pipe, affecting the choice of water pipe tobacco smoking (using DCE)

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Abstract

Background: Despite the increase in hookah use in society, especially among young adults and adolescents, studies on hookah have been few and often overlooked in the discussion of public health. Countries in the Eastern Mediterranean region have the highest rate of hookah use, which is increasing. Much research is needed to inform health officials and decision makers to find a way to combat and stop this product before the consumption epidemic spreads. Issues related to this category that can be used Features of these products such as price, the taste of tobacco and warning labels. In this study, a discrete selection experiment was used to understand the behavior of hookah smoking.

Methods: In this study a discrete selection experiment was used to understand the behavior of hookah smoking and attributes affecting the choice of water pipe tobacco smoking. This study was conducted at the Shahid Beheshti University of Medical Sciences.

Results: Based on the results, the prevalence of flavored tobacco, especially fruit tobacco, and the inclusion of incorrect information about nicotine content at zero on the menu of cafes and tobacco, two ways to attract customers and increase demand for hookah. Price is another influential factor, low price leads to increased hookah consumption.

Conclusion: Accordingly, anti-tobacco policymakers should professionally develop anti-hookah laws and pay special attention to these attractive features.

Keywords: Water Pipe, Tobacco, Students, Preference.

Article code: 1stinth-03840273

Investigating the prevalence of smoking disorders in patients hospitalized with COVID-19 in Bandar Abbas Shahid Mohammadi Hospital

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Abstract

Background: The present study was conducted with the aim of investigating the prevalence of Tobacco smoking and its association with developing severe COVID-19 among patients hospitalized with in Bandar Abbas Shahid Mohammadi Hospital in 2019.

Methods: The current research is a descriptive-analytical and retrospective study that was conducted on the files of all patients admitted to the COVID-19 ward of Shahid Mohammadi Bandar Abbas Hospital from the beginning of 2019 to the end of October 2019. Finally, 100 cases were examined according to the conditions of entry and exit from the study. The required data were extracted from the cases by the checklist made by the researcher. Chi-square test (Fisher"s exact test) and Mann-Whitney and Kruskal-Wallis tests were used for data analysis.

Results: The prevalence of smoking among participants was 14%. Our study finally showed that the duration of hospitalization in the ward (p=3.0), mortality rate (p=0.2), the prevalence of the underlying disease (p=0.06), hospitalization in the intensive care unit (p=0.6) and also the use of mechanical ventilation (p=0.2) in people with COVID 19 with smoking disorder was not significantly different from people without smoking disorder.

Conclusion: The results of this study suggest that active smoking does not appear to be significantly associated with an increased risk of progression to severe disease in COVID-19.

Keywords: Prevalence, Sever COVID-19, Active Smoking.

Article code: 1stinth-03840272

Investigating the relationship between smoking and depression in cardiac ischemic patients in ccu and post ccu departments of Bandar Abbas Shahid Mohammadi Hospital in 2018

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Abstract

Background: Depression has been known as a psychological problem in people"s lives for centuries. Depression is a common mental disorder that usually causes severe disability and has a great impact on individuals, families and communities. This disorder is one of the most common debilitating diseases in different countries. This disorder is associated with changes in a person"s lifestyle in the form of reduced physical activity, increased smoking and increased appetite or weight gain, causing other chronic diseases, or causing problems in the optimal control of other chronic diseases.

Methods: This study is a cross-sectional descriptive analytical study that was conducted in 2018. A total of 216 patients admitted to the heart department of Bandar Abbas Shahid Mohammadi Hospital were studied by census method after meeting the entry criteria and if they were satisfied. The data collection tool was a personal profile form and a standardized Beck questionnaire. The overall score of each person in the back test is obtained by summing the scores in all aspects, where a score of 0-9 is a sign of no depression, 10-20 is mild depression, 21-30 is moderate depression, and 63-31 is severe depression. In general, a person whose depression score is greater than or equal to 10 is considered depressed Findings: 63.4% women, 36.6% men and most of them (41.2%) were between 41 and 60 years old, and the majority (48.6%) were illiterate and unemployed. The history of the studied subjects showed that 31% of them had a history of nerve disease and 38.4% had a history of angiography. Among the studied subjects, 29.2% were smokers. 31.5% of people were passive smokers.

Results: In this study, there was a high prevalence of depression, which was mostly mild. In this study, there was no significant relationship between smoking and depression and its severity. In the current study, there was no significant relationship between smoking and depression in ischemic heart patients based on being a passive smoker, occupation, history of neurological and mental illness, previous open surgery, gender and history of angiography, but there was no

significant relationship between smoking and depression in ischemic heart patients based on age. And the level of education was significant.

Conclusion: Smoking in ischemic heart patients is related to older age and higher education level. Therefore, it is necessary to plan appropriate preventive and therapeutic measures for this group at risk.

Keywords: Smoking, Depression, Cardiac Ischemic Patients.

Article code: 1stinth-03780270

Pharmacogenetic Implications for Clinical Practice of Smoking Cessation Treatment

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Abstract

This is expected smoking to reach 1.6–1.9 billion by 2025. Only 15–30% of smokers continue to abstain from smoking. Hence, various quit efforts are often required. There is extensive proof that smoking persistence is inherited, and are determined by a multifaceted interaction of polygenic and environmental risk factors. Tobacco smoking is thought to be a multifactorial behaviour through genetic and environmental elements. It was shown that genetic factors justify roughly 40–75% of the variation in smoking initiation, 70–80% of the variation in smoking preservation, around 50% of the difference in cessation achievement and 30–50% of the difference in risk of withdrawal symptoms. Variations in two comprehensive classes of candidate genes were suggested to contribute to smoking behaviour, including; genes that likely impact the response to nicotine (nicotine metabolism, nicotinic receptors) and genes that may influence to addictive behaviour because of key neurotransmitter pathways (dopamine and serotonin). Since pharmacogenetic therapies for smoking cessation are usually administered at the variation of the pathways involved in smoking addiction, perhaps, this will influence the efficacy of these smoking cessation therapies as an emerging approach for individually tailored smoking cessation treatment based on genetic background. Therefore, a profile of genetic variants in these smoking-related pathways could possibly be used to expect earlier which smoking cessation therapy is likely to be most effective. Perspective of the role that inherited variation plays in response to pharmacotherapy could help physicians to personalize treatment type, dose, and duration based on genotype, thus reducing adverse reactions, improving treatment compliance, and maximizing pharmacotherapy effectiveness.

Keywords: Smoking, Cessation, Pharmacogenetic, Pharmacotherapy, Genes.

Article code: 1stinth-03780269

Waterpipe smoking and risk of lung, bladder, and head and neck cancers: results from IROPICAN study in Iran

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Abstract

Background:Limited data exist for the association between waterpipe tobacco smoking (WPS) and health outcomes, including cancer. We conducted a large case-control study in Iran (IROPICAN) to evaluate the association between WPS and the risk of cancers, including lung (LC), colorectal (CRC), bladder (BC), and head and neck cancers (HNC).

Methods:We recruited 740 LC, 914 CRC, 717 BC, 918 HNC patients, and 3477 controls. After excluding opium users and cigarette smokers, 223 LC, 629 CRC, 215 BC, 313 HNC cases, and 2145 controls remained to study the association between exclusive WPS and cancer risk. We used multivariable logistic regression analysis, adjusting for age, gender, place of residence, and socioeconomic status (SES).amounts of WPS, including smoking≥14 heads per week [LC:(OR=3.1, 95% CI: 1.8, 5.5)], [BC: (OR=2.2, 95% CI: 1.2, 4. 1)], [HNC: (OR: 2.1, 95% CI: 1.1, 3.8)], however, there was no association between CRC and high amount of WPS. In addition, risk of cancer among individuals who started WPS at an earlier age (≤ 20 years) was increased, [LC:(OR=4.1, 95% CI: 2.0, 8.5)], [BC: (OR=2.7, 95% CI: 1.1, 6.7)], [HNC: (OR: 3.1, 95% CI: 1.4, 6.9)]

Conclusion:WPS is associated with a higher risk of LC, BC, and HNC, particularly among people who don't also use opium or cigarettes. Additional studies with higher case numbers are needed to replicate and extend our findings.

Keywords: Cancer, Lung, Bladder, Waterpipe Smoking, Risk Factors.

Article code: 1stinth-03540268

Parenting Styles' effects on adolescents' Smoking Behavior

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Abstract

Background: The significant increase of smoking is one of the most prominent challenges in most countries. According to the statistics provided by WHO, eight to ten thousand adolescents begin smoking daily. Adolescent stage is vital for emergence of dangerous behaviors as a result of being self- oriented as well as not having the right perception of these dangerous behaviors. Social theories and behavioral sciences emphasize on the role of families on learning the right and wrong behaviors. One of the parental factors affecting the offspring is the parenting styles. Parents have the most effective interactions in forming children"s personalities. Most behavioral problems in children and adolescents reflect the complicated interactions among family members especially parents. Therefore, the present review study was accomplished to identify the effectiveness of parenting styles on adolescents" smoking behavior.

Methods: A systematic review was conducted on PubMed, Scopus, Web of Science, google scholar. All the cross-sectional studies reviewed by kay words: smoking, parenting styles, adolescents over the span of 01/01/2000 to 10/01/2022. The inclusion criteria were English and non-English language studies. Also, the exclusion criteria were inaccessibility to full text.

Results: From the 553 relevant studies, 19 studies had inclusion criteria that were analyzed. The results showed the adolescents" smoking is lower in parents who have authoritative style. Whereas, the adolescents smoking is observed more in authoritarian, negligent and uninvolved styles. In addition to, mother styles have more effectiveness on their sons" smoking in a way that adolescents with democratic and authoritative mothers smoke less. Moreover, studies demonstrated that adolescents with supporting parents smoke less.

Conclusion: Parents" monitoring along with emotional behaviors can contribute a preventive role on adolescents" smoking. Implementation of restrictive behaviors and threatening reactions cannot prevent smoking.

Keywords: Smoking, Parental Style, Adolescent.

Article code: 1stinth-03290267

The COVID-19 vaccine acceptance in smokers compared to non-smokers in Iran

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Abstract

Background: The coronavirus disease 2019 (COVID-19) is a global leading public health issue, especially in low and middle-income countries. Vaccine hesitancy can result in reducing the coverage of mass vaccination programs. Many researches proposed the smoking to be a main risk factor for COVID-19 morbidity and mortality. However it is less analyzed if the smokers are fully vaccinated with COVID-19 vaccines. We aimed to accumulate the current evidences about the of COVID-19 vaccination acceptance among the smokers compared to the non-smokers in Iran.

Methods: In this systematic review, we searched the PubMed, Embase, and Google Scholar without having time limitation to obtain the studies based on the objectives of this review. No criteria to assess the quality of the studies were used.

Results: The search revealed studies with different designs. The number of studies that has investigated this topic was limited to 8 studies. The analysis of studies showed very different results in different regions of the country. In 2 studies smokers were more likely to be vaccinated against the COVID-19 than non-smokers. In six studies the smoking status had non-significant relationship with vaccination acceptance. In the majority of studies (seven out of eight) the relationship was not analyzed in multivariate model to consider other covariates. One article with covariate analysis showed that smoking can be an independent risk factor for vaccine non-compliance and ex-smokers were more likely to receive the vaccine than non-smokers.

Conclusions: It seems that the smokers are less likely to accept the COVID-19 vaccine than the non-smokers, in spite of the fact that smoking raise the morbidity and mortality of the COVID-19. This paradox is an important issue in many other behaviors. Vaccine acceptance is a multifactorial phenomenon and multiple confounding factors should be considered in interpreting this relationship. This may be justified with the lower socioeconomic status of the majority of smokers, the negative attitude of smokers for health services, the lower perceived risk of getting the disease, the shortage of suitable vaccination encouraging messages for this group, or the higher potential for acting risky practices.

Keywords: Smoking, COVID-19, Vaccine, Acceptance.

Article code: 1stinth-03590266

Cardiac Rehabilitation: A Divergent Approach to Smoking Cessation

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Abstract

Background: Smoking is the most important modifiable risk factor of cardiovascular diseases (CVD). Prevalence of Smoking in CVD is higher than in the general population. However, while smoking rates continue to decline in the general population, a similar decline has not been observed in cardiac patients. Smoking cessation (SC) is the most important lifestyle change a patient can make to reduce future morbidity and mortality following cardiac events. Cardiac rehabilitation (CR) is comprehensive and supervised outpatient program that is designed to assist cardiovascular patients in the management of modifiable risk factors and improving lifestyle habits. This study aimed to determine the capacity of CR as smoking cessation method in cardiac patients.

Method: we reviewed Scopus, EMBASE, Web of Science, Science Direct and PubMed using the keywords Smoking, Cardiac Diseases, Cardiac Rehabilitation and combination of AND,OR. 128 articles were extracted in the initial search based on the title and abstract of the article. Considering the entry criteria that include access to the full text of the articles that examined the relationship between cardiac rehabilitation and smoking cessation, 18 articles were selected for review. Finally, with content analysis, the materials related to the purpose of the study were extracted and organized from the articles.

Results: According to the definition of the American Cardiopulmonary Rehabilitation Association, cardiac rehabilitation refers to coordinated and multidisciplinary interventions to ensure the best possible physical, psychological and social conditions of heart patients in order to stabilize, slow or reverse the underlying process of the disease and subsequently reduce complications and mortality. CR called also as secondary prevention consist of 3 phases, in which by training tolerable physical activities, education, cardiac risk factor modification, counselling and stress management participation in group programs, can be provided the basis of quitting smoking. Based on the findings of articles more than half of CVD smoking patient quit smoking after participating in CR program, which indicates that the CR attendance may play important role in SC. Additionally this effect may be due to impact of physical activity and exercise in reduce cravings and withdrawal symptoms, while also decreasing stress and tension related to smoking, improving self-confidence and quality of life of these patients.

Conclusion: The results of the current review confirm the effect of cardiac rehabilitation on smoking cessation specially the comprehensive cardiac rehab intervention that includes physical, psychological and educational aspect leads to higher rate of SC. Therefore, the necessity of systematic designing and applying this program in the management of CVD is noticeable.

Keywords: Cardiac Rehabilitation, Smoking Cessation, Heart Diseases, Controllable Risk Factor, Mortality.

Article code: 1stinth-03290265

The relationship of mindfulness and medical students' smoking in North-West of Iran

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Abstract

Background: Smoking is an established risk factor for many diseases and a worldwide health issue. Studies suggest that the initiation age of smoking has decreased to less than 13 years old children. It has been indicated that about 80% of smokers in Iran have started smoking before the age of 18 years. Multiple behavioral factors has been investigated according to this habit. Mindfulness training was proposed to be beneficial in smoking cessation programs. However it is controversial if the mindfulness level can be a risk factor for smoking initiation. We aimed to assess the medical students' smoking status with their mindfulness score.

Methods: We conducted a cross-sectional study among the medical students of Tabriz University of Medical Sciences. In order to collect data Freiburg Mindfulness Questionnaire was used with 14 items and four-option answers. The total score of this scale was calculated by summing up the items' scores which was ranged from 14 to 56. This scale was analyzed in wo groups of students who were current smokers and non-smokers. We investigated only the male students in this study as the smoking is more prevalent in Males than women. Other exclusion criteria were ex-smokers and subjects who were reluctant to participate. A total of 25 students were included in each group. The SPSS software was used to analyze the data with T-test. P-value of lower than 0.05 was considered significant.

Results: The mean age of the students was 22 (2.9) years old. In total the score of the mindfulness questionnaire among all students was 30 with standard deviation of 2.81. No significant difference was found in the score of the mindfulness questionnaire between the smokers and non-smokers. However, the mean score of mindfulness was lower among smokers than non-smokers showing the score of 28.5 (4.8) versus 31.4 (3.6).

Conclusions: The mindfulness score was higher in non-smokers but the analysis did not reveal a significant difference with smokers. The mindfulness status was indicated to be a potential predisposing or preventive factor for smoking. The total score of mindfulness was relatively low in all participated students that necessitate the proper interventions to empower the teenagers and young people for this skill. Our findings was limited because of a low sample size and we propose for planning a larger research to check this association.

Keywords: Smoking, Mindfulness, Student, Relationship.

Article code: 1stinth-03290264

The Medical students' smoking rate in North-West of Iran

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Abstract

Background: Cigarette smoking is a known risk factor for the global burden of diseases, especially for chronic diseases like cancers, stroke, respiratory and cardiovascular diseases. Smoking is an act that commonly initiate in young ages or adolescence. Medical students are a sensitive population as they will be the providers of heath services and on the other hand, are considered as role models for other youngers in the community. The aim of this study was to determine the current status of smoking pattern among medical students in North-West of Iran.

Methods: This cross-sectional study was conducted in 2018 in Tabriz city in North-West of Iran. We asked about the smoking status from 500 medical students of Tabriz University of Medical Science by a anonymous checklist consisted of demographic characteristics including age, gender, and marital status. The data of current use of cigarette was collected. Data were analyzed using the SPSS software version 16. We used the logistic regression to determine the association of smoking with demographic factors. A p-value of less than 0.05 was set significant.

Results: The mean (SD) of age for participants was 23.85 (2.36) years, ranging from 18 to 34 years. In total, 94 (18.88%) of participants reported smoking cigarette for one or more than one day during the past month. Males were significantly more likely to smoke than females with a rate of 35.81%, versus 4.12% (OR: 12.98, 95%CI: 6.70-25.14). The logistic regression showed that the risk of smoking was increased by advancing the age by 16 percent per year of age (OR:1.16, 95%CI: 1.05-1.28). Marital tatus was not related to the smoking status.

Conclusions: We can conclude that that about one-fifth of medical students were cigarette smokers. Although medical students are informed about the consequences of smoking, they may still start this act and get more with advancing the age. This may be relatively related to the peer-group effect since it was reported by a considerable number of students as the main motivator. It seems crucial to deliver appropriate interventions to screen and help the students in cessation.

Keywords: Smoking, Prevalence, Student, Gender, Epidemiology.

Article code: 1stinth-03730263

The air concentrations of NOx related to tobacco smoke; a systematic review

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Abstract

Background: Environmental tobacco smoke (ETS) or the second hand smoke, similar to the first hand smoke, is a complex mixture containing thousands of chemicals which many of them are known as carcinogens. In this regard, ETS is classified as human carcinogen. High combustion temperature of tobacco and presence of nitrogen in the tobacco can lead to the release of nitrogen oxides (NOX). Between the NOx, NO2 irritates the respiratory system and can damage its cells such as the mucous membranes of lungs. Inhalation of high levels of nitrogen oxides can cause irritation, spasm and tissue inflammation in the throat and upper respiratory tract, decrease in oxygen supply to body tissues, accumulation of fluid in the lungs and death. We raised this study to review the reports about the exposure to NOx related to tobacco smoke to evaluate the probable health effects.

Method: The present systematic review study was carried out by searching in the period of 18th of December to 11th of November in the data bases of Science direct, Springer, Pubmed and Google scholar among the articles in English language. The keywords of the search plan included nitrogen oxide, NOX, ETS, Cigarette smoke, Waterpipe smoke, and tobacco smoke. 797 articles were found and reviewed. Finally 7 articles met the above study criteria. Then, the concentration of nitrogen oxides and the study conditions including the sampling location and the environment were considered in the results.

Results: The obtained results show that the man tobacco smoke related concentration of NOX in ambient air was 9.71±11.03 ppm, which is higher than the annual guideline level of free air quality (0.053 ppm). According to these results, the mean concentration of NOX in cigarette smoke was 329.45±465.43 ppm, which is higher than the guideline level. The mean concentration of NOX in the smoking areas where higher than the non-smoking areas (17.80 vs. 12.47 ppm). Given the results, the mean concentration of NOX in cigarette smoke was 5.66 ppm and it was 0.16 ppm in hookah smoke. Also, the concentration of NO in the upstream cigarette smoke was higher than NO2.

Conclusion: According to the obtained results, tobacco smoking is effective on the concentration of NOx in the smoking environments. The cigarette is more suspected to emission of NOx compared to watepipe and the tobacco smoking can expose the people with high levels of NOx regarding the limited guideline levels.

Keywords: Air Pollution, Cigarette, Waterpipe, Nitrogen Oxides.

Article code: 1stinth-03740262

The heavy metals in human body fluids related to the tobacco smoke; a systematic review

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Abstract

Background: Metals enter the body and accumulate in different ways, such as drinking water, eating food and the smoking. Most of heavy metals are toxic even in low level. The relation between the tobacco smoking and intake of the metals have been studied frequently and it is a concerning issue. In this regard, the aim of this study was study on the concentrations and evaluating the health risks for the heavy metals from tobacco smoke.

Method: In the current systematic review, three databases of Springer, Science Direct and PubMed, were searched with the keywords of “Heavy metal”, “ETS”,” Tobacco”, “Breast milk”, “Blood” and “Urine” in the time period from November 1, 2022 to November 27, 2022. In next step, articles titles included “Heavy metal” and “Tobacco” or “ETS” and “Breast milk” or “blood” or “urine” in their title or summary or keyword were selected. 40 articles were included and after surfing on them, finally 27 articles were selected.

Result: The results showed that the children exposed to environmental tobacco smoke (ETS) had higher concentration of Pb in their hair than the children not exposed to (2.43 vs. 2.33 ng/mg). The concentration was even higher than for the smoker adults (2.43 vs. 1.98 ng/mg). With the results, the concentration of Pb, Cd and As in blood of smokers is significantly higher than non-smokers. And the concentration of Pb in blood of children who were exposed to ETS was higher than that of the not exposed children. As, Pb and Cd in the blood of smoker pregnant women was higher than that of non-smokers. Concentration of metals in plasma was higher than other body fluids, and for the smokers it was higher than for the non-smokers. Also, higher concentration of Pb, Ni, Cu was reported in smokers’ serum compared to the non-smokers. The concentration of Cd in urine was 0.3286 ± 0.0982 µg/g for the smokers and 0.2759 ± 0.1239 for non-smokers. Also, in the urine of children who were exposed to ETS the concentration of cobalt (Co) and tin (Sn) was significantly higher than the not exposed children. The results showed that the concentration of Cd and Pb in the breast milk of smoker mothers is significantly higher than that of non-smoker mothers. Pb (4.8 v.s 2.8 µg/l), Cd (5.1 v.s 0.64 µg/l) and Zn (940 v.s 450 µg/l) in the saliva of smokers were in higher concentrations compared to the non-smokers.

Conclusion: Smoking is one of the factors that disturbs the balance of the metal concentrations in the body and led to the health threat.

Keywords: Blood, Urine, Saliva, Air Pollution, Breast Milk.

Article code: 1stinth-00640261

Qualitative study of strategies predicting smoking in Bandar Abbas boys" schools: application of protection motivation theory

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Abstract

Background: Smoking is a global problem and endangers the physical and mental health of students. The present study was conducted with the aim of explaining the strategies for predicting smoking consumption from the perspective of students, parents and school officials based on the protection motivation theory.

Methods: The present study is a qualitative research of the content analysis type, which was conducted in boys" high schools in Bandar Abbas city. The data was obtained in the form of in-depth semi-structured and individual interviews among 33 people including: 14 male high school students, 11 parents and 8 managers and teachers. Data analysis was done using the method of qualitative content analysis guided by the theory. Theoretical saturation was achieved after face-to-face semi-structured interviews that were selected through purposive and snowball sampling. Guba and Lincoln criteria were used for the strength of the research.

Result: After analyzing the interviews, 5 categories, 12 subcategories and 110 primary codes were obtained. The categories and subgroups were: 1- Individual factors 2- Perceived risk 3- Fear of the harmful consequences of the disease 4- Social and cultural factors 5- Environmental factors.

Conclusion: The strategies for predicting tobacco consumption in boys" schools are health and preventive guidelines from tobacco consumption and effective interventions at different individual, environmental and social levels, and without detailed knowledge of interpersonal interactions, customs and culture of a society, it is impossible. It created effective interventions.

Keywords: Qualitative Study, Tobacco, Boys, Students, Protection Motivation Theory.

Article code: 1stinth-03720260

The role of addictive substances in the occurrence of family violence: A review

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Abstract

Background: The abuse of drugs and addictive substances is now considered as a widespread global problem, which has caused concern to many human societies. The present study is designed with the aim of investigating the role of addictive substances in the occurrence of family violence.

Methods: The present study was a review study designed in 2022. The search was conducted in international and national databases, including Scientific Information Database (SID), PubMed and Scopus, using the following keywords: “polycystic ovary syndrome”, “etiology” and “risk factor”. Summaries of articles published in congresses and conferences were excluded from the study. Initially, 12 articles in English or Persian were finally evaluated.

Results: By examining various studies, it was found that there is a significant relationship between substances use and committing violent crimes. These substances, with their adverse effects on the nervous system, take away the ability of self-control and decision-making in the moment and cause aggressive and violent behavior. Abnormal behaviors of parents due to the use of substances, as well as the use of these substances in front of the family, especially children, can cause violent behavior among family members and especially substances users, which can affect the physical and mental health of people. The use of alcohol and other substances is associated with an increase in the likelihood of violence related to sexual assault, which affects women"s sexual health and fertility.

Conclusion: Addictive substances can cause violent behavior patterns and ineffective reactions by causing adverse effects on a person and have an adverse effect on his family and interactions in society. In order to prevent this great damage, it is possible to prevent people from turning to these substances at a young age by teaching in schools and informing in the public media. It is also possible to prevent the occurrence of family violence, suicide and many complications of this disease by creating support groups for people who are involved in the disease of addiction and providing the necessary treatment and counseling to them and their families.

Keywords: Addictive Substances, Family Violence, Drug.

Article code: 1stinth-02530259

The Intertwining of Posttraumatic Stress Symptoms, Alcohol, Tobacco Use, and the COVID-19 Pandemic: A Review

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Abstract

Background: Posttraumatic stress symptoms and alcohol, tobacco use are frequently associated conditions. The COVID-19 pandemic has been a stressful situation globally and has worsened mental health conditions and addictions in the population. Our review explores the links between posttraumatic stress symptoms and alcohol use and tobacco use during the COVID-19 pandemic.

Methods: The present study was a review study designed in 2022. To search for similar articles, valid scientific databases such as PubMed / Medline, Scopus and ISI (Web of Sciences) were used. Selected keywords according to the MeSH guidelines included " Posttraumatic Stress Symptoms ", " Alcohol ", " COVID-19" and " Tobacco Use ", which were searched using the AND-OR operators. Initially, 56 articles were retrieved, and after applying the inclusion and exclusion criteria, 24 articles were extracted. Inclusion criteria included the availability of the full text of the article, Latinness of the article and exclusion criteria also included: abstracts of papers presented at congresses and conferences.

Results: By examining the various studies, it was found that a high level of posttraumatic stress symptoms was associated with alcohol use increase. COVID-19-related stress was frequently correlated with either high posttraumatic stress symptoms or alcohol use. In healthcare workers, posttraumatic stress symptoms and alcohol use were not associated, while COVID-19 worries were related to both posttraumatic stress symptoms and alcohol use.

Conclusion: Posttraumatic stress symptoms and increased alcohol use are frequently associated, while COVID-19 worries might trigger both conditions and worsen their association. Alcohol use increase may represent either an inadequate way of coping with posttraumatic stress symptoms or a vulnerability amid the COVID-19 pandemic, leading to posttraumatic stress symptoms. Populations already vulnerable to posttraumatic stress symptoms before the pandemic need to be monitored carefully, as these conditions potentiate each other. Proactive mental health care for these populations in stressful situations (e.g., phone calls, teleconsultations, and information on mental health services) is also encouraged.

Keywords: Posttraumatic Stress Symptoms, Alcohol, Tobacco Use, COVID-19.

Article code: 1stinth-03660257

Technology-based Interventions for Smoking Cessation: A Systematic Literature Review

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Abstract

Background: Smoking is the leading cause of preventable illness and early death worldwide. Developing effective and scalable smoking-quitting interventions is crucial. New technologies provide novel opportunities that are effective in smoking cessation activities. This study aimed to systematically identified and categorized technology-based interventions for smoking cessation activities.

Methods: A systematic review was performed by searching in PubMed and Scopus databases in September 2022 using a defined search query. English articles of the last five years that reported a technology-based intervention tested in a population for smoking cessation were reviewed. This study was conducted following the internationally Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement. Two reviewers performed study selection and data extraction with disagreements resolved by a third reviewer. Qualitative data were abstracted using a standardized form to document study and intervention characteristics and results.

Results: A total of 617 studies were initially identified. Following a review of the title, abstract, and full text, finally, forty-eight studies met the inclusion criteria. Types of technology used for smoking cessation include mobile applications (n=22), web programs and websites (n=12), gamification (n=4), virtual reality (VR) programs (n=3), social media platforms (2), Avatar-Led programs (2), recommender system based on machine learning algorithm (n=1), audiovisual media (n=1), and personal biofeedback interventions: pivot breath sensor (n=1). As the most commonly used technology, smoking cessation apps are developed based on the principles of cognitive behavioral therapy and clinical experience, scientific or empirical evidence of smoking cessation. These are mainly customized and personalized programs; that involves the following: self-reflection, changing unhelpful thinking patterns and behaviors, development of personal coping strategies, problem-solving, and mindfulness. In most studies, technology-based interventions resulted in high abstinence rates and participants' satisfaction. finally, based on the challenges

addressed, the suggested considerations for developing and applying technologies were classified into four categories: 1) standardizing and continuous quality assurance of programs by a multidisciplinary team of experts, 2) customizing a quit plan, 3) providing suitable educational content and the proper VR-scenario, and 4) tracking proper supervision during technology-based quit smoking (access to a quit coach)

Conclusion: Based on findings, digital interventions led to increased smoking abstinence and can be a valuable solution in smoking cessation. Simultaneously with the development of technologies, it becomes necessary to develop national standards for designing and evaluating programs. Further research is required to evaluate the long-term impact of digital interventions on outcomes related to smoking cessation.

Keywords: Technology, Digital, Smoking Cessation, Quitting Smoking, Intervention.

Article code: 1stinth-02050255

Sociocultural factors contributing to hookah tobacco smoking among adolescents and young adult women

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Abstract

Background: Tobacco smoking is a major health challenge accounting for more than seven million deaths throughout the world. Hookah tobacco smoking (HTS) is currently a serious and growing public health threat in the world, especially in adolescents and young women. The aim of the study was to explore sociocultural factors contributing to HTS among adolescents and young adult women in Iran.

Methods: This qualitative study was conducted from August 2017 to January 2019 in Isfahan and Hamadan cities, Iran; it included 13–30-year-old females with experience of HTS. For data collection, in-depth semi-structured personal interviews were conducted at participants' preferred time and place. Concurrent with data collection, data were analyzed through conventional content analysis.

Results: Overall, 42 persons participated in this study. Thirty- four participants were adolescent and young adult women with HTS experience and with mean (SD) age of 22.97 (4.89) years, on average. Twenty-nine of these women (85%) still smoked waterpipe tobacco at the time of the study, while five of them had ceased HTS. The remaining eight participants were two mothers, one girlfriend, and one boyfriend, two male hookah tobacco smokers who worked in hookah bars, one female teacher, and a male smoking control staff. The study participants described the various sociocultural factors contributing to HTS. These factors were categorized into four following main categories: hookah glamorization by its producers and sellers, media advertisement or silence, common sociocultural traditions, and governmental policies and regulations.

Conclusion: A wide range of sociocultural factors affects HTS among Iranian adolescents and young adult women. Therefore, interdisciplinary multidimensional strategies are needed for HTS management and prevention among these at-risk groups. Public education, strict supervision of tobacco import, export, and selling, ample employment opportunities for young people and effective leisure time management are essential to reduce HTS.

Keywords: Hookah Tobacco Smoking, Adolescents, Young Adult, Women, Qualitative Study.

Article code: 1stinth-02050254

Perceptions of adolescence and young adults' women about the Predictors of Hookah tobacco smoking: A Qualitative Content Analysis

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Abstract

Background: Despite, Hookah tobacco smoking (HTS) is one of the most important risk factors that increase the burden of diseases worldwide, it has become alarmingly popular among adolescence and young adults women. Thus, it is essential to identify the perceptions associated with this unhealthy behavior to design the effective programs. This study aimed to Experiences of adolescence and young adults women about the Predictors of Hookah tobacco smoking.

Methods: This was a qualitative study framed by the Extended Parallel Process Model conducted in Isfahan and Hamadan, Iran from August 2017 to January 2019. Study participants were adolescent and young adult women. Data were collected via in-depth semi-structured interviews. All interviews were tape recorded and transcribed verbatim. Sampling was done through both purposeful and snowball sampling and was continued up to data saturation. A content analysis approach was used to explore the data.

Results: overall 34 adolescent and young adult women participated in the study. The mean age of women was 22.97 (SD = 4.89) years, on average. Data analysis led to the extraction of 86 primary codes that were categorized into predetermined levels of the Extended Parallel Process Model including susceptibility, perceived severity, Response Efficacy, perceived self-efficacy fear, fear reactions, attitude and a new variable called Focusing on superior rewards. The findings of the study showed that the most important predictors for the HTS were the structures of attitude and Focusing on superior rewards.

Conclusions: Findings were consistent with EPPM, which suggests this model is a potential tool for understanding adolescence and young adult women intention to HTS. Future research should utilize quantitative methods to test this model.

Keywords: Hookah Tobacco Smoking, Adolescents, Young Adult, Women, Qualitative Study, Extended Parallel Process Model.

Article code: 1stinth-03680252

The status of tobacco use among health and medical care personnel: A systematic review study

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Abstract

Background: Smoking is a serious threat to public health. The evidence indicates a high prevalence of tobacco use, including cigarettes, tobacco, and hookah among people. Considering the impact of health care and medical workers on the behavior of their patients as well as the society and the important role they have as a role model in correcting the risky behavior of patients, smoking among health personnel is of great importance. Therefore, the current study was conducted with the aim of investigating the status of tobacco smoking among health and medical care personnel.

Method: In this systematic review, an electronic search using English keywords from the scientific database google scholar, pubmed, SID, scopus, medline in the period from July to October 1401 including all published articles, cross-sectional studies, case-control studies, clinical trials and soon was performed. From the 140 articles found in the initial search in the field of tobacco use among healthcare personnel, 50 articles were eligible to be included in the study. All collected articles were reviewed and some were removed based on the title, abstract or repetition. Then the selected studies were evaluated based on the inclusion and exclusion criteria. The inclusion criteria were studies with regular abstracts and external studies, and the exclusion criteria included repeated articles and review studies.

Results: 50 articles were reviewed with the aim of identifying the status of smoking among health and medical care personnel. Eventually; the state of smoking in health care facilities was found that about 30.2% of the staff use tobaccos, some of them are not aware of the dangers of using it, and most of them continue to use tobacco despite being aware of its harm.

Conclusion: Health and medical care personnel are known as models of health in the society, and the increase in smoking among them, especially in the workplace, encourages more patients to continue smoking and not to quit. Therefore, it is necessary to predict a correct method for monitoring the status of tobacco use among health and medical personnel, as well as the implementation of daily and continuous preventive programs.

Keywords: Tobacco Use, Health And Medical Care, Personnel, Systematic Review.

Article code: 1stinth-03240249

The role of social support in frustration tolerance of pregnant women with drug abuse in the referral center of southwestern Iran in 2021

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Abstract

Background: Women experience a stressful life with drug abuse and need more support from family and society. If they do not receive the necessary support, they will be stuck in the cycle of addiction and it will be difficult for them to bear failures. The present study was conducted with the aim of determining the role of social support in coping with the frustration tolerance of pregnant women with substance abuse who referred to Hazrat Zainab Hospital in Shiraz in 1400.

Methods: The current research was a descriptive-cross-sectional study and the statistical population of all pregnant women with substance abuse referred to different departments of Hazrat Zainab Hospital in Shiraz. 200 people were included in the study by continuous sampling. While respecting the privacy and confidentiality of information, demographic questionnaires, VAX social support and Harrington"s failure tolerance were completed. Sampling continued from Mehr to Esfand 1400. Data analysis was done with SPSS 22 software with descriptive and analytical statistics tests of frequency, percentage, mean and standard deviation, Pearson correlation coefficient and multiple regressions.

Results: The average social support score of pregnant women with substance abuse was 53.4 ± 2.32, which indicates unfavorable social support. Social support in the support of friends dimension had the highest mean (2.44 ± 0.91) and the support of community members had the lowest mean (2.24 ± 0.64). Social support was more in wives and husbands with middle and higher education levels. The mean frustration tolerance score was 136.73±22.5, and frustration tolerance was inversely correlated with social support (P=0.012) in the dimension of not tolerating stress, not tolerating discomfort, and not tolerating injustice and dissatisfaction.

Conclusion: The social support of the family and society in pregnant women with substance abuse was not favorable and these women received their support more from friends, and they could not tolerate failure and stress. Holding programs of empowerment and foundation in the society can help improve the health of the future generation.

Keywords: Social Support, Frustration Tolerance, Pregnant Women, Substance Abuse.

Article code: 1stinth-01040247

The association of smoking with severity and mortality in COVID-19 patients

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Abstract

Background: To investigate the relationship between smoking and contracting the severity and mortality of COVID-19 infection.

Methods: The present study was conducted on 147 COVID-19 patients who used to smoke over the last three months and selected from the patients admitted to the COVID-19 ward of Shahid Mohammadi Hospital affiliated to Bandar Abbas University of Medical Sciences with confirmed PCR test results. The patients were divided into three groups based on the severity of their disease:1. Mild: Patients with less than 48 hours' hospitalization, no hypoxia, and O2 saturation ≥90%; 2. Moderate: Patients with a hospitalization duration ≥48 hours but no need for ICU admission and who had not expired;3. Severe: Patients needing ICU admission or who had expired. The indications for ICU admission included O2 saturation 30 beats/min. The relationship between smoking history, history of using ARBs and ACE inhibitors, diabetes, hypertension, cardiovascular problems, and GFR was then assessed with severity of the disease. The effects of smoking history, history of ACEIs/ARBs use, history of hypertension, GFR ≤60 mL/min, history of cardiovascular problems, diabetes, LDH ≥500 U/L, and lymphocyte count ≤1500 was then also assessed on COVID-19-related deaths.

Results: The mean age was 60±16 years in the severe group, 53±17 years in the moderate group, and 47±18 years in the mild group, suggesting a statistically significant difference between the three groups. 62% of the patients in the severe group, 42% in the moderate group, and 22% in the mild group had a history of smoking, suggesting a statistically significant difference between the three groups in this regard (P-value: 0.001) as well as history of ACEI/ARBs use, (P=0.04). A significant relationship was also observed between the patients' serum LDH and lymphopenia (lymphocyte count<1500) and the severity of the disease. Examining the risk factors affecting the mortality of the disease showed that a history of smoking was not significant for mortality in COVID-19 patients. The adjusted OR in this regard was significant in the patients with GFR ≤60 (mL/min) (OR: 2) and tin the patients with LDH≥500 U/L (OR:4), and also in the ones who had a history of hypertension and lymphopenia (OR:1.06 and 4 respectively).

Conclusion: The present study showed that the history of smoking before the infection of COVID-19 had a significant relationship with the severity of the disease in patients with COVID-19 infection. This result could change health and smoking prevention policies during the COVID-19 pandemic and beyond.

Keywords: Smoking, COVID-19, Severity, Mortality.

Article code: 1stinth-03610245

Evaluation of smoking status among employees and measurement of Hypertension in Employees Smokers

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Abstract

High blood pressure (BP) is one of the most health issues that is increasing in developing countries. It is also the most important correctable cause of cardiovascular diseases. One of the risk factors for high BP is cigarette smoking. Smoking causes an acute increase in BP and heart rate. The response to treatment of BP in smokers with high BP is weaker rather than in other people, so, they should take more medicine. In this study, hypertension in employee smokers was evaluated. An investigation was conducted in Bandar Abbas City, Hormozgan province, Iran. A group of people that were selected from the population were consisting of 8067 men and women employees with the chosen age rating including: 15 teenagers (up to 18); 1750 young (19–29); 6230 middle-aged (30–59); and 72 elders (>60). The systolic, diastolic BP, and the rate of smoking of these people were collected. Data was analyzed as statistical by using SPSS software. The results showed that 622 persons from 8067 were smokers, of which 1 person was a teenager, 57 persons were young, 551 persons were middle-aged, and 14 persons were elders. Among these 622 people, 2.5% of young people, 36.33% of middle-aged people, and 0.8% of elderly persons had high BP. It is concluded that, the middle-aged employee smokers had the heights percentage of hypertension, and the lowest percentage of hypertension was related to old smokers (>60 years). This may be because people who have hypertension and smoking habits will have a shorter lifespan.

Keywords: High Blood Pressure (BP), Cigarette Smoking, Employee Smokers.

Article code: 1stinth-03550242

Investigating the relationship between exposure to cigarette smoke and dental caries: A review article

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Abstract

Environmental smoke, which is also called secondhand smoke, is the smoke that non-smokers inhale due to being exposed to smoke from other people"s tobacco use, which is caused by using cigarettes, pipes, and hookahs. This smoke, which is a combination of the smoke exhaled by the smoker and the smoke released from the lit end of the cigarette, is also known as passive smoking. Environmental smoke is a special public health concern, especially for children. In addition to affecting the physiology of children who are exposed to it, environmental smoke also has adverse effects on their general and oral health. This study aims to investigate the relationship between people"s exposure to environmental smoke and dental caries, as well as the factors that strengthen this relationship. PubMed, Google Scholar, Scopus, Science direct, SID and CIVILICA databases were used to extract articles published from 2012 to 2022 in this field. Passive smoking is more prevalent than active smoking; hence, SHS is a major concern affecting community health. Globally, SHS exposure is estimated to be 40% in children, 33% in nonsmoking men, and 35% in nonsmoking women. One study reported that 44.1% of young adolescents from 131 countries were exposed to SHS at home and 54.2% of them in public places. A study of 12-to-15-year-olds in 68 low- and middle-income nations found that the overall prevalence of SHS was 55.9%. The countries in which children have the maximum exposure to SHS are China, India, Indonesia, Bangladesh, and the Philippines. Research shows that there is an independent association between SHS exposure and dental caries, especially in primary teeth. However, the association between SHS exposure and dental caries in permanent teeth must be explored further through well-designed studies because statistically significant evidence is lacking.

Keywords: Environmental Smoke, Dental Caries, Streptococcus Mutans, Tobacco.

Article code: 1stinth-03280241

Investigating the relationship between smoking and the spread and infection of the COVID-19 disease and related strategies

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Abstract

Background: In recent years, the epidemic of the corona virus disease (COVID-19) has become the most important challenge for governments. Since this disease causes lung involvement, and on the other hand, smoking and nicotine are effective in the pathogens of lung diseases, the relationship between smoking in COVID-19 is important.

Methods: The present study is a review type that was conducted in first half of 1401, in this study, articles published between 1381-1397 (2002-2019) were examined. In order to obtain related scientific documents, an electronic search in both Persian and English languages using the keywords smoking, COVID-19 progression, ACE2, in databases including PubMed, Google Scholar, Science Direct were used.

Results: In the present study, a total of 58 articles were collected and articles whose full text was not available were excluded from the study. Qualified and related studies were selected and their data were extracted. The results of studies within our reach indicate that smoking causes an increase in the incidence of COVID-19 due to the suppression of the immune system. On the other hand, smoking tobacco (cigarettes, electronic cigarettes or hookah) and the resulting exhaled smoke can spread aerosols containing SARS-Cov-2 in the surrounding environment and make it easier to spread. In some communities, people had turned to smoking because they found social distancing stressful.

Conclusion: Tobacco control is a bigger challenge than ever in the context of the COVID-19 pandemic. Officials and decision-markers related to tobacco control should be more vigilant and give special support to tobacco-dependent patients in the context of disease epidemic. It seems that with the help of proper planning, counseling and training for these people, it is possible to create a favorable environment for smoking cessation among consumers.

Keywords: Smoking, COVID-19 Progression, ACE2.

Article code: 1stinth-03490240

The association between smoking and COVID-19 severity: possible mechanisms

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Abstract

Background: Smoking adversely affect the lung immune function by increasing the risks of severity of various infectious diseases such as COVID-19. The association between smoking on COVID-19 outcomes including the need for ventilation, and hospitalization in intensive care units (ICU) as well as death have been sporadically studied and conflicting results have been reported. Given the gap in the literature, we conducted a review study of published reviews in this regard.

Methods: The published studies were searched through MEDLINE, Embase, CENTRAL, Web of Science, Lit COVID, and Europe PMC, between December 1st, 2019 and February 20th, 2021. Studies included 66977 individuals with positive COVID-19 infection. The status of patients were divided into smokers, non-smokers, ex-smokers and unspecified-smokers.

Results: Mortality is the most common outcome evaluated to study the association between smoking and COVID-19. Most studies approved that smoking increased the mortality, hospitalization, ICU admission, mechanical ventilation and symptom severity. Patients with a smoking history had significantly increased risk of severe COVID-19, in-hospital mortality, necessity of mechanical ventilation. Based on analysis performed on 532 patients in one group of studies, there was no significant difference in rate of mortality between smokers and ex-smokers. The exacerbation of COVID-19 symptoms and mortality in smokers might be resulted from poor mucociliary clearance, release of pro-inflammatory cytokine including interleukin-6, interleukin-8, and tumor necrosis factor alpha, increased expression of angiotensin converting enzyme 2 in the respiratory tract as well as damaged endothelial and abnormal barrier function against virus. One study reported high risk of pulmonary embolism in COVID-19 patients with smoking history. Although most of the studies demonstrated strong relation between smoking and COVID-19 severity, there were some reports with lack of significant attribution. Only one report exhibited decreased COVID-19 severity in smokers.

Conclusion: Although further evaluations are warranted, the outcome of current review confirmed an association between any smoking history and mortality upon COVID-19 infection. Prevention and cessation of smoking should be considered as the main priority for all societies within the COVID-19 pandemic and even after that.

Keywords: COVID-19, Smoking, Mortality, Hospitalization, ICU admission, Mechanism.

Article code: 1stinth-03360238

Attitude toward smoking and its relationship with loneliness and social capital among medical sciences students of Tabriz

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Abstract

Background: Smoking cigarette is a major health problem that specifically affects the youth and adolescent population. As a psychosocial determinant of health, social capital and loneliness can influence health attitudes, behaviors and smoking cigarette. The aim of this study is to investigate the attitude toward smoking and its relationship with feelings of loneliness and social capital among medical students in Tabriz.

Methods: This cross-sectional descriptive study was conducted in 2019 on 538 students of the faculties of Tabriz University of Medical Sciences. Samples were selected by proportional sampling method. Students' attitudes toward smoking, social capital and loneliness were assessed using the scale of cigarette smoking attitude (CSA), the social capital questionnaire (SCQ) and the revised version of the University of California Los Angeles (UCLA-R) Loneliness questionnaire. Finally, the data were analyzed by SPSS software (version 22), using descriptive statistics (frequency, percentage, mean and standard deviation) and analytical statistics (Pearson test and multivariate linear regression).

Results: The mean scores of total attitude toward smoking, loneliness and social capital were 48.64 of 96, 41.42 of 80, and 105.19 of 180, respectively. Also, a negative and significant correlation was found between attitude toward smoking and social capital (r: -0.15, P<0.001). Moreover, a positive and significant correlation was found between attitude toward smoking and feeling of loneliness (r: 0.28, P<0.001).

Conclusion: The findings of the present study showed that students had a negative attitude toward smoking. Also, the level of social capital and loneliness of students was moderate. Medical sciences students as future healthcare providers, who are expected to take an important role in reducing smoking rates in the community, should be supported to develop appropriate attitudes towards smoking. Promoting positive social capital and reducing feeling of loneliness among university students can improve their attitudes towards smoking.

Key words: Smoking Cigarette, Loneliness, Social Capital, Students.

Article code: 1stinth-02830237

The effect of electronic cigarette on smoking cessation: a review study

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Abstract

Background: Smoking is the main cause of many deaths and diseases around the world, and smokers are about two to four times more susceptible to diseases. The electronic cigarette is an electronic device for delivering nicotine with a battery and works similar to a cigarette, except that by heating a solution containing nicotine and delivering an aerosol that a person inhales, EC simulates the act of smoking. It has become popular among smokers who want to avoid the dangers of smoking. This review study was conducted with the aim of the effectiveness of electronic cigarettes in quitting smoking.

Methods: This study was conducted using PubMed, EMBASE, Science Direct, and Google scholar databases. The types of articles written from 2014to2022 were reviewed and a total of 167 articles were found. The title, abstract, and full text of the findings were studied in order to check the inclusion criteria, finally27 articles related to the main topic were found and the articles that were not related were excluded from this study. Finally, the studies conducted are reviewed and analyzed.

Result: Participants who used e-cigarettes were more likely to have abstained from smoking for at least six months. In the research conducted, none of the serious side effects related to its use have been reported. Also, most of the conducted studies showed that electronic cigarettes, especially the second-generation types, can reduce the symptoms of smoking cessation and the desire to use them in laboratory environments. In the reviewed studies, 55.5% of them reported the positive effect of electronic cigarettes on the success of quitting.

Conclusion: (E-cigarettes) were originally designed as a smoking cessation aid, and evidence shows that those containing nicotine can help quit smoking. It is also significantly safer than traditional cigarettes. There is uncertainty about whether electronic cigarettes lead to a complete cessation of smoking, and more research is needed.

Keywords: Electronic Cigarettes, Smoking Cessation, Vaping.

Article code: 1stinth-03580236

Passive Smoking induced Hearing Loss in Children

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Abstract

Background: Toxic effects following active smoking regarded as a main public health problem are well understood. However; adverse effects of passive smoking are less understood. So, it is important to focus on health effects of passive smoking and making more general recognition. One of these are developing hearing loss in children which needs necessary concerns. So the aim of this study is a review of passive smoking induced hearing loss in infants.

Methods: Related articles were found by a comprehensive search of the literature from 2000, using PubMed/MEDLINE, PsycINFO, CINAHL, ISI Web of Science, Cochrane Library, EMBASE, and Scopus databases and the most relevant studies were selected.

Results: Studies showed that among non-smokers, those who reported passive exposure to tobacco smoke were more likely to have a hearing loss, associated with a dose-response effect, compared with control group. On the other hand, passive smoker children were more sensitive to conductive hearing loss and otitis media due to repeated attacks of eustachian tube dysfunction and middle ear effusion as a result of the exposure. Also, it is demonstrated that nicotine has direct ototoxic effect on the hearing receptors and induces vasospasm and arteriosclerosis in the cochlear blood vessels lead to sensory neural hearing loss. Results showed that the outcomes of passive smoking induced hearing loss in infants include attention-deficit/hyperactivity disorder, poor academic achievement, and cognitive impairment.

Conclusion: Passive smoking develops sensory neural and/or conductive hearing loss in children. This may lead to both irreversible hearing loss and negative cognitive and behavioral consequences. Quitting or reducing smoking and avoiding passive exposure to tobacco smoke is necessary to help prevent or moderate hearing loss.

Keywords: Passive Smoking, Hearing Loss, Children.

Article code: 1stinth-03580235

Association between Cigarette Smoking and Hearing Loss

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Abstract

Background: Smoking is a common negative behavior despite of its adverse effects. Understanding the predictors of health conditions following active smoking leads to determine identify effective solutions. Although smoking as a lifestyle factor, have been associated with acquired hearing loss, limited studies explored this association. So, the aim of this study is a review of the association between cigarette smoking and hearing loss.

Methods: Related articles were found by a comprehensive search of the literature from 2000, using PubMed/MEDLINE, PsycINFO, CINAHL, ISI Web of Science, Cochrane Library, EMBASE, and Scopus databases and the most relevant studies were selected.

Results: Studies reported that current smokers were more likely to have a hearing loss than non-smokers particularly when it is along with other risk factors including age, industrial noise exposure, caucasian ethnicity, low education, high cholesterol and diabetes. It is demonstrated that mechanisms including vasoconstriction, hypoxia and nicotinetoxicity affect hearing as a result of smoking. Also, damage to the outer hair cells of the cochlea, increased oxidative stress due to generation of reactive oxygen species, and elevated systemic inflammatory markers are other suggested mechanisms. Studies showed that this association is due to toxins found in cigarette smoking including toluene, benzene, and carbon monoxide affecting hearing organs. On the other hand, some common health conditions such a stroke and cancers resulting from smoking, are associated with hearing loss where a communication problem becomes evident.

Conclusion: It is necessary to train smokers due to hearing loss prevention following reduction and quitting habit of smoking. In addition, smokers should refer to hearing assessment clinics to monitor their hearing status regularly and perform early intervention once hearing loss detected.

Keywords: Cigarette Smoking, Hearing Loss, Active Smoking.

Article code: 1stinth-03480233

Examining the relationship between smoking and COVID-19: Review study

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Abstract

Background: The new COVID-19 virus mainly affects the lungs and causes acute respiratory syndrome in humans. Smoking is one of the most important known risk factors in the occurrence of severe respiratory diseases and even death. This study was conducted to investigate the effect of smoking on the disease COVID-19.

Methods: This study searched sources related to smoking and COVID-19 in SID, PubMed, Embase, Cochrane, and Google Scholar databases using the keywords "tobacco" and "COVID-19" in Farsi and English. Finally, studies that evaluated the relationship between smoking and its outcomes in patients with COVID-19 were included.

Results: Most of the studies have shown a positive relationship regarding the effect of smoking on the increase in the incidence of COVID-19. Smoking, especially smoking, is associated with increased expression of angiotensin-converting enzyme receptors; which has a significant relationship with the infection rate and severity of the COVID-19 disease. Smoking and related diseases have been reported to have a worse prognosis for COVID-19. The results of various studies show that smoking is associated with an increase in the risk of respiratory tract infections, disruption of the body"s immune system, a decrease in the function and capacity of the lungs, and ultimately an increase in the risk of contracting COVID-19.

Conclusion: Smoking increases the risk of contracting COVID-19 and its severity by disrupting the body"s immune system, increasing the risk of respiratory tract infections, and reducing lung function. Therefore, smoking can be considered a risk factor for COVID-19 disease.

Keywords: Tobacco, COVID-19, Review, Respiratory Infections.

Article code: 1stinth-03500232

Health promotion interventions using community organization theory to reduce tobacco use

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Abstract

Background: Intersectoral cooperation and community participation are the most important principles of primary health care. Health promoting interventions by applying the “theory of community organization” in order to improve the community health as well as control and reduce tobacco consumption through community participation and comprehensive support of organizations, is currently being designed and implemented by health education and promotion department, Ministry of Health and Medical Education.

Methods: This project can be done at the national level. The grassroots organization and leadership development are done at the Ministry of Health, the Vice-Chancellor for Health in universities and the city health centers. In this project, advocacy is done through "organizational self-care program" by representatives from each organization. In order to community participation and community empowerment by empowerment oriented social action approach, “Health volunteers program” is used by the TOT method to control and reduce tobacco consumption. In order to organizing coalitions, the program of “student health ambassadors” in seminaries, universities and schools is used. Socio-cultural interventions including 3 National health campaigns were carried out in cooperation with relevant organizations. In order to implement specific interventions in universities, that the issue of smoking is one of the primary priorities, it is necessary to evaluate and identify the influential causes of the problem by advocacy and community participation in RCCE (Risk Communication and community engagement) program.

Results: Evaluation and monitoring of similar programs have shown that interventions based on community organization theory can be effective in creating social and behavioral changes by considering all the influential aspects and required strategies.

Conclusion: According to similar studies, advocacy and community participation based on community organization theory, in community based health promotion interventions can be effective for controlling and reducing tobacco use.

Keywords: Community Building, Capacity Building, Community Organization Theory, Advocacy, Collaboration.

Article code: 1stinth-03570231

Tobacco use and skeletal muscle disorders in linemen of Hormozgan Electric Distribution Company

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Abstract

Background: Smoking has harmful effects on the health of the musculoskeletal system, and considering to the nature of linemen's job that are exposed to occupational, physical and psychological stressors in the workplace, this study aimed at investigating the prevalence of smoking and hookah use and skeletal muscle disorders among the linemen working in the electricity distribution company of Hormozgan province.

Methods: This descriptive-analytical cross-sectional study was conducted on the linemen in Hormozgan Electronic Distribution Company in 2020. We used a demographic questionnaire that includes the tobacco use and the Nordic Skeletal-Muscular Questionnaire (NMQ) to determine the prevalence of skeletal muscle disorders (which are not caused by accidents) also used the new definition of CTD from the American Institute of Occupational Safety and Health (NIOSH). Mann-Whitney test and Stata 17 software were used for statistical analysis

Results: The number of participants were 381 men, the average age was 36 years (±5.4), the prevalence of cigarette smoking was 9.45% and hookah use was 6.04%. The prevalence of skeletal muscle disorders were reported 22.7%, 16.73%, 19.76%, 8.15% and 24.21% respectively in the neck, shoulder, low back, wrist and lower limbs. The results of statistical tests didn't show a significant relationship between having skeletal muscle disorders in anybody area and smoking, but a statistically significant relationship was observed between having skeletal muscle disorder in the lower back and hookah use (P-value=0.01).

Conclusion: Relatively high prevalence of skeletal muscle disorders in low back was seen in linemen and considering the relationship between this prevalence and the hookah use in them, it seems that the design of tobacco use prevention programs are effective in ensuring the health of linemen.

Keywords: Cigarette Smoking, Hookah Use, Skeletal Muscle Disorders and Lineman.

Article code: 1stinth-01010230

Prevalence of chronic kidney disease among cigarette and hookah users and its associated risk factors in middle-aged and elderly Iranian population, a cross-sectional study (finding from Bandare-Kong cohort study)

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Abstract

Background: The progression of chronic kidney disease (CKD) remains one of the main challenges in clinical nephrology. Identifying the independent preventable risk factors is a critical first step in reducing the number of patients suffering from this disease. Smoking is associated with CKD, but there is still controversy about the risk factor. This study aimed to determine whether smoking is associated with CKD among 35-70-year-olds in Bandare-Kong city.

Methods: We conducted a cross-sectional survey of 3713 middle-aged and elderly adults (35–70 years old) from Bandare-Kong Cohort data as part of the Prospective Epidemiological Research Studies in IrAN (PERSIAN) Cohort study. We obtained sociodemographic variables and cigarette and hookah smoking information through a questionnaire. An expert examiner measured the anthropometric indices. There was a definition of CKD based on an estimated glomerular filtration rate of less than 60 mL/min/1.73 m2. The odds ratio of smoking or hookah using for predicting CKD were estimated by multivariate logistic regression using SPSS 25 ®.

Results: The mean age of the subjects was 48.2 ± 9.4 Years. Of the total, 56.5 % were female. The prevalence of CKD was 9.0%. CKD prevalence was in cigarette and hookah users at 7.8 % and 11.6 %, respectively. According to multivariate logistic regression analysis, Hookah using was associated with 36 % increased odds of CKD (OR=1.36; 95% CI: 1.03, 1.79), however, cigarette smoking was not associated with increase in CKD risk.

Conclusion: The study found that hookah despite cigarette smoking, was independently associated with CKD. A longitudinal study is suggested to examine the cause-and-effect association between smoking and CKD incidence.

Keywords: Chronic Kidney Disease, Cigarette Smoking, Hookah Smoking, Prospective Epidemiological Research Studies.

Article code: 1stinth-01010228

The global lifetime prevalence of e-cigarettes: A systematic review and meta-analysis

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Abstract

Background: Background: One of the types of tobacco is electronic cigarettes (e-cigarettes) and in recent years, the prevalence of e-cigarettes has increased in the world. This study was aimed to determine the global lifetime prevalence of e-cigarettes.

Methods: The study was conducted in July 2020 without a time limit in Scopus, Web of Science, Ovid-MEDLINE, and PubMed. In the first stage, the titles and abstracts of the articles were reviewed, and if they were appropriate, they entered the next stage of screening. Then all articles were reviewed and papers that met the inclusion criteria were selected. In this study, the Joanna Briggs Institute's critical appraisal tool was used for assessed the quality of prevalence studies.

Results: The lifetime prevalence of e-cigarettes vaping was 23% (with a confidence interval (CI) of 95%: 21-25%). The lifetime prevalence of e-cigarettes vaping among men was 22% (95% CI: 20-25%) and 12% (95% CI: 11-13%). The lifetime prevalence of e-cigarettes vaping among women was 16% (95% CI: 15-18%). In this study, the lifetime prevalence of e-cigarettes vaping in college students, adolescents/school students, patients, and adults were 26% (95% CI: 15-37%), 25% (95% CI: 21-30%), 29% (95% CI: 16-43%), and 19% (95% CI: 17-21%), respectively. The lifetime prevalence of e-cigarettes vaping in the continents of America, Oceania, Asia, and Europe were 24% (95% CI: 21-27%), 25% (95% CI: 18-33%), 16% (95% CI: 11-20%), and 26% (95% CI: 21-31%), respectively.

Conclusion: In this study, the lifetime prevalence of e-cigarettes vaping is very high. So, it is necessary to design and implement the proper educational programs, and developing consumption limited laws and policies in this regards.

Keywords: Tumor, Occupational, Brain.

Article code: 1stinth-03510226

Obtaining compounds to reduce the harm of smoking and cover the unpleasant smell of smoke in the family

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Abstract

Studies have shown that living with smokers in the family is as harmful as smoking. Smokers suffer from various types of cancer to skin, dental problems, etc., but until now, little research has been done on the adverse effects of smoking on those around the smoker. According to researchers, various toxins in cigarette smoke cause DNA damage in sexually sensitive cells. The results of studies like this have caused health experts in Europe to spend more effort to pass laws banning smoking in public places so that they can at least keep children and non-smokers away from its dangers. A second-hand smoker is someone who is exposed to cigarette smoke. For this purpose, in the two phases of laboratory and cigarette manufacturing and repeated tests to obtain the amount of foreign LSS consumption in Iranian cigarettes and test it and trial supply in the market, we succeeded in attracting the customer's opinion. According to the high-performance liquid chromatography analysis of the foreign LSS material in order to identify the compounds, the initial and experimental production of the completely Iranian LSS material was carried out by taking the example of the foreign material, which by adding the product to the cigarette according to the previous evaluations of the unpleasant smell of cigarette smoke according to The opinion forms filled by the taste test group were reduced. Currently, according to the confirmation of the reduction of the unpleasant smell of cigarette smoke and the unaltered taste of LSS cigarettes produced by the opinion of consumers and standard tests in Iran Tobacco Company, we hope that by consuming this formulated substance in Harman cigarettes, which consists of vanilla with properties and Countless benefits such as:

- Reduce nausea
-Weight Loss
- Significant reduction of anxiety and stress
- Healing body wounds
- Preventing tooth decay and helping them to be more healthy
- Help increase memory
- Treatment of severe and painful coughs
- Improves stomach and intestinal function

And a special solvent that increases the penetration coefficient of Iranian tobacco in cigarettes and we can see the production of LSS cigarettes with less risks than regular cigarettes.

Keywords: Lss, Reduction Of Unpleasant Odors, Cigarette.

Article code: 1stinth-03160225

Explaining the Tobacco Control Policy and Legislation Process in Iran and Providing Policy Solutions: A Review of National and International Documents

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Abstract

Background: Tobacco use is the fifth risk factor for non-communicable diseases in the country. This study aimed to analyze the policies and measures of tobacco control in Iran during the last three decades (1983-2021).

Methods: The present study is a retrospective policy analysis that analyzed the content of tobacco control policies in Iran using a case study plan based on the Walt and Gilson triangle policy analysis framework. Data were collected using policy and legal documents and analyzed using documentary analysis. MAXQDA 11 software was used to categorize and analyze the findings.

Results: The content of the policies includes pricing and taxation to reduce the demand for tobacco, preventing people from being exposed to tobacco smoke, regulating the contents of tobacco products and regulations regarding the disclosure of information about tobacco products, packaging and labeling of tobacco products, education, public information and awareness, advertising, promotion and financial support of tobacco, measures to reduce the demand for dependence and smoking cessation, illegal trade in tobacco products, sale to and by minors, financial support for practical alternative activities in economic and research, system Monitoring, evaluation and exchange of information.

Conclusions: Strengthening the government's tobacco control capacity and formulating a clear and coherent national tobacco control strategy and roadmap, including a mechanism for effective cross-sectoral cooperation between different actors, can reduce conflicts of interest between actors involved and determine the country's overall direction in tobacco control and progress.

Keywords: Tobacco Control, Iran, Health Policy, Policy Analysis, Policy Documents.

Article code: 1stinth-03160224

Promotion of tobacco control policies in Iran: operational solutions

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Abstract

Background: Tobacco control is one of the public health priorities. The tobacco epidemic is one of the greatest public health threats the world has ever faced. It seems that more than two decades have passed since the beginning of tobacco control activities in the country. Therefore, this study was done by providing operational solutions.

Methods: This is a Multiple methods study. In-depth semi-structured interviews with key informants (n=20) to identify the experiences of experts in tobacco control policies. A content analysis approach was used for analysis of data. The prioritization of policy solutions was done using the prioritization matrix from the experts' point of view. Operational solutions in the form of a matrix were sent to the experts to prioritize them based on the burden of the health issue, effectiveness, cost, acceptability, and fairness.

Results: Operational solutions include pricing and taxation to reduce the demand for tobacco, preventing people from being exposed to smoke from tobacco, regulating the contents of and regulations related to the disclosure of information about and packaging and the labeling of tobacco products, education, information and Public awareness, publicity, promotion and financial support of tobacco, measures to reduce demand regarding dependence and quit smoking, illegal trade of tobacco products and sales to and by minors are given in order of priority.

Conclusion: Formulation of a transparent national tobacco control strategy in tobacco control requires political commitment at the highest level in Iran. This strategy will show the government's clear position regarding tobacco control and strengthen inter-sectoral cooperation. In the strategic embryo, the duties and roles of all stakeholders should be specified. Such a strategy can help reduce the conflict of interest between the involved actors and determine the country's overall direction in the tobacco control field.

Keywords: Promotion, Tobacco Control, Policy, Iran, Operational Solutions.

Article code: 1stinth-02050223

Adolescents and Young adults' women preferences Regarding Waterpipe tobacco smoking prevention educational interventions: A Qualitative Study in Iran

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Abstract

Background: Waterpipe tobacco smoking (WTS) is addictive and hazardous for health, but it has become popular, especially in adolescents and young adults women. WTS prevention educational interventions, particularly those tailored to the target audience's needs and preferences can cost-effectively change people's attitudes and behaviors towards better health decision-making. However, there is limited research on how to best tailor WTS prevention educational interventions for adolescents and young adult's women. This study examines adolescents and young adults' women preferences Regarding WTS prevention educational interventions.

Methods: This qualitative study was conducted 2019 in Isfahan and Hamadan cities, Iran; it included 13–30-year-old females with experience of WTS. For data collection, in-depth semi-structured personal interviews were conducted. Participants were selected with maximum variation from different educational levels, employment status, ethnic groups, and geographic areas in Iran. Concurrent with data collection, data were analyzed through conventional content analysis.

Results: conventional content analysis revealed that adolescents and young adults' women prefer WTS prevention educational interventions that rely on (1) Consequences and negative effects related to hookah use, (2) Providing statistics on the incidence of diseases and deaths caused by WTS to increase awareness of the severity of complications, (3) Information related to the side effects of WTS tailored to women' gender, (4) information and messages, tailored to the characteristics and needs of each person, (5) strengthening life skills, and (6) suggestions about alternative activities.

Conclusions: adolescents and young adults' women agreed that the content of WTS prevention educational interventions need to be revised to suit the current generation to ensure sustainability. Insights of the study can inform WTS prevention educational interventions design and development.

Keywords: Waterpipe Tobacco Smoking, Prevention, Educational Interventions, Adolescents And Young Adults, Women.

Article code: 1stinth-02050222

An Exploration of the Role of Family Influences on Waterpipe Tobacco Smoking among Women

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Abstract

Background: Background: Waterpipe tobacco smoking (WTS) is a traditional method for tobacco smoking. Despite the serious health outcomes of WTS, its popularity has significantly boosted among adolescent and young adult women. Various factors have led to this catastrophe. For years, family influence has reigned as the most important contributor to adolescent smoking initiation, in the views of researchers, the general public, and the tobacco companies. This study focused on role of family influences on WTS among women.

Methods: In this qualitative study, Participants included 34 adolescent and young adult women who had the experience of WTS and lived in Isfahan and Hamadan, Iran. However, to increase the strength and consistency of the data, people who were somehow connected with this the issue are also eligible to participate in the interviews. Other participants included 8 family members, friends, WTS providers, teachers, and smoking control staffs. Sampling was done through both purposeful and snowball sampling and was continued up to data saturation. Data were collected through individual in-depth semi-structured interviews and were analyzed by content analysis.

Results: Two categories of facilitative and inhibitory factors related to the role of the family in women's WTS were revealed. The presence of a hookah user in the family and the girl's participation in preparing hookah for family members, parents' divorce and family conflicts, insufficient financial and emotional support by the family have caused the tendency of women to use hookah. Having a healthy family, the family's negative attitude towards WTS and the creation of restrictions and bans on consumption at home, as well as the serious reactions of family members towards WTS, have played a deterrent role and caused them to reduce or stop using hookah.

Conclusion: These findings suggest that problem of WTS is not just an individual phenomenon, and provide insight for designing intervention strategies to promote household WTS bans. Therefore, WTS prevention interventions should be focused on targeting the family as well.

Keywords: Family, Waterpipe Tobacco Smoking, Adolescent And Young Adult, Women.

Article code: 1stinth-02960221

The effect of smoking on the quality and rate of fertility in women and men

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Abstract

In recent decades, the decline of human fertility has become increasingly alarming. Prevention is the most successful approach for fertility disorders in men and women. Many researches have been conducted on the effect of preventable factors, including incorrect lifestyle and unhealthy habits, on the fertility of men and women. Smoking is one of the cases that, despite its effects on reproduction and the consequences of pregnancy and fetal health, a significant part of women and men of reproductive age are still suffering from it. This study provides an overview of clinical and experimental studies that have addressed the effects of smoking on female and male fertility, also considering effects on the ovaries, fallopian tubes and uterus, ovarian reserve, steroidogenesis, ovulation, and the menstrual cycle. , fallopian tube function and uterine acceptance and implantation, polycystic ovary syndrome and endometriosis have studied the effects of smoke on male fertility and semen quality. Studies were searched using selected keywords in PubMed. Articles were retrieved individually by each author. No release date restrictions have been set. Articles in languages other than English were excluded. At present, the most consistent evidence of the harmful effect of smoke on women"s reproductive performance and sperm quality in men has been provided by experimental studies. In general, clinical studies show that smoking is associated with decreased fertility

Keywords: Smoke, Female Fertility, Male Fertility.

Article code: 1stinth-03470220

Assessment of the correlation between smoking with the intensity and number of vessels involved in angiography of patients with acute coronary syndrome referred to Shahid Mohammadi Hospital, Bandar Abbas, 2022

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Abstract

Background: The ever-increasing spread of cardiovascular diseases, especially coronary arteries, has turned the eyes of many researchers towards the discovery of factors that can predict the factors related to these diseases. So, considering the consumption of various types of smoking, especially opium and hookah in addition to cigarettes in our region and the increasing tendency of young people to use hookah as a recreation, the present study aimed to evaluate the correlation between smoking with the intensity and number of vessels involved in angiography of patients with acute coronary syndrome referred to Shahid Mohammadi Hospital, Bandar Abbas, 2022.

Methods: The present study is a descriptive-analytical study that was conducted on 152 patients with acute coronary syndrome who underwent coronary angiography. In this study, demographic information, laboratory findings, and information related to the severity and number of coronary arteries involved were collected using their clinical records and angiography CDs based on SYNTAX score, and using independent ttests, Pearson"s, Spearman"s, and ANOVA statistical tests. The relationship between the number and severity of vessels involved in angiography of patients with demographic characteristics, lipid and inflammatory indices and smoking was investigated.

Results: The results of this study have shown that despite the absence of a relationship between the number and severity of coronary artery involvement was not significant in terms of the variables such as age, gender, having a history of underlying disease in the patient, having a history of heart disease in the patient"s family, type of used drug, duration of smoking, triglyceride, and cholesterol, while A statistically significant correlation was observed between the frequency of consumption per day and the number of involved vessels (P=0.01). On the other hand, the inverse relationship between HDL and the direct relationship between CRP was also confirmed in this study. LDL was not related to the severity of coronary artery involvement, but it was directly related to the number of vessels.

Conclusion: Based of the present result, it can be concluded that the number and severity of the involved vessels are independent of type, duration, and frequency of using smoking in day, and

also demographic characteraises of people while lipid and inflamantation factors were effective factors.

Keywords: Smoking, Severity of Involved Vessels, Number of Involved Vessels, Acute Coronary Syndrom.

Article code: 1stinth-00480219

The individualization of tobacco products hinders the achievement of a tobacco-free city:A conceptual look at self and society

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Abstract

Types of tobacco and its use have been prevalent among the natives of different regions of the world for thousands of years, from Latin America to Africa and East Asia and even the Middle East, but it is from the middle of the 20th century that it takes on a social aspect: in other words, nearly 17% (a Sixth) It includes the people of every country and the world. All the efforts and plans to reduce this amount of consuming people in the world, if not useless, have definitely had very limited effects, because this amount has been continuously increasing and changing the approach: feminization, teenagers and children, and family consumption. This does not mean that the political, health and economic managers of the societies do not care and try, but perhaps one of the important reasons is the lack of attention to social management in reducing consumption and preventing new and more people from entering the consumption cycle. New studies (during the last two decades) have shown that this approach of only paying attention to tobacco users has prevented us from estimating the amount of people involved (indirectly) and indirect costs (often social and cultural). This article has more of a conceptual approach to the issue of tobacco consumption and with the pathology of a particle-oriented view and the approach of individualization, it tries to open other doors for planning to reduce consumption and evaluate trends. Because according to the individual approach of consumption, achieving a city without tobacco is almost impossible.

Keywords: Tobacco, Particle-Oriented View, Individualization Approach, Tobacco-Free City.

Article code: 1stinth-03450218

The prevalence of smoking and diabetes mellitus in Fars province in 1400 AH: A cross-sectional study

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Abstract

Background: Smoking and diabetes mellitus (DM) are both risk factors for non-communicable diseases. Their simultaneous presence can significantly increase the chances of non-communicable diseases The aim of this study was to determine the prevalence of smoking and diabetes mellitus in Fars province.

Methods: A cross-sectional study was designed on registered data in Fars province. The population over 30 years old covered by Shiraz University of Medical Sciences (SUMS) was investigated. Out of them, who were evaluated for cardiovascular risk assessment were considered as sample size. Data were calculated by the statistical package for social sciences (SPSS) version 16.

Results: At 1400 AH, the population over 30 years old covered by Shiraz University of Medical Sciences (SUMS) was 2,371,852 persons. Out of them of 764009 individuals assessed for cardiovascular risk, that 47.16 were male. The prevalence of smoking was 3.16 % (5.4 % in males and 1.17% in females). The prevalence of DM was 7.4 % (5.5 % in males and 9.06 % in females). The prevalence of smoking in DM patients was 2.72% (4.87 % in males and 1.54 in females). The prevalence of smoking in non-DM subjects was 3.20% (5.43 % in males and 1.14 in females).

Conclusion: The results of this study demonstrated that the prevalence of smoking in DM and non-DM subjects had no difference (2.72% vs. 3.20%). It is necessary to pay attention to this issue in consultations.

Keywords: Smoking, Diabetes Mellitus, Risk Factors

Article code: 1stinth-02290217

Effects of tobacco on oral cancer: A Systematic review

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Abstract

Background: Oral cancer is the 11th most common cancer in the world, which causes significant morbidity and mortality in patients, especially when it is detected late in the disease course. xposure to cigarette smoke increases the risk of oral cancer. Unfortunately, around 2.7 billion cigarettes are smuggled in Iran annually, according to official statement of Iranian Tobacco Company (ITC). Cigarette smoke contains many toxic substances that can cause cancer. Tobacco use is the main cause of preventable deaths worldwide. This systematic review was conducted to investigate the relationship between tobacco use and oral cancer.

Method: We performed a systematic review of the published literature addressing this issue. We searched Pubmed and EMBASE and Google Scholar for studies published in any languge between January 1, 2012, and August 1, 2022. 1055 references screened, 28 articles were found eligible for inclusion . These included articles assessed the effects of tobacco on oral cancer.

Results: 28 studies have been included in our study, all of which show that tobacco consumption is associated with the risk of oral cancer, especially chewing types. 10 case control studies assessed the association between smoking/alcohol consumption and the risk of oral cancer. The results showed that the simultaneous consumption of these two can greatly increase the risk of oral cancer, the alcohol alone did not produce significant effect. 5 case control studies show that poor oral and dental hygiene either with tobacco use or as an independent factor is also a risk factor.

Conclusions: According to most of the reviewed articles, there is a correlation between the use of various types of tobacco products such as cigarettes, tobacco and betel quid chewing with oral cancer. Thus, the more the use of tobacco and betel quid chewing, the greater the risk of oral cancer. Using various tobacco products at the same time as drinking alcohol and not observing oral and dental hygiene greatly increases the risk of oral cancer.

Keywords: Smoking, Tobacco, Oral Cancer.

Article code: 1stinth-03420216

Estimating The Prevalence and Cost of Smoking Cigarette and Water-pipe in Iran, 2021

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Abstract

Background: The tobacco epidemic is one of the major health problems around the world, with more than 8 million deaths a year. Despite the high-level influence of drug cartels, this billion-dollar economic tragedy is preventable. In Iran, smoking cigarettes and other tobacco products is a major health issue that needs specific attention. To estimate the prevalence of smoking cigarettes and other tobacco products in Iran and how it changes by age and sex in Iran. Additionally, we estimated the cost of tobacco by smokers per-person and for all populations in Isfahan and Iran.

Methods: We surveyed 21029 people, including 6,294 heads of households and 14,735 other family members, including 6,460 students and people with more than a high school diploma in Isfahan province __one of the major cities in Iran with more than 5.2 million population in 2021. The data was collected in-person by trained interviewers between October 2019 and February 2020. We have used the modified smoking questionnaire of the US National Health and Nutrition Examination Surveys (NHANES). For this analysis we have computed the prevalence ratio of smoking cigarettes and water-pipe by sex.

Results: Considering 100 cigarettes during the lifetime, our findings show that overall, 20.9% of men (adults 16 years and above) and 1.2 of women smoked cigarettes. The prevalence was reduced to 15.1% and 0.73% for heavy smokers (daily smokers) in men and women, respectively. Men smoked 25.3 days a month compared to 17.8 days for women. Men also smoked more daily cigarettes (11.4) than women (7.1). Men paid an average of 268,890 Rials (SD 195,950) for smoking per week compared to 256,740 Rials (SD: 208,310) for women; it seems women used more imported and expensive cigarettes than men. The cost of smoking cigarettes in Isfahan was estimated to be above 554.8 billion Rials, by reducing only 1% of smokers we could save up to 27.1 billion Rials in Isfahan. Our findings showed that 14.8% of men and 5.3% of women smoked water-pipe, on average the cost of using a one-time water pipe for men was 165,310 Rials (SD: 134,962) compared to 194,720 (SD: 174,270) in women. The cost of using water-pipe in Isfahan was estimated 114.2 billion Rials; we estimated 11.9 billion Rials could be saved by only a 1% reduction in using water-pipe men and women.

Conclusion: Smoking is one of the major health problems in Iran, with higher prevalence in major cities. Our findings showed that one average tobacco costs 3.35% of household expenditure, with

the highest increases in the recent decade. Increasing the cost of tobacco products, adopting smoking behavior by women, and increasing the number of smokers (either tobacco or water pipe) in recent years could explain some of the cost increases. Considering the high-volume market of tobacco products, establishing tax on selling and importing tobacco products may be an effective strategy to maintain the prevalence of tobacco users in Iran. Other strategies to follow are monitoring tobacco use, offering help for quitting tobacco, and warning about the danger of smoking.

Keywords: Prevalence,Smoking Cigarette,Water-Pipe.

Article code: 1stinth-02870215

The effect of secondhand smoke on children"s health

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Abstract

Background: The harmful effects and harms of cigarette smoke are not hidden from anyone, but due to focusing on the harm of smoking on smokers, we have neglected the harms of cigarette smoke on others. A study summarizes the health consequences of involuntary exposure to tobacco smoke into two major adverse outcomes: first, secondhand smoke causes premature death and disease in children and adults who do not smoke, and second, children exposed to secondhand smoke are at risk of developing Sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and asthma are more severe. Also, smoking by parents causes respiratory symptoms and slow lung growth in their children. For this reason, this review study has been conducted with the aim of the impact of secondhand smoke on the health of children as the most vulnerable group of society.

Methods: The present review study is based on the information collected from the articles published in the last ten years regarding the study of the harmful effects of cigarette smoke on children's health. And the obtained results were analyzed and interpreted.

Results: The results of this study showed that about 1.2 million people die every year due to exposure to secondhand smoke. 6.1% of mothers and 11.2% of fathers smoke at home. Also, another study showed that 30.4% of teenagers were exposed to secondhand smoke at home, 44.2% in public environments, and 23.2% both indoors and outdoors, which is 8 to 23 times more than children whose parents or acquaintances do not smoke. Among the 31 reviewed articles, 6 studies were aimed at investigating the effect of secondhand smoke on children's respiratory diseases, 3 studies on cardiovascular diseases, 3 studies on children's developmental disorders, and other studies with various purposes, such as the relationship between secondhand smoke and Cancers, psychological problems of children, pregnancy and as a result the health of the fetus and related diseases.

Conclusions: The present study showed that exposure to secondhand smoke is associated with adverse consequences for children's growth and health. It is essential that smokers, especially those who live with children, are aware of the harmful effects of exposure to secondhand smoke with their children, and finally, it is suggested to register a law to reduce or eliminate smoking in the home, car, or public environments.

Keywords: Secondhand Smoke, Children, Cardiovascular Disease.

Article code: 1stinth-03350214

Examining the nature of smoking and occupational diseases in the workplace

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Abstract

Background: The purpose of this research was to investigate the nature of smoking and occupational diseases in the workplace. In recent years, various factors in the workplace have led to a decrease in occupational disease rates, but this has been replaced by an increase in work-related diseases related to smoking and other lifestyle habits. 'Smoke Free Workplace: Safer and Healthier' has drawn attention to the need to manage smoking in the workplace. Cigarettes and nicotine-containing substances are among the most important causes of premature death and high-risk behaviors that include chronic diseases, such as heart disease, worldwide.

Methods: This research is applied in terms of purpose and descriptive in terms of method. The tool for collecting information was the library method. Descriptive research is defined as a research method that describes the characteristics of the population or the phenomenon under study.

Results: The results of this descriptive study showed that smokers not only harm their health,but also harm non-smokers through exposure to secondhand smoke (passive smoking). This leads to a decrease in productivity and morale in the workplace due to the conflict between smokers and non-smokers. Also, the results of other research in the same direction showed that exposure to passive smoke at work can cause symptoms of illness, especially for people who have pre-existing medical conditions, such as respiratory or cardiovascular.

Conclusion: Therefore, in order to prevent widespread diseases among employees, it is necessary to establish strict rules in the field of banning smoking in closed places.

Keywords: Smoking, Occupational Diseases, Workplace.

Article code: 1stinth-03300212

The effect of interventions to prevent and reduce hookah smoking: A systematic review

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Abstract

Background: The prevalence of hookah smoke in Iran, especially among adolescents, is increasing. Accordingly, the present study was conducted to determine the effect of interventions to prevent and reduce hookah smoke using a systematic review.

Method: In this study, all articles published up to April 2021 in both Persian and English in the field of interventions to prevent and reduce hookah smoke were reviewed. These studies were conducted based on the databases of the country"s publications (Magiran). According to the Cochrane search strategy, Iranian Medical Articles Database (Iran Medex) and Scientific Database (SID), Database in Scopus, PubMed, ISI Embase, and Science Direct databases. Two researchers independently selected studies based on inclusion criteria. The quality of the studies was assessed using EPHPP.

Results: Out of 4170 studies, 20 of those consistent with the research criteria were selected and carefully examined in the present study. The results showed that out of 20 studies that were reviewed, 19 studies showed that after completing the educational interventions, the prevalence of hookah smoke in the intervention group decreased compared to the control group. Also, the present study"s findings showed that educational interventions with content about the side effects of hookah smoke comparing the pathogenicity of hookah and smoking and showing its addictive intensity could improve structures such as a positive attitude to hookah smoke.

Conclusion: Considering the effect of various interventions and the use of patterns and theories of health education can be very helpful in changing and modifying some factors affecting the tendency to hookah smoke.

Keywords: Smoke, Hookah, Systematic.

Article code: 1stinth-03300211

Effectiveness of E-learning program in preventing Waterpipe smoking in adolescent females in western Iran

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Abstract

Background: Given the increasing trend of Water pipe (WP) smoking in adolescent females, it is necessary to use effective educational strategies in preventing WP smoking in developing countries. We aimed to determine effectiveness of e-learning program in preventing WP smoking in adolescent females west of Iran using prototype-willingness model. Study Design: A randomized controlled trial.

Methods: This study was performed on 221 adolescent females in Kermanshah City, Iran during 2019-2020. Multistage random sampling was used. Data collection tool included a researcher-made questionnaire based on prototype-willingness model. E-learning-based intervention program included 5 training sessions. Participants were followed up for 3 months after the intervention. The data were analyzed using SPSS software.

Results: The mean scores of attitude, subjective norms, prototype, intention, and behavioral willingness structures were similar in both experimental and control groups before the educational intervention. However, after educational interventions, mean scores of structures of positive attitude towards WP, subjective norms about WP smoking, positive prototype about WP smokers, intention, and behavioral willingness towards WP smoking were decreased in the experimental group. Moreover, frequency of WP smoking was decreased in the experimental group compared to the control group after the educational intervention (P=0.003).

Conclusion: The use of e-learning-based interventions is an educational strategy for reducing WP smoking in adolescent females.

Keywords: Adolescent, Female, Water Pipe Smoking.

Article code: 1stinth-03120209

Effects of tobacco inhalation on liver cancer: a brief review

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Abstract

Background: Today, liver cancer is known as one of the most common cancers in men and women in the world, so that it is the fifth most common cancer among men and the seventh most common cancer among women. Various environmental and hereditary factors play a role in the occurrence of this cancer. The current study was designed with the aim of determining the effects of tobacco inhalation on liver cancer.

Methods: The present study was a brief review designed in 2022. 3 scientific databases including PubMed/Medline, Scopus and Google Scholar were used to search for articles. The entry criteria of the articles included Latin language and the full text of the article. At first, 63 articles were retrieved, and finally 11 articles were selected for final review.

Results: Smoking a cigarette produces more than 4000 chemicals. Chemicals produced from cigarette smoke cause three main effects on the liver. These effects include oncogenic, immunological and indirect or direct toxic effects that lead to liver cancer. Tobacco causes secondary polycythemia, which means that it successively increases the circulation and mass of red blood cells, and as a result, due to iron overload, they lead to oxidative stress in the liver. In addition, tobacco drives the production of pro-inflammatory cytokines, tumor necrosis factor alpha (TNF-α) and interleukins (IL-1β, IL-6), which are responsible for chronic liver damage.

Conclusion: Smoking cessation strategies mainly include pharmacological and non-pharmacological interventions as well as a combination of these methods. Non-pharmacological interventions for smoking cessation include telephone counseling, individual and group counseling sessions, and fitness programs. Drug therapy can include nicotine replacement therapy, sustained-release (SR) bupropion, nicotine gum, nicotine lozenges, and nicotine transdermal patch. As a result, it is necessary to hold counseling courses for young people and groups at risk of addiction and inform about the complications and dangers of smoking in society.

Keywords: Tobacco, Liver Cancer, Risk Factors.

Article code: 1stinth-03270206

Investigating sociological factors affecting drug use among women referring to Iranshahr NA Center

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Abstract

Background: Women are considered as one of the social actors in the society, who are exposed to many phenomena and social issues like other strata and social classes. The purpose of this research is to investigate the sociological factors affecting drug use among women (case study: women referring to NA center in Iranshahr).

Methods: The survey research method was descriptive-correlation in nature and was conducted in the field. The statistical population of all women referring to the NA center in Iranshahr was about 92 people, who were selected as the sample size by census method. Demographic questionnaire and social factors affecting drug use designed by the researcher were used to collect information. In the analysis, descriptive statistics including (frequency, percentage, average) and inferential statistics including Anova, Pearson and multivariate regression were used.

Results: The obtained results showed that sociological factors have a significant effect on women"s drug use, and there is a direct but inverse relationship in the dimension of religiosity.

Conclusion: Considering that women are the most important segment of society and family, it is recommended that we provide these people with self-knowledge and self-awareness training and use this strategy to prevent women from becoming addicted.

Keywords: Factors, Sociological, Drug Use, Women.

Article code: 1stinth-03260204

Gender differences of high blood pressure in smokers versus non-smokers in Fars province population: a registered data-based study

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Abstract

Background: Background: Previous studies have shown that smoking is a risk factor for most non-communicable diseases, including blood pressure. This study was conducted with the aim of investigating gender differences in the prevalence of hypertension in smokers vs. non-smokers cases.

Methods: This cross-sectional study was conducted on the Fars population based on registered data. In the year 1400 AH, the population over 30 years old covered by Shiraz University of Medical Sciences (SUMS) was 2,371,852 people whose data was recorded. Out of them, 764009 were evaluated for cardiovascular risk assessment. The odds ratio (OR) and its 95% Confidence interval (CI) for data was calculated by the statistical package for social sciences (SPSS) version 16.

Results: Out of 764009 individuals assessed for cardiovascular risk, 52.86 % were women. The results showed that the chance of being a smoker is significantly higher in men than in women (OR= 4.79, 95% CI=4.64 - 4.95, P<0.001). The chance of hypertension was higher in women than in men (OR=1.75,95% CI = 1.73 -1.78, P<0.001). Also, the chance of hypertension was higher in smoker women than in smoker men (OR=3.06, 95%CI=2.74 -3.45, P<0.001). While the chance of hypertension was lower in non-smoker women than in non-smoker men (OR =0.92, 95% CI: 0.91 – 0.93, P<0.001)

Conclusion: The results of this study demonstrated that the prevalence of high blood pressure in women is related to women who smoke. This result is the opposite in non-smokers. In other words, being a smoker and the female gender simultaneously, have a synergistic effect on hypertension.

Keywords: Smoking , Gender Difference , Hypertension.

Article code: 1stinth-03220203

Electronic-Cigarette (Vapors) Smoking and the Risk of COVID-19

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Abstract

In December 2019, four cases of unexplained pneumonia were accounted to the World Health Organization from Wuhan, China. Electronic nicotine delivery systems, of which electronic cigarettes are a common type, are devices that heat a liquid to create an aerosol that is inhaled by the user. Electronic cigarettes, one of the most common electronic nicotine delivery systems, are devices that heat the liquid and create an aerosol that is inhaled by the user. This liquid contains nicotine (but not tobacco) and other chemicals that may be toxic to human health. Given the COVID-19 pandemic and its morbidity and mortality worldwide, this article"s obvious question is: Is e-cigarette use a critical risk factor for COVID-19 infection? The results of a study by Gaiha showed that e-cigarette smokers were 3.3 times, e-cigarettes and cigarettes smokers were 3.6 times, and cigarette smokers were 3.9 times more likely to come for a COVID-19 diagnostic test. McAlinden et al. showed exposure to cigarette gas condensate and e-cigarettes are toxic to bronchial epithelial cells. Cell membrane damage led by the e-cigarette aerosol condensate and cigarette smoke extract are detectable after 24 hours of exposure. Significant morphological changes in BEAS-2B cells following the exposure to e-cigarette aerosol condensate and cigarette smoke extract can be detected after 24 hours of exposure. COVID-19 has affected a considerable number of people around the world. Evidence notes that e-cigarette users are affected by its negative impact on respiratory system function, lung vulnerability, and smoking-related behaviors. Among the related behavioral factors, we can mention as one of the ways of transmitting COVID-19 is through frequent hand-to-mouth contact, which is common among smokers (both cigarettes and e-cigarettes), also sharing e-cigarettes, which is common among e-cigarette users, may exacerbate the rate of transmission of the COVID-19 infection. Our paper proposes the following hypotheses: 1. Smoking e-cigarettes is a significant risk factor for COVID-19 infection with symptoms and its course. 2. The incidence of COVID-19 is higher in e-cigarette smokers than non-smokers. 3. By quitting e-cigarettes, the incidence of COVID-19 infection will be reduced. However, due to the lack of information and data in this field, it is necessary to examine and test these hypotheses in analytical studies with full compliance with ethical principles.

Keywords: Electronic-Cigarette, COVID-19, Coronavirus.

Article code: 1stinth-03180202

E-cigarette as a smoking cessation or encourager tool

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Abstract

Background: Over the past decades, electronic cigarette (e-cigarette) has entered into the tobacco industry as a safe alternative to combustible cigarettes. The aim of the current study was to investigate the effects of e-cigarette on smoking cessation.

Methods: Related studies were extracted by specific keywords from PubMed, ScienceDirect, and Scopus. The inclusion criterion was the relevance of the studies to the aim of the study from 2010 to 2022. Finally, the contents were summarized by content analysis.

Results: Due to the non-combustible property of tobacco, many people consider it less harmful. Other features such as different flavors, availability, and modern appearance make it user-friendly. Nevertheless, numerous studies declared the harmful effects of e-cigarettes on the lungs, platelets, and vascular tissue because of the formation of new suspected toxic compounds. Moreover, it has been reported that the use of e-cigarettes not only does not contribute to smoking cessation but also increases people's desire to conventional smoking, especially in e-liquids containing nicotine.

Conclusion: The potential of e-cigarette as a safe tool for smoking cessation remains debatable. In addition, due to the greater attraction of young adults, countries should enact laws regarding the distribution, access, and prohibitions.

Keywords: Electronic-Cigarette, Smoking Cessation, Combustible Cigarettes, Conventional Cigarettes.

Article code: 1stinth-03150198

The Prevalence and 5-Year Incidence Rate of Cigarette Smoking and Water-Pipe Tobacco Smoking and Their Associated Factors among 15 to 80 Years Old Urban Population in Southeast Iran: Results from KERCADR Study

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Abstract

Background: Cigarette and tobacco smoking are closely associated with chronic cardiovascular disease and lung cancer. We aimed to assess the prevalence and 5-year incidence rate (IR) of these two risk factors for cardiovascular diseases in Kerman, southeastern of Iran.

Methods: 10 015 individuals aged 15-80 were recruited to the study between 2014 and 2018 (Kerman coronary artery disease (CAD) risk factors study, KERCADRS) of which 2820 had also participated in the first phase (5 years earlier). We took fasting blood samples and collected demographic information and data on cigarette and water-pipe tobacco smoking (WPTS) through interviews.

Results: The overall prevalence of cigarette smoking increased from 8.1% in phase1 to 8.8% in phase 2. During the same period, the prevalence of WPTS increased from 10% to 14%, especially in the age groups of 15-45 years. The prevalence of opium dependance was higher among cigarette smokers compared to WPT users. The overall 5-year IR of cigarette and WPTS was 3.6 and 4.65 per 1000 person-years respectively. The highest IRs of cigarette smoking and WPTS were reported in the age group of 15-39 years, and IR of WPTS was higher among women. Obesity, diabetes, and hypertension associated with a reduced IRs of cigarette and WPTS.

Conclusion: Over the past five years, the prevalence of cigarette smoking has increased slightly, but WPTS has increased more rapidly, especially among women. The highest prevalence of cigarette and WPT smoking was in the age groups of 15-39 years. Smoking is shifting from cigarette smoking to WPTS. Age- and gender-oriented interventions would help correct the unhealthy life style in the community and prevent further smoking-related morbidities and mortalities.

Keywords: Cigarette Smoking, Tobacco Smoking, Prevalence, Incidence.

Article code: 1stinth-03070197

An evaluation of features in tobacco-free city from the perspective of the general public in bandar khamir

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Abstract

Background: A smoke-free city or village is an approach to reduce tobacco consumption. The status of a smoke-free city or village with features such as: Access to smoking cessation services, removal of tobacco supply in public places, ban on sale of tobacco to people under 18 years of age, ban on cigarette thread sales, ban on advertising of tobacco products, ban on smoking in public places was reviewed. In this research, the general opinion of the people in the mentioned cases was investigated in the city of Khamir as the city involved in the tobacco-free approach in Hormozgan province.

Methods: A standard non-smoking evaluation questionnaire was used. The questionnaire was completed online by the public of Khamir city. In this study, 489 people participated in the research in the form of snowball sampling.

Results: The present study showed that all consumers in this research had access to counseling services, treatment and treatment recommendations in ways such as visiting urban and rural health service centers, receiving leave application, private doctor"s office and the best place for people to get training and treatment recommendations Tobacco has been to comprehensive urban and rural health centers.62% of the people who paid attention to tobacco advertisements such as sales shelves and admitted that they did not see tobacco advertisements. 70% of people had received information messages about the harms of smoking and exposure to secondhand smoke, messages about the benefits of quitting. 68% of people were educated about the permanent ban on smoking in public places. 60% of people were educated about the harms of smoking during the last three months. 74% of the people who paid attention to the advertisement of smoking in public places stated that they did not see any advertisement for smoking in public places. 73% of the people who were careful about the sale of tobacco to people under 18 years of age stated that they did not see the sale of tobacco to people under 18 years of age. 71% of the people who paid attention to the sale of cigarette thread said that they did not see the sale of cigarette thread. 73% of people said that they did not see the sale of tobacco products from sales stalls.

Conclusion: This research showed from the general public"s point of view that Khamir city has a good status (over 60% of features) in terms of characteristics considered by the country as a smoke-free city. the implementation of tobacco-free interventions has been effective so far, and the strengthening of the interventions can lead to the acquisition of 100% characteristics of a tobacco-free city.

Keywords: Tobacco-Free City, Khamir, Tobacco Consumption.

Article code: 1stinth-02790196

Investigating the effect of education on the reduction of smoking and nicotine addiction among students of Tehran University of Medical Sciences

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Abstract

Background: Smoking is a public health problem and a preventable cause of non-communicable diseases and premature deaths. Today, smoking has increased significantly among developing societies, especially among young people, and they are known as one of the groups at risk of smoking. Therefore, this study aims to determine the effect of education on the reduction of smoking and nicotine dependence of medical students.

Method: The present research was conducted in a semi-experimental way in the dormitories of the University of Medical Sciences. 63 smoking students were selected purposefully. The intervention was conducted in the form of four 35-minute sessions in four consecutive weeks. The research tools were demographic questionnaire, Fagerstrom questionnaire and researcher-made smoking cessation questionnaire. The samples completed the demographic questionnaire and Fagerstrom questionnaire from the beginning of the research. One month and three months after the intervention, they completed the Fagerstrom questionnaire and the smoking cessation questionnaire again. SPSS version 20 software was used for data analysis. Descriptive statistics (prevalence, frequency percentage, mean and standard deviation) were used for statistical analysis and inferential statistics (chi-square, Fisher"s exact, independent t, paired t and analysis of variance with repeated measures) were used to determine significance.

Results: In order to compare the degree of dependence, the results show that before the intervention, the average was 5.02, one month 3.1 and three months 2.1 after the intervention, and there was a statistically significant difference (P=0.001). Also, one month and Three months after the intervention, the number of cigarettes consumed was significantly (P=0.001) less than before the intervention (P=0.033).

Conclusion: Based on the present study, education was effective in reducing smoking and nicotine addiction among medical students in Tehran. Because health behaviors are acquired, therefore, by raising people"s awareness and attitudes about the harms of smoking, it is possible to correct wrong behaviors and beliefs through education and lead them to perform correct health behaviors and practices.

Keywords: Education, Smoking Reduction, Nicotine Dependence.

Article code: 1stinth-03110195

Assessment of the relationship between tobacco and occurrence of the symptoms of musculoskeletal disorders in the service workers of Bandar Abbas city

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Abstract

Background: Smoking is an important factor that affects life expectancy and quality of life. Many clinical and experimental researches showed that smoking has harmful and significant effects on the musculoskeletal system and is a predictor of many orthopedic disorders. In addition, smoking (cigarettes and hookah) is also highly prevalent in Hormozgan province. Therefore, the current research was conducted with the aim of investigating the consumption of tobacco and its relationship with the prevalence of the symptoms of musculoskeletal disorders in the service workers of Bandar Abbas city.

Methods: The present study is a descriptive-analytical epidemiological study, which data was collected cross-sectionally. The size of the studied population was 351 male workers that working in the dock. In this study, musculoskeletal disorders were investigated in the last 12 months and in 9 parts of the body by the Nordic questionnair.The relationship between cigarettes,hookah and tobacco was analyzed by SPSS25 software with the prevalence of the mentioned symptoms.

Results: The average age of the participants in the study was 37.66±7.9 and their work experience was 13.9±8.7 years. More than half of the surveyed community (52%) use tobacco and all of them experienced more musculoskeletal problems than the other group. Musculoskeletal disorders in smokers showed a significant difference in four parts of the body, i.e., elbow, lower back, hip, and knee, compared to non-smokers with $P<0.05$.

Conclusion: People who used tobacco, experienced more pain in their muscles and bones than the other group, which could be caused by the adverse effects of tobacco on muscles, tendons, cartilages and ligaments. Therefore, the need for appropriate policies and plans is well felt to prevent and reduce smoking in the province, especially in jobs that are susceptible to musculoskeletal disorders

Keywords: Tobacco, Musculoskeletal Disorders, Smoking, Hookah.

Article code: 1stinth-02990194

A review of the effect of smokeless tobacco on oral health

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Abstract

Background: The harmful effects of using smokeless tobacco are not as well known as the effects caused by smoking. Smoking and oral smokeless tobacco use is one of the most important environmental risk factors for periodontal diseases by affecting the physiology, immunology and microbiology of the oral environment. In one study of people who had taken SLT for more than 40 years, it was found that more than 40% had leukoplakia, erythroplakia, or both. How smokeless tobacco contributes to non-neoplastic oral diseases is unclear. But it certainly increases the risk of oral mucosal lesions. The habit of using SLT is common among all populations, but the strong association between oral diseases and SLT is seen in Asian populations due to the presence of impurities.

Method: In this study, relevant articles up to December 2022 were searched in various databases including PubMed, Scopus, Web of Science and Google Scholar using keywords Oral disease, smokeless, tobacco. Data were evaluated separately for oral mucosal lesions, periodontal and gingival diseases, dental caries and tooth loss, and oral pain.

Results: SLT contains more than 4000 toxic substances, including benzo-alpha-pyrene, nitrosamine, pesticides, heavy metals such as lead and cadmium, which can cause damage to tissue. Studies have shown the relationship between gingival analysis and SLT, but this relationship has not been proven. A study on patterns of tooth loss among tobacco users in central India found that mandibular tooth loss was higher among oral SLT users, suggesting that the adverse effects of SLT use were greater in maxillary teeth. The bottom is revealed. Studies have shown that cancer from smokeless tobacco use is definite but slow. In addition, oral candidiasis, tooth and implant decay, smoker's palate and changes in smell and taste are also evident in consumers.

Conclusion: Considering the difference in the purity of SLT in different regions, it is difficult to draw conclusions about its effects on oral health. To better understand the relationship between oral SLT habits and periodontal diseases, more studies should be conducted in high-risk populations. The health risks in smokeless tobacco users are probably lower than in smokers, but higher than that of non-smokers.

Keywords: Tobacco, Oral Disease, Smokeless.

Article code: 1stinth-03120193

The Most Common Occupational Cancers: A Brief review

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2- Larestan University of Medical Sciences, Larestan, Iran.

Abstract

Background: Background: Occupational cancers cause a lot of life and financial costs to the individual and society every year, so the present study was designed to determine the most common occupational cancers in a review.

Methods: The present study was designed as a review in 2022. 4 Persian and Latin databases including SID, Google Scholar, PubMed and Scopus were selected to search for articles. The keywords 'cancer', 'neoplasm', 'tumor' and 'occupational' were searched using operators AND-OR. Initially, 1250 articles were retrieved, and after screening the abstracts, 11 articles were reviewed.

Results: A variety of studies have shown that the most common occupational cancers include lung cancer, non-melanoma skin cancer, breast cancer, thyroid cancer, mesothelioma and bladder cancer. Working in the insulation, textile, stone cutting, mining, glassmaking, transportation, and metalworking industries can cause lung cancer. Metalworking, agriculture, construction and fuel industries (extraction and processing of various fuels) can expose people to non-melanoma skin cancer. Shift jobs such as flight attendants are at risk for breast cancer. The insulation and textile industries expose people to mesothelioma cancer due to the presence of asbestos. Workers in the metalworking, transportation, construction and fuel industries, as well as painters and hairdressers, are at risk for bladder cancer.

Conclusion: Various studies have shown that the most common occupational cancers include lung cancer, non-melanoma skin cancer, breast cancer, mesothelioma and bladder cancer. The level of exposure of personnel working in these industries to carcinogens is significant, so reducing the exposure of people to these carcinogens seems important and necessary. Also, teaching employees safe work instructions, safety and warning signs, following standards, and adhering to exposure limits are effective in reducing the risk of occupational cancers.

Keywords: Neoplasm, Occupational, Industry.

Article code: 1stinth-03090192

The effect of exercise training on lung interferon gamma gene expression in rats induced by cigarette smoke

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2- Islamic Azad University of Yadegar Emam, Shahr-e-Rey, Iran.

Abstract

Background: Long-term cigarette smoking (LTCS) is an important risk factor for the development of bronchial cancer, smoking-related interstitial lung fibrosis, and chronic obstructive pulmonary disease. The aim of this study is to investigate the effect of regular exercise on the expression of interferon gamma lung gene in rats induced by cigarette smoke.

Methods: Twenty-four male Wistar rats were randomly divided into 3 equal groups: healthy control (Con), Cigarette smoke extract (CSE), CSE+exercise (CSE+Ex). Rats in the healthy control group were injected intraperitoneal with 150 microliters (µL) of vehicle (normal saline) and CSE groups with 150 microliters (µL) of CSE-PBS solution for 7 days. Interval exercise (4 minutes each period with 80-90% VO2max and separated by 3 minutes with 65-75% VO2max) was performed on the rodent treadmill 5 days a week for 4 weeks. RT-PCR method was used to investigate changes in IFN-γ gene expression. The data were analyzed by one-way analysis of variance.

Results: The expression of IFN-γ gene in the CSE group showed a significant increase compared to the healthy control group ($p<0.05$), and a significant decrease in the CSE+Ex group compared to the CSE group ($p<0.05$).

Conclusion: It seems that prolonged exposure to cigarette smoke increases the release of the inflammatory cytokine interferon gamma in the lung tissue, and regular exercise can moderate this factor. However, more studies are needed, especially in human samples.

Keywords: Smoking, Exercise Training, Cytokine, Interferon Gamma.

Article code: 1stinth-00870189

Smoking Cessation Pharmacotherapy; Varenicline or Bupropion?

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2- Namazi Hospital, Shiraz University of Medical Sciences, Shiraz, Iran.

Abstract

Background: Tobacco smoking is a worldwide health problem and also one of the leading causes of premature deaths in last years. Smoking cessation is now a matter of concern and recent researches have focused on cessation strategies with attention to pharmacotherapy and behavioral counseling. Nicotine replacement therapy (NRT), varenicline and bupropion are considered as first-line FDA-approved pharmacotherapy for smoking cessation.

Method: This writing is an overview of researches published in Pubmed database from 2012 to 2022 with “Varenicline” and “Bupropion” as key words. Among the researches that were found, 24 articles were selected which mainly focused on comparison of these two medicines.

Results: Varenicline and bupropion are known as non-nicotinic pharmacotherapy and have been used in addition to nicotine replacement therapy for smoking cessation. Varenicline is partial agonist for α4β2 nicotinic acetyl choline receptors while bupropion, classified as an atypical antidepressant, is actually a norepinephrine and dopamine reuptake inhibitor. Although these treatments can result in some adverse effects including nausea, insomnia, anxiety, irritability, fatigue and abnormal dreams, their efficacy in reduction of craving and also maintenance of abstinence is well been studied and approved by FDA. Moreover, adverse effects are usually mild to moderate clinical symptoms which can be tolerated and also easily managed and prevented in cases.

Conclusion: The efficacy and tolerability of varenicline and bupropion as treatments for smoking cessation is well understood. However, studies have shown that varenicline seems to be more effective in maintaining of abstinence and also reducing craving than bupropion and nicotine replacement therapy (NRT).

Keywords: Varenicline, Bupropion, Smoking Cessation.

Article code: 1stinth-00870188

Does Smoking E-cigarettes Result in Seizures? A Review

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Abstract

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Conclusion: The efficacy and tolerability of varenicline and bupropion as treatments for smoking cessation is well understood. However, studies have shown that varenicline seems to be more effective in maintaining of abstinence and also reducing craving than bupropion and nicotine replacement therapy (NRT).

Keywords: E-Cigarettes, Vaping, Seizures, Adolescence.

Article code: 1stinth-02570187

The relationship between smoking cessation and time perspective in patients with coronary artery disease

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Abstract

Background: Coronary artery disease is the most common type of cardiovascular disease and has high mortality and morbidity rate. The prevalence of cardiovascular disease has increased by 20-40% in recent years compared to the recent past. One of the important risk factors is smoking The time perspective is the basic cognitive process by which individuals perceive, interpret, and interact with their environment, and describe the impact of attention on the past, present, and future. This cognitive process affects human behavior. Our hypothesis is that this cognitive process can have an effect on decision to use or quit smoking.

Methods: This is a cross-sectional descriptive study in which 170 patients who were hospitalized with the diagnosis of coronary artery disease in Bandar-Abbas Shahid Mohammadi hospital were selected. All of them had history of smoking.the subjects were divided into two groups of smokers (currently smoking) and past smokers (smoking cessation at least 3 months ago). Zimbardo Time Perspective Inventory was used to evaluate the time perspective. Accordingly, the scores of the two groups were then compared to find out the time difference between consumers and people who quit. Chi-squared test and Mann-Whitney were used. A P-value less than or equal to 0.05 was considered a significant level.

Results: Of the 170 patients surveyed, 151 were male (88.8%) and 19 were female (11.25%). The mean age of the participating patients was 52.66±14.28years. . 140 people (82.4%)were smoker and 30 (17.6%)had quitted. Patients who quit smoking received higher scores on past-positive, and future time perspectives. (P <0.05).Patients who were smoker had higher scores in the Present-Hedonistic , Present-Fatalistic, and future transcendent perspectives but they were not statistically significant.

Conclusion: Although most studies have found positive relationship between present time perspective and risky behaviors, Our study did not prove it.but like other studies people with future time perspective had less tendency to drug addiction and smoking

Keywords: Time Perspective, Coronary Artery Disease, Smoking.

Article code: 1stinth-03020186

Cigarettes and tobacco are the most important factors in increasing the risk of active tuberculosis and lung cancer and increasing the death rate

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Abstract

Background: Tuberculosis (TB) is an infectious disease caused by Mycobacterium tuberculosis and mainly affects the lungs. Tuberculosis has the second highest mortality rate in the world. Latent tuberculosis infection in people usually does not have symptoms for years, in which case it is referred to as latent tuberculosis. Some factors may be effective in the occurrence of active tuberculosis and bring it out of the latent state. These factors include: immunodeficiency, aging, smoking, diseases of the immune system, improper nutrition, stress and addiction to injectable drugs. Although tuberculosis alone can be a big problem for human health, it is more worrying to know that this disease can be closely related to lung cancer. Lung cancer is one of the most important causes of death in the world. Several studies have shown that the risk of lung cancer increases several times in people who get tuberculosis

Methods: In this study on 60 patients with active tuberculosis and 60 patients with lung cancer, smoking history was investigated.

Results: The results showed that 35% of the patients with tuberculosis used cigarettes or tobacco. Also, about 60% of lung cancer patients were smokers and 35% of them had drug addiction.

Conclusion: Smoking can increase the sensitivity and risk of developing active tuberculosis and can lead to lung cancer. Almost every year, 80 to 90 percent of millions of deaths in the world due to lung cancer are caused by smoking and tobacco use, which can be prevented by quitting. However, there are a small percentage of patients who have never smoked in their lifetime. TB infection before lung cancer increases the mortality rate and is significantly related to lung cancer mortality, and this figure is much higher in smokers than in non-smokers.

Keywords: Tuberculosis, Lung Cancer, Smoking, Addiction, Cigarettes.

Article code: 1stinth-02880185

the relationship between exposure to cigarette smoke in pregnant mothers and type 1 diabetes in their children

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2- Razi University, Kermanshah. Iran.

Abstract

Background: The different prevalence of type 1 diabetes may be caused by differences in environmental risk factors during a person's fetal life, including passive exposure to cigarette smoke which in passive smokers is as harmful as in smokers. The aim of this study was to determine the relationship between inactive smoking of pregnant mothers and the occurrence of type 1 diabetes in their children in Sanandaj.

Method: It was a case/control study that was conducted on 450 children under 15 years of age (150 with type 1 diabetes and 300 healthy children) who referred to Tawheed Hospital clinics. Two groups were investigated and compared in terms of possible risk factors effective in the occurrence of type 1 diabetes, especially exposure to cigarette smoke. The obtained data were analyzed using t-test, chi-square, and logistic regression in SPSS software version 25.

Results: The risk factors studied included possible hereditary factors and environmental factors of type 1 diabetes, including exposure to cigarette smoke among the mothers of the research samples. Although the mothers of none of the research samples were active smokers in both groups. But the two groups had a significant difference in terms of exposure to cigarette smoke during pregnancy ($p<0.05$).

Conclusion: According to the findings of the present study, which showed that in addition to genetic factors, passive exposure to cigarette smoke in pregnant mothers is directly related to the occurrence of type 1 diabetes in their children, it is appropriate to inform the society, especially women of reproductive age should be taught not to smoke and not even indirectly be exposed to these harmful substances. In this way, we can be effective in reducing the incidence of diseases caused by exposure to cigarette smoke, including type 1 diabetes.

Keywords: Passive Smoking, Type 1 Diabetes, Children.

Article code: 1stinth-02910183

A Ethnographic study of the contexts of hookah consumption among teenagers in Shiraz

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2- Hormozgan University, Bandar Abbas, Iran.

Abstract

Background: Hookah consumption is one of the common forms of smoking, an old method, but currently it has been adopted by teenagers and young adults, both men and women. At the same time, hookah consumption becomes a risky behavior, and especially when it is used for teenagers, it can create a platform and conditions for risky behaviors to occur. Therefore, hookah consumption is a social issue and it needs to be studied and investigated with a sociological approach. In this regard, the present research has investigated the background and process of hookah consumption.

Methods: The current research has investigated the background and process of hookah consumption with qualitative method and using ethnography. After completing the preliminary stage and exploratory study, the researcher has followed the objectives of the research by being in the research field and making full field observations and conducting in-depth interviews. Adolescents aged 13-18 living in Shiraz who use hookah in hangouts and public places of the city were investigated and after collecting data and analyzing them, key categories were extracted.

Results: Key categories related to the use of hookah by teenagers include friendship and collective nature of hookah, suppliers as supporting actors, fruit hookah as a fundamental proposition, escape from problems-identification and leisure time, temporal and spatial of hookah, the typology of users, hookah as a means of recreation in the lower class, the prevalence of hookah, the contexts of consumption and companionship with the use of drugs, cigarettes, alcoholic beverages, and sexual relations.

Conclusion: In general, it can be concluded that 'group authenticity' is a very central and key concept in the formation and continuation of hookah consumption among teenagers, and it is absolutely necessary for researchers and Politicians to pay more attention to this concept.

Keywords: Tobacco, Hookah, Friendship, Friendship Group.

Article code: 1stinth-01040180

Effect of Aripiprazole on Smoking Rate in Schizophrenic Patients: A Randomised triple blinded clinical trial

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Abstract

Background: Ventral Tegmental Area dopaminergic neurons consist of the pathway strengthening the use of psychoactive substances including nicotine. Dopamine overactivity in this pathway could be the underlying cause of using substances. As a second-generation antipsychotic with a dopamine partial agonistic activity, it seems that aripiprazole could reduce substance use by adjusting dopamine in the mentioned pathway. Among schizophrenic patients, smoking and consequent cardiovascular diseases are more common compared with the general population. The purpose of this study is to evaluate the effect of aripiprazole on the smoking rate of schizophrenic patients.

Methods: This is a randomized triple-blind parallel clinical trial in which 40 schizophrenic patients were allocated to two intervention and control groups. The intervention group received 10mg of aripiprazole daily while the control group received a placebo. In both groups smoking rate was measured before and after the study using a standard instrument (Fagerstrom Tolerance Questionnaire) and the obtained data were compared and statistically analyzed by SPSS.

Results: There was no significant difference between the groups regarding age, duration of illness, duration of nicotine dependency and other demographic variables. The average FTQ score of the intervention group was 8 and 6.47 before and after taking aripiprazole, respectively, indicating a significant decrease; but in the control group, these values were 7.57 and 7.15 before and after receiving a placebo, respectively indicating no significant decrease. The average decline in FTQ score during the study was 1.53 and 0.42 in the intervention and control groups, respectively, which is statistically significant.

Conclusion: According to this study, aripiprazole decreases the rate of nicotine dependency in male schizophrenic patients.

Keywords: Schizophrenia, Aripiprazole, Smoking Rate, Fagerstrom Tolerance Questionnaire.

Article code: 1stinth-02780179

The impact of smoking on anti-COVID antibody titers after vaccination: a narrative review in some Asian countries

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Abstract

According to 2019 worldwide statistics, there were more than 1 billion tobacco smokers, making smoking one of the top significant preventable causes of disease and early death. Smoking poses a considerable problem to healthcare systems throughout the world. The coronavirus outbreak, which is now sweeping the world, is causing much concern. Since December 2020, several COVID-19 vaccines have been produced and approved, and an efficient immunologic response to vaccination is essential to limiting the pandemic"s harmful health effects. According to several of these research, smokers" vaccine antibody titers are lower or decline more quickly than nonsmokers. Thus, this narrative review article is conducted with the aim of finding the impact of smoking on anti-SARS-CoV-2 IgG antibody titers after COVID vaccination in some Asian countries including China, Japan, Jordan, and Turkey. Relevant English publications from the Web of Science, PubMed, Scopus, and Google Scholar using keywords such as COVID-19, smoking, vaccination, China, Japan, Jordan, and Turkey Were searched and extracted. This review revealed that smoking is one of the significant risk factors for COVID-19 infection that emerges after vaccination. Present smoking promotes lower antibody titers and quitting smoking before immunization would increase the ability to respond to the vaccine. Moreover, cigarette smoking and using of tobacco products could be predictors of a reduced immunological response to the COVID-19 vaccination. To develop a more individualized strategy for vaccination additional research on the relationships between Ab titers and the thorough histories of people like smoking history is required.

Keywords: COVID-19, Smoking, Vaccination, China, Japan, Jordan, Turkey.

Article code: 1stinth-02600177

The factors of the tendency of Iranian adolescents to smoke/A systematic review

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Abstract

Background: Statistics show that adolescents' tendency to cigarette smoking has increased in the world, among Iranian adolescents it is increase too .the present study aimed to determine the factors affecting the tendency of Iranian adolescents to cigarette smoking.

Methods: The present research is a review study for 2022, we conducted advanced research in SID, Google Scholar, PubMed, Science Direct, World Health Organization (WHO), with 'smoking' and 'Iranian adolescents' key terms. After reviewing the relevant articles,19 articles were evaluated.

Result: The most common reasons for the tendency of Iranian adolescents to smoke are curiosity, advertisements and the influence of the media, lack of knowledge about the harms and addiction of smoking, peer pressure, the presence of smokers in the family and close friends, academic failure, depression and reducing anger, anxiety and pain. Feeling of gaining identity and personality, lack of suitable work and entertainment for adolescents, access to cigarettes easily, need to attract attention and fear of being rejected from the group and previous experience of drug abuse.

Conclusion: Increasing the level of awareness about the disadvantages of smoking and holding workshops in schools for increasing self-esteem and the ability to say no, create a sense of continuity and responsibility to school in adolescents, holding training programs and counseling for teens who have been afflicted with academic failure and consulting workshops for reducing anxiety and depression in schools can play important role in reducing smoking among the adolescents.

Keywords: Smoking,Iranian Adolescents,Systematic Review.

Article code: 1stinth-01040176

The association of smoking with severity and mortality in COVID-19 patients

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Abstract

Background: Acute respiratory syndrome of the corona virus 2 (SARS_COV_2) was discovered in January 2020 from the corona viruses in Wuhan, China. According to WHO estimates, 450 million cases of pneumonia are registered every year, which pneumonia is a symptom of corona virus. According to the statistics which provided by WHO, there are about 1.1 billion smokers in the world. Conforming to these statistics and the rising trend of corona virus infection and the available evidence of the relationship between smoking and pneumonia, we decided to investigate the relationship between smoking and contracting the severity and mortality of COVID-19 infection.

Methods: The present study was conducted on 147 COVID-19 patients who used to smoke over the last three months and selected from the patients admitted to the COVID-19 ward of Shahid Mohammadi Hospital with confirmed PCR test results. The patients were divided into three groups based on the severity of their disease:1. Mild: Patients with less than 48 hours' hospitalization, no hypoxia, and O2 saturation ≥90%; 2. Moderate: Patients with a hospitalization duration ≥48 hours but no need for ICU admission and who had not expired;3. Severe: Patients needing ICU admission or who had expired. The relationship between smoking history, history of using ARBs and ACE inhibitors, diabetes, hypertension, cardiovascular problems, and GFR was then assessed with severity of the disease. The effects of smoking history, history of ACEIs/ARBs use, history of hypertension, GFR ≤60 mL/min, history of cardiovascular problems, diabetes, LDH ≥500 U/L, and lymphocyte count ≤1500 was then also assessed on COVID-19-related deaths.

Results: The mean age was 60±16 years in the severe group, 53±17 years in the moderate group, and 47±18 years in the mild group, suggesting a statistically significant difference between the three groups. 62% of the patients in the severe group, 42% in the moderate group, and 22% in the mild group had a history of smoking, suggesting a statistically significant difference between the three groups in this regard as well as history of ACEI/ARBs use. A significant relationship was also observed between the patients' serum LDH and lymphopenia (lymphocyte count<1500) and the severity of the disease. Examining the risk factors affecting the mortality of the disease showed that a history of smoking was not significant for mortality in COVID-19 patients.

Conclusion: The present study showed that the history of smoking before the infection of COVID-19 had a significant relationship with the severity of the disease in patients with COVID-19 infection. This result could change health and smoking prevention policies during the COVID-19 pandemic and beyond.

Keywords: Smoking, COVID-19, Severity.

Article code: 1stinth-02860175

Investigating the harms and dangers of smoking on different aspects of life, especially human health

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Abstract

Background: According to the report of the World Health Organization, tobacco use is still the first preventable cause of death in the world. While in high-income countries, the frequency of smoking has decreased. In low and middle income countries, this frequency is increasing. Also, smoking is seen as the beginning of drug use and addiction. There is a hypothesis called the gate that the use of substances such as tobacco, alcohol, medical drugs and any substance that creates dependence in some way is the beginning of drug addiction. Environmental smoke caused by tobacco, like its direct smoke, affects human health. The most places where people are exposed to environmental smoke caused by tobacco are homes and public vehicles, which according to studies by the World Health Organization, almost more than half of the world's children inhale air contaminated by tobacco smoke. Also, smoking causes all kinds of cancers, especially lung cancer, asthma, respiratory diseases, allergies, heart disease and circulatory disorders.

Methods: The text is a review literature study, that conducted on the reliable scientific sites SID, Google Schoolar, PubMed with the aim of investigating the harms and dangers of smoking on different dimensions of life, especially on human health. The criteria for entering the information of articles related to the topic and containing research keywords has been.

Results: According to the studies conducted in this research, the results indicate the coexistence of many mental, physical and mental health disorders with smoking, the methods approved by the FDA in smoking cessation also play an important role in increasing success and reducing the risk of returning to smoking again. The culture of using hookah is a very important factor in eliminating the ugliness and ugliness of its use, especially among young people, and the easy access and cheapness of tobacco in addition to the lack of suitable facilities to fill the youth's free time and economic problems. Family has helped greatly in the spread and prevalence of smoking.

Conclusion: Quitting smoking prevents many physical diseases and mental disorders, and according to the studies, the best way to quit smoking is the method that is accompanied by counseling and nicotine replacement therapy, and also the treatment of nicotine addiction can reduce the risk of contracting various diseases and cause Preventing one of the preventable causes of death.

Keywords: Tobacco, Cigarettes, Smoking, Nicotine, Human Health.

Article code: 1stinth-02840173

Designing a Social Marketing Intervention for Decreasing Hookah Supply and Demand in Public Places in Iran

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Abstract

Background: In recent years, various programs were developed and implemented for reducing hookah supply and demand in public places in Iran. However, the void of a social marketing intervention is felt. In this kind of intervention, the commercial marketing principles and techniques used to persuade the target group to avoid hookah use in public places in Iran.

Methods: According to SMART (Social Marketing Assessment and Response Tool) model developed by Neiger in 1996, formative research included of audience, market, and channel analysis was needed to determine the details of the intervention. A quantitative survey and a qualitative study (formative research) were designed and carried out to meet the basic principles of the social marketing programs for reducing hookah smoking in public places. The quantitative survey was completed using an electronic standardized questionnaire developed based on the Theory of Planned Behavior (TPB) to reflect on the significant factors shaping hookah smoking. Based on the existing data, the target segment were female and male adolescents aged 13-25 living in urban areas in IRAN. In total, 500 individuals completed the questionnaire, and then the collected data were analyzed using the Stata software. Then, a qualitative study was also fulfilled to elicit the opinions from the experts working in the field of tobacco prevention and control in IRAN and apply the results in designing the social marketing. Accordingly, semi-structured interviews were conducted with 14 key informants, and the qualitative data were analyzed using the MAXQDA software.

Results: Regardless of descriptive data, the age group of 15-18, subjective norms, and emotional attitudes are significant predictors for the intention of hookah smoking.

Conclusion: The social marketing program also seeks to make the target group of the program consider hookah supply and use in public places as an act of anti-value. According to formative research data, the Marketing Mix was developed as below: One slogan (Hookah use is the same as cigarette smoking) and three message considered as the product. The messages were focused on the formative research findings:

- Consider hookah supply and demand in public places as ugly as cigarette smoking
- Protest against hookah supply and demand in public places like that for cigarette smoking
- Report hookah supply and demand in public places via sending SMS to health centers

Target group was considered as the female and male adolescents and youth aged 13-25 living in urban areas in Iran. Promotional materials recommended were posters, pamphlets, billboards, stands, infographics, notebooks, short films, motion graphics, and informing the health officials about this problem in public places through the SMS system.

Keywords: Hookah, Social Marketing, Public Places, Formative Research.

Article code: 1stinth-02800172

The Effect of Education Based on Transtheoretical Model on the Temptation/Self-Efficacy of Tobacco Products Consumption

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Abstract

Background: Consumption of smokeless tobacco products annually causes the death of more than 250 thousand people worldwide. The aim of this study was to determine the effect of Trans-theoretical model education on the temptation / self-efficacy of smokeless tobacco products among guild traders.

Methods: In this quasi-experimental study, 320 guild traders were studied by simple random sampling. The data collection tool was a researcher-made questionnaire that was used after confirming its validity and reliability. Intervention strategies included group discussions with videos and photos related to the destructive effects of smokeless tobacco products on general health and oral health, using data projectors and PowerPoint. After 6 months from the intervention, the questionnaire information was collected again and finally the data were analyzed in SPSS 20 software using descriptive and analytical tests.

Results: In the pre-intervention phase, the mean scores of temptation/ self-efficacy in pre-contemplation stage were 16.63± 1.59, 16.45 ±1.51 contemplation and 13.28±0.48 readiness, but in the next phase From the intervention, the mean scores of this structure in individuals in the pre-contemplation stage decreased to 9.97±2.09, contemplation to 9.94±2.26 and readiness to 10.61±2.18, and there was a significant difference between this structure and Changes were observed (P-Value <0.001).

Conclusion: By designing and implementing interventions based on the transtheoretical model, the temptation of people consuming these products can be reduced at different stages of change and their self-efficacy to overcome tempting situations can be increased.

Keywords: Smokeless Tobacco Products, Transtheoretical Model, Guild Merchants.

Article code: 1stinth-02800171

Determinants of salivary cotinine among smokeless tobacco users

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Abstract

Background: Smokeless tobacco products due to their high nicotine content, are highly addictive and ultimately lead to an increased risk of oral cavity, laryngeal and esophageal cancer. This research was conducted with the aim of assess the relationship between the salivary cotinine and demographic characteristics and smokeless tobacco use for the first time in tradesmen in Chabahar, Iran.

Methods: This descriptive cross-sectional study was conducted on 150 different tradesmen using smokeless tobacco in Chabahar who were selected through simple random sampling in 2018. In addition to the salivary cotinine measurement, data were collected using a researcher-made questionnaire with demographic and behavioral items. The data obtained were analyzed in SPSS-16 using descriptive and inferential statistics.

Results: The mean salivary cotinine score was 887.7±180.7 in men and 611.2±139.7 in women, making for a significant intergroup difference (P=0.043). The mean salivary cotinine score was higher in those who used two or more smokeless tobacco products compared to those who used one type of tobacco, and a significant difference was observed between the type of smokeless tobacco used and the salivary cotinine score in the participants (P=0.005).

Conclusion: Based on the results of the regression analysis, the type of smokeless tobacco used was a strong predictor of the concentration of salivary cotinine in the participants. It is therefore necessary for the government to adopt appropriate policies and take educational measures to reduce the vending and use of these substances.

Keywords: Salivary Cotinine, Smokeless Tobacco, Tradesmen.

Article code: 1stinth-02800170

Prevalence of smokeless tobacco products and its related factors among high school students in Chabahar

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Abstract

Background: Smokeless tobacco consumption is one of the serious health-threatening factors in society, especially among adolescents. Due to the high usage of these products in the southeastern regions of Iran, this survey was conducted to investigate the prevalence of smokeless tobacco products and related factors among high school students in Chabahar city.

Methods: This study was a cross-sectional (descriptive-analytical) study, in which 330 high school students were selected by a simple multi-stage random sampling method. Data were collected via a researcher-made questionnaire and was filled using an in-person method. Data were then analyzed using descriptive and analytical tests by SPSS v.21 software.

Results: In this study, the mean age of the students was 16.3±1.14 years. Results showed that the prevalence of smokeless tobacco products was 45.8% among students, 43.3% among close friends, and 38.8% in families, where the predominant form of smokeless tobacco products was Pan-Prague (62.2%). Furthermore, the results of logistic regression revealed that addiction of close friends (OR=3.8, p=0.001), addiction of family members (OR=2.1, p=0.03), addiction of males (OR=2.2, p=0.001), low awareness (OR=3.9, p=0.001), and low attitude (OR=2.7, p=0.001) can significantly increase the likelihood of smokeless tobacco usage in students.

Conclusion: Altogether, the findings of this study showed that the prevalence of smokeless tobacco usage among high school students in Chabahar is high, and thus, appropriate, effective, and preventive interventions should be taken into account regarding the influential factors.

Keywords: Smokeless Tobacco, Students, Teenagers, Chabahar.

Article code: 1stinth-02800169

Classification and analysis of guild merchants using smokeless tobacco in Chabahar, Iran, based on the transtheoretical model

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Abstract

Background: The use of all types of smokeless tobacco poses a serious risk to the health of community members. The present study was conducted to classify the guild merchants using smokeless tobacco in Chabahar, Iran, based on the Trans-Theoretical Model (TTM) and then analyze the relationships between the examined variables based on the constructs of this model.

Methods: This descriptive cross-sectional study was conducted on 320 merchants working in different guilds in Chabahar in 2018, who were selected through simple random sampling. The data collection tool was a researcher-made questionnaire with a demographic and background information section, behavioral items and items on the constructs of the transtheoretical model, and was used after its validity and reliability were confirmed. Data were analyzed in SPSS software using statistical tests such as mean and SD, the Chi-square test, the ANOVA and Tukey's test.

Results: Most of the participants in the study were in the age group of 20-30 years (69%). Hairdressers and textile stores (19%) were the largest and hotel and restaurant businesses (2%) the smallest trade guilds in this study. Most people in the study consumed Gutkha (24%). A total of 85% of the subjects were in the precontemplation stage, 12.5% in the contemplation stage and 2.5% in the preparation stage, and the stages of change had a significant difference with constructs including counter-conditioning, self-liberation, decisional balance and temptation to use tobacco ($P<0.05$).

Conclusion: Since most merchants were in the precontemplation stage, and given their age and the proven harms of smokeless tobacco, interventions to encourage these people to quit tobacco consumption using the TTM constructs are necessary.

Keywords: Transtheoretical Model, Smokeless Tobacco, Guilds.

Article code: 1stinth-02800168

The status of smokeless tobacco use and its ssociated factors among the business guilds population of Chabahar

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Abstract

Background: Smokeless tobacco consumption causes cancer in various parts of the human body, including respiratory organs, reproductive system, urinary system, increased risk of cardiovascular diseases, depression, premature birth, low birth weight, anemia, congenital iron deficiency (anemia) and infertility. This study aimed to investigate the status of smokeless tobacco use and its associated factors among the business guilds population of Chabahar city, Iran.

Materials and **Methods:** The present descriptive cross-sectional study was conducted on 320 users of various types of Smokeless Tobacco selected by simple random sampling method. Data were collected using a researcher-made demographic questionnaire, Smokeless Tobacco inventory, Attitude questionnaire, and Behavior questionnaire. The validity and reliability of these tools were confirmed in the previous studies. Data were analyzed in SPSS using descriptive (mean, standard deviation, frequency, and percentage) and inferential statistics (Kruskal-Wallis and Exact Fisher test).

Results: Most of the participants used Gutka and Pan-Parag (24%, 95% CI= 28.7-19.4 and 23%, 95% CI= 27.7-18.5, respectively). The mean scores (standard deviations) of the participants' knowledge and attitude were 7.71 (2.59) and 22.34 (7.60), respectively. The results of Bivariate analysis indicated no significant difference among different Smokeless Tobacco groups regarding the Attitude scores (P = 0.104). A significant association was observed among different groups of Smokeless Tobacco regarding the Behavioral scores (P = 0.007).

Conclusion: The scores of Attitude and Behavior were significantly low among the business guilds population of Chabahar city regarding consumption of Smokeless Tobacco. Therefore, effective steps should be taken urgently on launching social awareness programs to educate people about the consequences of tobacco use and on assessing their effectiveness in curbing the problem.

Keywords: Business Guilds, Gutkah, Naswar, Pan, Pan-Parag, Smokeless Tobacco.

Article code: 1stinth-01760166

Examining Smoking Status Among Students in BandarAbbas city: Application of the Health Belief Model

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Abstract

Background: Smoking is increasing among adolescents and young adults. Adolescents' smoking can predict frequent smoking in early adulthood. The purpose of this study was to explore the predictors of smoking among high school students using health belief model (HBM).

Methods: In this cross-sectional study, 444 boys were selected among high school students in Bandar-Abbas city, South of Iran. They were selected through the stratified sampling design. Inclusion criteria were: male students studying in high school (sixth to twelfth grade) and willingness to participate in the study. Exclusion criterion was: incomplete filling of the questionnaire. Data were collected using a researcher-made questionnaire consisted of two main sections: socio-demographic characteristics and HBM constructs. The HBM constructs were as followed: knowledge about the consequences of smoking (10 questions), perceived susceptibility (7 questions), perceived severity (9 questions), perceived barriers (5 questions), perceived benefits (5 questions), cues to action (4 questions) and self-efficacy in combating the temptation of smoking (6 questions). The zero-inflated ordered probit (ZIOP) model was used for investigating the association between HBM constructs and smoking behavior. The ZIOP model is a two-component mixture model consisting of a binary probit regression at zero mixed with an ordered probit regression. The part of binary probit regression is used to identify the smokers from the non-smokers. The ordered probit regression is used to model the level of smoking count among the smokers.

Results: Mean age of the participants was 16.7±0.85 and ranged from 15 to 19 years. Results indicated that 82% of participants never smoked cigarette at all. The results of ZIOP model showed that knowledge (P=0.026), susceptibility (P<0.001), severity (P=0.035), benefits (P=0.004) and cues to action (P=0.019) had significant effect on smoking cigarette after adjusting for other covariates (i.e age, parents' education, losing one of the parents). Moreover, having a smoker friend was an inflation factor (P<0.001). Those whose friends were smokers were about 44% less likely to be never-smokers than those whose friends did not smoke.

Conclusion: Based on these findings, having a smoker friend, knowledge, susceptibility, severity, benefits and cues to action have a key role in predicting smoking and should be considered in designing educational programs aiming at reducing smoking initiation among adolescents. It is suggested to design educational programs aiming at increasing students' awareness of smoking losses and promoting their self-efficacy as well as holding workshops to improve social skills such as "saying no". Planning alternative activities to fill students' leisure time, increasing sports and recreational centers, monitoring the production, purchase, and consumption of cigarettes, and increasing counseling centers can be effective on the reduction of smoking.

Keywords: Adolescents, Health Belief Model, Smoking, Students, ZIOP Model.

Article code: 1stinth-01900165

Effect of Community-Based Health Education Campaign Based on the Theory of Planned Behavior on Reduction of Hookah Smoking Among Women in Hormoz Island in the South of Iran

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Abstract

Background: Hookah smoking is considered a health problem in women and interventions should be designed to reduce it. This study aimed to explore the effect of an educational campaign basedon the theory of planned behavior (TPB) on the reduction of hookah smoking.

Methods: This quasi-experimental research was conducted on 177 female hookah smokers above 15 years of age residing in Hormoz Island. The data collection instrument contained two sections: demographic information and the constructs of the TPB. The questionnaire was completed twice, before the educational intervention and 3 months after the intervention. The educational campaign was conducted by making cell phone calls, putting up billboards, distributing pamphlets, holding face-to-face classes, and forming a peer group. The data were analyzed using paired-sample t-test, and McNemar's test in SPSS version 23.0.

Results: The mean age of the participants and the beginning age of smoking hookahs among the participating women were 34.16 ± 10.47 and 22.20 ± 8.45 years, respectively. After the educational campaign, there was a significant increase in the scores of the TPB constructs (attitude, subjective norms, perceived behavioral control, behavioral intention) and a reduction in hookah smoking among participants ($P < 0.05$). Moreover, the frequency of smoking hookah per month and per week showed a statistically significant reduction among the participants after the administration of the educational campaign ($P < 0.05$). During this time, 6 participants stopped smoking hookah.

Conclusion: In the light of the present findings, it can be concluded that the conducted educational campaign based on the TPB significantly reduced hookah smoking among girls and women.

Keywords: Campaign, Theory Of Planned Behavior, Hookah Smoking.

Article code: 1stinth-02750164

Knowledge and attitude of medical students towards cigarette smoking in Tabriz University of Medical Sciences

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Abstract

Background: Cigarette smoking is one of the important public health challenges throughout the world. All over, the popularity of cigarette smoking is significant among university students, containing health-related fields' students, especially medical students. Being the role model in the future, the excessive prevalence of smoking among medical students is serious problem. Specifically, medical students as future physicians are supposed to act an important role in smoking cessation programs. The purpose of the current study was to assess the knowledge and attitudes of medical students towards cigarette smoking in Tabriz University of Medical Sciences.

Methods: The population of this cross-sectional study included all medical students at Tabriz University of Medical Sciences, from January to May, 2021. We applied Marzbans and Karkhaneh Questionnaire, a reliable and valid Persian questionnaire to study Knowledge and attitude of medical students towards cigarette smoking. It has 30 items, 15 items were related to knowledge and the remaining 15 items were related to attitude aspects. First the online questionnaires were filled by the students, and in the next step we calculated the total score of knowledge and attitudes 0 to 15 and 15 to 75 points, respectively. Then we compared the mean score of knowledge and attitudes toward smoking. Data were analyzed using descriptive and inferential statistics in SPSS 16 software.

Results: Totally, 210 medical students participated in this study. More than half of them were male (56.1%). The mean age (SD) of participants was 21.91(5.11) years. The average scores of knowledge and attitude (SD) towards smoking were 9.21(3.45) and 26.13 (3.18), respectively. There was a significant relationship between the mean score of students' knowledge and attitudes toward smoking and gender, marital status and educational level (P-value<0.05). Females, married and the last year medical students had more knowledge and appropriate attitudes toward smoking.

Conclusion: Not only the knowledge of medical students toward smoking were low, but also the attitudes were not appropriate at Tabriz University of Medical Sciences. So, it is essential to conduct educational programs at the universities in order to improve knowledge and attitude towards smoking.

Keywords: Knowledge, Attitude, Cigarette Smoking, Medical Students.

Article code: 1stinth-02740163

Predictors of Smoking Preventive Behavior based on Empowerment Components among Male Students of High Schools, Iran

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Abstract

Background: Smoking among adolescents and young adults is believed to be one of the most important preventable health problems. The etiology of smoking is one of the most pivotal activities in designing prevention programs.The current study aimed to detemine effective components of empowerment on smoking preventive behavior (SPB) in high school students in Urmia.

Methods: This descriptive-analytical study was carried out on 422 high school male students in Spring 2020. The data collection tool of this study was a valid and reliable researcher-made questionnaire containing demographic charectheristics, items related to various components of empowerment, and items related to the SPB. The data were analyzed using descriptive and inferential statistical methods (frequency, mean, standard deviation, Pearson correlation coefficient, and linear regression) in SPSS software with version 22.

Results: The results revealed that 10.42% of the students were active smokers and 40.75% of them had the experience of smoking. The results also showed a positive and significant relation among problem-solving skill ($r=0.394$, $P<0.001$), self-efficacy ($r=0.340$, $P<0.001$), self-esteem ($r=0.310$, $P<0.001$), and attitude ($r=0.333$, $P<0.001$) with the SPB. In addition, a negative and significant correlation was observed between group dependence ($r=-0.313$, $P<0.001$) and the SPB. Overall, the components of empowerment were able to explain 26.5% of the variance in SPB. Among the components, problem-solving skills solely explained 15.5% of variance of SPB.

Conclusion: The present study suggested that the findings could be useful for researchers and health planners for designing and implementing appropriate health interventions to prevent and control smoking in adolescents

Keywords: Smoking Preventive Behavior, Empowerment, Prevention, Adolescents.

Article code: 1stinth-02730162

Reasons for women's tendency to use hookah: A systematic review

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Abstract

Background: Addiction is considered as one of the controversial health problems in modern societies. Due to the increasing changes in people's lifestyles, addiction to Hookah is increasing significantly among women. Women, meanwhile, play a very effective role in lifting and promoting the quality of family and social life, so paying attention to their health and well-being is very important. Therefore, this research was conducted to identify the reasons behind women's tendency to use hookah.

Methods: A systematic review was designed and carried out. First, using a combination of the following key expressions "hookah use", "women" and "Tendency to consume", 52 papers were extracted from the databases of Embase, Scopus, PubMed, SID, Magiran and Medlib in the time interval from February 2015 till February 2022. Finally, 10 papers were selected to be analyzed using observational and descriptive ways with the PRISMA method.

Results: The results revealed that the main reasons for hookah consumption among women included entertainment and family gatherings, encouragement and companionship of the spouse, attracting attention in the family, misconceptions about consumption, low price of hookah.

Conclusion: According to the results of the research, the tendency towards addiction and hookah consumption among women is increasing. This increase can be due to the lack of effective educational programs, easy access, and acceptance of hookah use in family gatherings. The significant prevalence of hookah use in women can put them in danger of hookah addiction and its side effects in the future. Therefore, to prevent this tragedy, awareness of the dangers of hookah consumption through mass media, and informing people in mosques and health centers is recommended.

Keywords: Hookah, Consumption, Women, Systematic Review.

Article code: 1stinth-02700161

The effect of drug use on periodontal diseases and oral cancer and the role of dentists in prevention and treatment of drug using

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Abstract

Background: Abusing drugs have harmful effects on the health of the body, especially the health of the mouth and teeth. These effects appear in different forms such as plaque and discoloration of teeth, wear of teeth and more advanced problems such as periodontal problems and mouth cancer and even death.

Method : In this study, We examined different types of periodontal diseases and oral cancers and reviewed the studies conducted regarding the relationship between smoking and using drugs and periodontal diseases and oral cancer and the awareness and role of dentists in this field. Also we study about the effects of tobacco on the oral cavity and periodontal tissue and Also, the prevalence of different types of diseases in healthy people and drug users were compared using SPSS. We examined the level of awareness of dentists about oral cancers.

Results : The results showed how does tobacco effects periodontal tissue, blood flow and Alveolar bone and how does it cause periodontal disease and oral cancers. There was a significant difference in the prevalence of different types of periodontal diseases and oral cancer between healthy people and drug users ($P < 0.05$).

Conclusion: The review of studies showed that using drugs has many adverse effects on the oral cavity and can make a person prone to various types of oral and dental diseases such as cancers. Despite this clear effect, there are few data regarding epidemiology, interaction of other risk factors, how to reduce the effect of abuse, etc. Dentists can play a very effective role in reducing, controlling and treating these effects. The cooperation of dentists, psychologists and substanse use disorder(SUD) docters in the field of addiction to inform each other and prevent the recurrence of the disease can be a very effective step in improving the health of society. Also, the place of long-term and coherent programs to control and treat and inform the people of the society is strongly felt in the country's health program.

Keywords: Drug Using, Periodontal Diseases, Oral CANCER, Dentists.

Article code: 1stinth-00540160

Treatment solutions for smoking cessation in Iranian traditional medicine

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Abstract

Background: The use of technologies and treatment protocols in the process of quitting smoking is implemented using different techniques in the world. But what is the view of complementary medicine as a medicine used by a large group of people regarding smoking cessation? Is there an operational solution in Iranian traditional medicine to help quit smoking? In order to answer these questions, the following article has been compiled with the aim of collecting smoking cessation solutions from the perspective of Iranian medicine.

Method: The current research was conducted using the qualitative content analysis research method. This research was done in three stages. In the first stage, qualitative content analysis was used to examine the content of Iranian traditional medicine sources in response to the research questions. In the second step, the extracted materials were classified into categories related to smoking cessation. And in the third stage, the extracted materials were prepared, compiled, modified and finalized in the form of smoking cessation treatment solutions.

Results: In the classification of traditional practical medicine for patients who are trying to quit smoking, there are three branches of practice according to the nature of the patients' bodies, which include the use of food therapy, herbal therapy (drug therapy) and medicinal practices.

Conclusion: Iranian traditional medicine, which is more than 2000 years old, is responsive medicine based on the body's resourceful power, which can be used in patients who are addicted to certain substances such as cigarettes, hookah, etc.

Keywords: Traditional Medicine, Iranian Medicine, Smoking Cessation.

Article code: 1stinth-00490159

Knowledge, Attitudes, Practices Towards hookah smoking cession during COVID-19 among women: a cross-sectional study in southern Iran

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2- Social Determinants in Health Promotion Research Center, Hormozgan Health Institute, Hormozgan University of Medical Sciences, Bandar Abbas, Iran.

Abstract

Background: Tobacco use continues to be one of the biggest public health threats. The first step to control this unsanitary behavior during the COVID-19 pandemic is to be aware of the side effects of using hookah on contracting and aggravating the symptoms of COVID-19. It is likely that people will have a positive attitude towards quitting hookah after raising awareness. In this research, we report the knowledge and attitude of the effects of hookah use on the exacerbation of symptoms of Corona and its role in stopping hookah use, as well as the role of some socio-demographic factors affecting knowledge, attitude and quitting hookah.

Methods: This cross-sectional study was conducted from To March 2, 2021 to December 21, 2020 among 650 women above 15 years of hookah consumption in Bandar Abbas city. In this research, sampling was done by multi-stage method. Bivariate and multivariate logistic regressions were used to identify the independent predictors of knowledge, attitude, and practice. Crude odds ratio (COR) was used to identify an association between factors and dependent. SPSS v.20 was used for all analyses

Results: 650 people entered the final analysis (94% response rate). The mean and standard deviation of the age of the participants was 32.83±12.28, the age of starting hookah use was 21.35±5.78, the history of years of hookah use was 11.51±11.58, and the number of monthly hookah consumption before and after the COVID-19 pandemic was 38.75±43.13 and 20.23±32.33, respectively. No history of smoking hookah in family members, use of fruit tobacco alone, high awareness, and positive was significantly related to the participants' good performance.

Conclusion: Based on the findings of our research, since most of the people with good knowledge and attitude still performed poorly, it seems that in addition to considering the importance of knowledge and attitude on the elimination of hookah unhealthy behavior during the COVID-19 pandemic, a set of internal factors and considered an extrovert to successfully quit hookah.

Keywords: Women, Hookah Smoking, Knowledge, Attitudes, Practices Towards.

Article code: 1stinth-00490158

COVID-19 and hookah smoking behavior: a cross-sectional study in southern Iran

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Abstract

Background: The prevalence of hookah consumption is high in Hormozgan province. There is a risk of transmission of the disease of COVID-19 through the use of hookah, as well as the aggravation of the symptoms of this disease for hookah users. Therefore, this study was conducted with the aim of investigating the relationship between COVID-19 and the cessation of hookah use among female hookah users.

Methods: This cross-sectional study was conducted between September 2020 and January 2020 among 561 women over 15 years of age who use hookah daily in Bandar Abbas city. The women participating in the present study were selected in the previous study using regular cluster-random sampling. One year after the outbreak of the Corona epidemic, information was recorded through telephone interviews by a trained interviewer. The data was statistically analyzed using Spss20 software..

Results: The average age of the study participants was 33.14 ± 12.33. The use of hookah was significantly reduced compared to the results before the COVID-19 outbreak. The rate of quitting hookah in never married women was almost 2.28 times that of ever married women, and women in the high economic group were 10 times that of women in the low economic group. Starting to use hookah before the age of 15 compared to starting to use hookah after the age of 30 reduced the chance of quitting hookah by 86%, and using hookah by other family members reduced the chance of quitting by 47%. The fear of getting infected with corona was the most frequent in quitting and reducing the use of hookah. Entertainment was the most important obstacle in successfully quitting hookah.

Conclusion: The results of this study showed that COVID-19 directly (fear of the severity of disease symptoms in case of smoking hookah) and indirectly (imposing restrictions) led to quitting and also reducing the use of hookah.

Keywords: Coronavirus, SARS-COV-2, Smoke, Smoking Cessation.

Article code: 1stinth-00490157

Factors affecting the prevalence of smoking in Bandar Kong cohort study in southern Iran

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Abstract

Background: Tobacco use (TU) In Iran, is considered a main healthcare issue which requires major planning with the aim of controlling its use. There is a considerable need for lowering the burden of HS-related diseases. An effective measure before any intervention is the prevention and management of TS through identifying and concentrating on the prevalence of the issue and its correlates. Therefore, the present study conducted with the aim of investigating the prevalence of TU and its predictive factors in Bandar Kong in southern Iran.

Methods: in this prospective study data from the Bandar Kong Cohort Study (BKNCD) were used. The information of 4035, 40-70 years of age who had entered BKNCD in 2016-18. Chi-squared test was run to test the correlation between two nominal variables. Simple logistic regression was used to estimate crude odds ratio (OR) and independent variables.

Results: The average age of participants was 48.2 years. Of total, 27.1% used at least one type of tobacco (HS:17.60% and cigarette smoking:9%). The most important predictors for cigarette smoking and HS were age, sex, education, alcohol consumption and environmental tobacco smoke. Also, predictors of cigarette smoking were drug abuse and BMI. Furthermore, place of residence and psychological problems, marital status were the predictors of HS

Conclusions: The most important risk factors for smoking were being older, male gender, living in rural areas, having low education, drinking alcohol, drugs, second-hand smoking, and a history of depression. The results indicate the need for more educational and preventive programs for each of the risk factors involved in smoking behavior, especially for HS, ETS exposure and its consequences in the Kong population.

Keywords: Prospective Epidemiological Research Studies In Iran, Cigarette, Second-Hand Smoke, Hookah, Smoking.

Article code: 1stinth-02500154

The impact of hookah use on women"s health

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Abstract

Background: One of the social problems in Iran today is the increase in the use of hookah among the people, especially the female population, so people look at it more as a recreational tool than as a harmful and destructive factor. In the current research, the effects of hookah on women"s health have been investigated.

Methods: The present study is a summary review designed in 2022. Keywords Health, women, hookah, Shisha, and smoking were searched in Google Scholar, Scopus, PubMed, Cochrane Library, and SID databases for the period from 2015 to 2022. A total of 132 articles were found, and after review, 72 articles were used for writing.

Results: Consumption of hookah can increase the risk of infertility, early menopause, placenta disorder, ectopic pregnancy, perinatal abnormalities and complications, and bone density reduction. Also, the use of hookah plays a role as a risk factor for contracting many cancers, including lung cancer. Hookah can also have harmful effects on the cardiovascular system because nicotine can cross the blood-brain barrier and cause the release of catecholamines, causing changes such as tachycardia, vasoconstriction, and an increase in average arterial pressure.

Conclusion: The main way to reduce the use of hookah in society is through education, because hookah has fewer known side effects for people than other types of tobacco. In this regard, it is suggested that more awareness should be given in this field, especially in the media.

Keywords: Hookah, Women, Health.

Article code: 1stinth-01900153

Smoking Prevalence and its related to self-control and social support in people over 15 years old in Hormozgan province

The impact of hookah use on women"s health

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Abstract

Background: Smoking is the first preventable risk factor for chronic diseases, premature death and disability worldwide. Various factors, such as perceived social support and self-control, are influential factors in the emergence of high-risk smoking behavior. The aim of the present study was investigating the smoking prevalence and its related to self-control and social support in people over 15 years of age in Hormozgan province.

Method: In this cross-sectional study, 1631 participants were enrolled in the study by convenience sampling method. Due to the corona virus, the data were collected online using demographic information, Tanji self-control and social support questionnaires. The link of the questionnaires were made available to the participants through social networks (Telegram, WhatsApp, Instagram, E-Gap) and through the public relations of healthcare networks. Data were analyzed by statistical tests of correlation coefficient, independent t test and odds ratio using SPSS-22 software.

Result: The results showed , there is a weak but significant correlation between self-control and social support ($r=0.114$, $p<0.001$), also the t-tes results showed a significant difference between the average scores of social support in the smoking group (55.27±12.15) and the non-smoking group (59.22±6.22). There was a significant difference between the average self-control scores in the smoking group (30.77±4.33) and the non-smoking group (36.57±4.46). The odds ratio of not smoking in the group of women compared to men (OR=3.17, CI95%=3.004-54.584) was significant. Odds ratio of smoking in age groups 29-39 years (OR=3.366, CI95%=0.513-0.261), 40-49 years (OR=1.494, CI95%=2.039-1.095) and 50-80 years (OR= 3.133, CI95%=4.437-2.212) was significant compared to the group of 15-28 years old. The odds ratio of smoking in the groups with post-graduate and bachelor's education (OR=0.362, CI95%=0.266-0.493) and post-graduate and doctorate (OR=0.120, CI95%=0.076-0.188) were significant compared to the illiterate group.

Conclusion: According to the findings, the smoking group has lower social support and self-control compared to the non-smoking group. It is suggested to help prevent and reduce smoking

through teaching self-control skills to the smoker and training family members and surrounding people in order to provide more social support to the smoker.

Keywords: Self-Control, Smoking, Social Support.

Article code: 1stinth-02580152

Investigating the effect of training male smokers on the effects of secondhand smoke during pregnancy on their self-efficacy

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Abstract

Background: Contact with second-hand cigarette smoke includes inhalation of cigarette smoke caused by the burning of the cigarette itself and inhalation of smoke exhaled by the smoker. Wife's pregnancy can be a motivating factor to change the behavior of men who smoke. Therefore, this study was conducted in order to determine the effect of training male smokers on the effects of secondhand smoke during pregnancy on their self-efficacy.

Method: The present study is an interventional type of pre-test and post-test. In this phase, random sampling was done from health centers in Isfahan, the participants were 140 smoking spouses of pregnant women, who referred to health centers to receive pregnancy care, and were divided into two intervention and control groups. The data collection tool was a researcher-made questionnaire on men's self-efficacy regarding second-hand cigarette smoke. The validity of the questionnaire was confirmed based on the opinion of the expert panel with CVR=0.87 and CVI=0.88, and its reliability was confirmed with Cronbach's alpha=0.97. All data were analyzed with SPSS18 software and Chi-score, Fisher, t-test.

Results: There was no significant difference between the comparison of demographic variables in the intervention and control groups ($p>0.05$). The results of the paired t-test to compare before and after the training showed that the average score of self-efficacy ($p<0.001$) in the intervention group had increased significantly after the training, and according to the independent t-test, the average score of self-efficacy After training, it was more in the intervention group than the control group ($p<0.05$).

Conclusion: Men's self-efficacy regarding second-hand smoke increased after training, so the current training package is effective in training and can be suggested for future studies.

Keywords: Male Smokers, Pregnancy, Secondhand Smoke, Self-Efficacy.

Article code: 1stinth-02510151

Comparison of water pipe smoking and cigarette between medical and non-medical students in Larestan city.

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1. Gerash University of Medical Sciences, Gerash, Iran.

Abstract

Background: Smoking of water pipe (WP) and cigarettes has recently turned into a major global health burden. According to reports, the prevalence of smoking in Iranian students has an increasing trend during the study period. The present study aimed at as-sessing and comparing WP and cigarette smoking among Larestan University of Medical Sciences (LARUMS) students and Islamic Azad University Larestan branch students who were studying in non-medical fields.

Methods: The target population of this study was all male and female students of Larestan city. 300 students were selected from different faculties through randomized stratified sampling method. The instrument used was the PDUQ questionnaire (Alpha value of 0.81(. According to Odineski table, the questionnaire was randomly distributed among 144 students of medical and 156 students of non-medical. The collected data was analyzed using Chi-square test, and Pearson correlation coefficient ($P<0.05$).

Results: The results of data analyses indicated that there was no significant relationship between the field and type of university with cigarette and water pipe smoking. Also, cigarette and water pipe smoking was observed more in males than females and the difference was statistically significant ($P<0.001$). Water pipe using was more common among medical students than Azad University But cigarettes smoking was more in non-medical students. The most important reason of tendency toward and prevalence of cigarette and Water pipe smoking in male students was their intimate relationship with smoking friends, and in female it was mostly done for recreation and fun.

Conclusion: In this study, the prevalence of Water pipe and cigarettes smoking was 17.1 % in medical students (9.8 % in females), (30.1 % in non- medical students, (and 12.2%) in females, respectively, It shows that it is almost similar to other universities of the country. Holding Educational Programs And Social Interventions At University Level Seem Necessary In Order To Prevent Cigarette And Water Pipe Smoking. For Example Deputy Of Students And Cultural Affairs And Other Relevant Organizations Should Plan Various Entertainment Programs For Students

Keywords: Water Pipe Smoking, Cigarette, Medical Students, Non-Medical Students.

Article code: 1stinth-02510150

Evaluation of Knowledge and Attitude of Gerash University of Medical Sciences Students Towards Water Pipe Smoking

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Abstract

Background: Despite evidence for the harms of water pipe smoking, its use is increasing amongst college and university students worldwide. The purpose of this study was to assess the knowledge and attitudes of gerash University of Medical Sciences students regarding water pipe smoking.

Methods: This descriptive cross-sectional study was conducted in 2021.Out of 520 students at different major of Gerash University of Medical Sciences, 230 (50%male) students were selected through randomized stratified sampling method. The data collection tool was a three-part researcher-made questionnaire. Data were analyzed using descriptive and inferential statistics in SPSS software.

Results: The mean scores of knowledge and attitude towards water pipe smoking were 19.43±4.12 (total: 40) and 24.53 ±20.79 (total: 45), 69 (30%) reported having tried water pipe smoking and Further, 35 (15.2%) students were current water pipe smokers who had used at least one rock in the past month. There was a significant relationship between the mean score of students' knowledge about water pipe smoking and the variables of sex, place of residence, educational level, college of education (P-value<.0.05). But there was no significant relationship between economic status, and the presence of a smoker in the student's family and the mean score of knowledge (P value≥ 0.05). Also, there was a significant relationship between the mean score of attitude of students towards water pipe smoking and having smoking friends (P-value<0.05). However, there was no significant relationship between the mean score of students' attitude towards smoking and gender, marital status, faculty of study, economic status, place of residence, and the presence of a smoker in the student's family. On the other hand most users believed that water pipe smoking was less hazardous than cigarette smoking.

Conclusion: Since the knowledge and attitude of students about water pipe smoking was not at an acceptable, it is necessary to develop appropriate educational programs at the university level in order to increase knowledge and develop a proper attitude towards water pipe smoking.

Keywords: Knowledge, Attitude, Water Pipe Smoking, Students.

Article code: 1stinth-02510149

Prevalence and Associated factors of Inclination towards cigarette Smoking among Students in Gerash University of medical science.

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Abstract

Background: The period of studying at the university, with its specific Characteristics. Students as educated people are good models of non-smoking people for those who are close to them. The purpose of this study was to assess the prevalence rate of cigarette smoking in gerash University students and its related factors.

Methods: This cross-sectional study was done on 167 students of Gerash University of medical science, Iran in 2020. Data gathering was done by using an online questionnaire included questions about demographic features and associated factors of Inclination towards in cigarette smoking. The relationship between consuming of cigarette smoking and a number of factors were analyzed statistically.

Results: Mean age of students was 22.2±2.1 years. From all, 63% were men and 98% were single. In whole, 14 students (8.3%) were current smokers (12.3% of men and 1.6% of women). Mean age of smoking onset was 17.9±4.5 years. Among the affecting factors on cigarette smoking, smoking by close friends and Smoker roommates (OR=3.3), alcohol consumption (OR=3.1), and male sex (OR=2.8) showed the highest relationships with cigarette smoking.

Other major factors for smoking use were having stress, being far from family and entertainment (OR=2.7).

Conclusions: The cigarette smoking by students is a multi-factor and multi-level phenomenon, and the major factors for their determining exist at multiple levels of individual, social and family, which should be considered for intervention, prevention, and control of cigarette. Although the prevalence of smoking experience was low compared to other universities, it is necessary to develop effective strategies for smoking prevention and cessation.

Keywords: Prevalence, Cigarette Smoking, Students University.

Article code: 1stinth-00540148

Dynamics of tobacco use, scenarios and combat policies

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Abstract

Background: Introduction and statement of the problem: A review of the history of tobacco control efforts shows that tobacco control and public health have become a complex set of interconnected systems and requires the exploration of approaches and methodologies that speak to the evolving and dynamic nature of this slow environment What is investigated in this article is the systemic dynamics view of the issue of tobacco control policies.

Methods: The research methodology is based on the stages of the system dynamics method. One of the prominent features of this methodology is that it provides the possibility of evaluating different decision policies in the form of scenarios and by simulating the results of policy implementation in a small environment and in the form of a model, it facilitates decision making, in order to make this The model uses a sample of parameters used in research models abroad and data from various researches on the prevalence of smoking inside the country.

Results: The findings and analysis of the model suggest two fighting policies. a) The policy of reducing the consumption rate: which can be a set of inputs including raising awareness and continuously evaluating the effectiveness in the form of an active learning plan focusing on target groups and... b) The policy of increasing the effective and non-returning rate including helping to quit smoking by setting up smoking cessation clinics (drug therapy, insurance coverage, etc.)

Conclusion: Looking at the field of tobacco, either with the approach of system dynamics or with qualitative and descriptive methods, shows that there is no quantitative decision support system that can measure the effectiveness of the development policies of this system. In order to identify the cause of the problem with the help of dynamic hypotheses and to improve the behavior of the important variables of the problem with the aim of simulating the proposed policies. Of course, the important issue in any model drawing is proper access to valuable and correct data and information. that this information and data cannot be obtained easily and transparently in Iran.

Keywords: Systems Dynamics, Combat Policies, Tobacco.

Article code: 1stinth-02560147

Pet dogs at risk of passive smoking

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Abstract

Background: Smoking is the main cause of oral, pharynx, esophagus and lung cancer in humans, which is explained by the direct contact of cigarette smoke with these structures. In addition, passive smokers can also be at risk. Passive smoking is the result of secondhand and thirdhand smoke. Secondhand smoke is the inhalation of a mixture of smoke exhaled by a non-smoker, this type of passive smoking may be associated with EST (Environmental tobacco smoke) for pets. In dogs, exposure occurs by inhalation of particles generated by cigarette combustion, transdermal absorption and ingestion of residues through the animal's fur, accidentally intoxicate cigarette butts and lick the electric cigarette liquid; And it can cause many diseases and problems for pet dogs. The aim of this study is to review the effects of smoking on pet dogs as passive smokers.

Methods: Using the terms 'passive smoking', 'pet' and 'dog', articles were identified by searching PubMed, Google Scholar, Science Direct, SID and Magiran. Then related articles were identified and included in this review.

Results: Exposure to cigarette smoke causes DNA damage in dogs. In addition, nicotine in cigarettes is a substance with high mutagenic and apoptotic potential and can cause angiomas and malignant growths in pets. Also, amounts of nicotine in hair Dogs whose owners are smokers have been reported. In dogs exposed to cigarette smoke, macrophage and lymphocyte populations were significantly increased. The risk is seen more in breeds with short and medium length noses (This fact can be explained by the more effective filtration of inhaled air by dogs with a longer muzzle). high level of exposure to tobacco smoke is associated with a higher prevalence of atopic dermatitis in dogs.

Conclusion: Pet dogs who live in the same environment with those smoking owners, are in high risks of either direct, and/or indirect of nicotine toxicity. Both the exposure routes and doses of ETS in companion animals may be physiologically relevant to humans, and domestic dogs can be at risk of diseases in several ways. Because exposure may be via these multiple routes, pets may serve as convenient models for exposure patterns. It is exposed to young children in the family. In addition, due to the similarities in the cause of cancer, dogs are known as a suitable model for understanding the types of human cancers. Epidemiological studies of companion animals may help to evaluate the relationship between exposure to environmental tobacco smoke (ETS) and cancer risk in humans. Also, this issue requires further investigations in larger statistical

populations and examination of multiple factors such as the number of smokers the pet owner has in It takes days and its effect on Pat needs

Keywords: Passive Smoking, Pet, Dog.

Article code: 1stinth-02540145

Environmental tobacco smoke exposure during pregnancy

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Abstract

Background: It has been established that environmental tobacco smoke (ETS) has adverse effects during pregnancy and breastfeeding. The aim of our study was to evaluate the effect of ETS in pregnant and lactating women.

Methods: A cross-sectional study was conducted on 245 mothers during pregnancy and breastfeeding. Information on tobacco exposure was collected at the first visit and second trimester. Mothers were follow-up for two years after delivery.

Results: Out of 245 mothers, 131 reported passive smoking. Thirty three percentage of the mothers had a diploma degree or less. Approximately, 41% of mothers used hookah and its derivatives. Mothers who exposed to ETS during pregnancy were more likely to have an infant admitted to the pediatric ward (13.9% versus 4.3%, p=0.006).

Conclusion: Considering pregnancy's culture and pregnant women's lack of knowledge about tobacco and its derivatives and being exposed to ETS, the necessity of counseling sessions for pregnant women regarding the adverse effects of ETS should be considered by healthcare providers during pregnancy.

Keywords: Smoking, Pregnant Women, Environmental Tobacco Smoke.

Article code: 1stinth-02500144

Causes of addiction in Adolescent

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Abstract

Background: One of the complex and affecting issues of all societies at present is the problem of youth addiction so that which has attracted the attention of many researchers, criminologists, etc. In this research, the causes of youth addiction are investigated.

Methods: The current study is a short review study that was designed in 2022. By searching international and national databases, including scientific information databases (SID) and Scopus, articles were collected from the period 2016 to 2022 about the causes of Adolescent addiction. After reviewing the search results, finally, 83 studies were used to write this study.

Results: The most important factors affecting addiction include: family, friends, school, individual and personality causes, geographical and social environment, mass media, economic well-being, unemployment, and poverty. The impact of each of these factors cannot be separated from the other, and studies show that curiosity is the first reason and the temptation of friends is the second reason for drug addiction among young people.

Conclusion: Appropriate planning about the family and the educational system plays an important role in reducing the tendency of young people to become addicted. It is also suggested to provide necessary services to young people in the fields of education, health, and counseling, and planning for leisure time, especially in villages without recreational facilities.

Keywords: Adolescent, Addiction, Causality.

Article code: 1stinth-02500143

Effects of smoking on survival of HIV-positive individuals

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Abstract

Background: Non-AIDS-related causes are currently the leading cause of death among HIV-positive individuals, however, many of these are strongly associated with smoking, alcohol, and drug use. In this study, the effects of smoking, alcohol, and drugs on the survival of HIV-positive people are examined.

Methods: The current study is a short review study that was designed in 2022. By searching international and national databases, including Scientific Information Databases (SID) and PubMed, articles were collected from 2017 to 2022 regarding the effects of smoking on the survival of HIV-positive individuals. After reviewing the search results, finally, 81 studies were used to write this study.

Results: Smoking has a significant effect on the mortality rate and life expectancy of HIV-positive patients because the mortality rate among HIV-positive smokers is twice as high as compared to HIV-positive non-smokers and the life expectancy among HIV-positive smokers has a reduction of at least 16 years and a greater reduction for those with a history of alcohol and drug abuse. Also, the incidence rate of myocardial infarction, cardiovascular disease, and coronary heart disease events after quitting smoking after 3 years, their risk is almost halved compared to the first year.

Conclusion: The decrease in life expectancy and increase in mortality due to smoking, alcohol, and drugs provide strong reasons to recommend quitting these substances, and education and counseling to HIV patients about the harms of smoking can be helpful.

Keywords: Smoking, HIV, Survival, Tobacco Products.

Article code: 1stinth-02500142

Effects of hookah use on health outcomes

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Abstract

Background: Hookah consumption is a major health concern in the world. Despite nearly three decades of preventive and control measures, its consumption is increasing in most countries. The purpose of this research is to investigate the effects of hookah consumption on health outcomes.

Methods: The current study is a short review study that was designed in 2022. By searching international and national databases, including Scientific Information Databases (SID) and PubMed, articles on the effects of hookah consumption on health outcomes were collected from 2017 to 2022. After reviewing the search results, finally, 78 studies were used to write this study.

Results: Based on the available evidence, tobacco use is significantly associated with lung cancer, respiratory diseases, and low birth weight, and compared to non-smokers, smokers have a 10-fold increased risk of developing and developing periodontal diseases. . Also, tobacco use is associated with oral cancer, cardiovascular disease, chronic health conditions, myocardial infarction, asthma, and oral diseases.

Conclusion: High-quality studies to identify the health consequences of smoking are needed to definitively determine the investigated cases, and as the World Health Organization (WHO) has previously recommended, more studies are needed in this area.

Keywords: Hookah, Health, Tobacco.

Article code: 1stinth-02550141

A review of factors affecting nurses' tendency towards tobacco, psychoactive substances and narcotics

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Abstract

Background: Today, the healthcare sector has a direct relationship with the health of the society and nurses, as an important member of it, play a significant role in this regard, so the present study aims to determine the factors influencing the tendency of nurses towards tobacco, psychoactive substances and drugs. Narcotic was done.

Methods: This is an analytical review study from MedLib, SID, Iran doc databases between 1391 and 1401 and Science Direct, ISI, PubMed, Google Scholar between 2012 and 2022 using the keywords of Drug use, psychoactive substances, tendency to use drugs, nurses, effective factors were done and finally 10 articles were analyzed.

Findings: There are various factors in nurses' tendency to use tobacco, narcotics and psychoactive substances. These factors include working conditions (night shift, irregular rhythms of life, day off shift, anxiety and sleep disorders, changes in work schedule, lack of free time and job burnout), psychological and personality status (deficiency in emotional feelings, dyslexia and weak self-esteem), social and family support and changes related to the organization's environment.

Results: There are several underlying factors, each of which can predict the tendency or non-tendency to use tobacco, narcotics, and psychoactive substances. Nurses, like all other professions, face a series of mental and psychological concerns related to work, family and children, which if the relevant officials do not pay enough attention, the possibility of increased risks, including the tendency to use, can be expected

Keywords: Drug Use, Psychoactive Substances, Tendency To Use Drugs, Nurses, Tobacco.

Article code: 1stinth-02530140

The impact of smoking on oral cancer: A review

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Abstract

Background: Oral cancer is one of the most common cancers in the world and one of the 10 most common causes of death. Also, smoking increases the risk of many oral diseases, especially oral cancer. Therefore, the present study was designed to investigate the effect of smoking on oral cancer.

Methods: The present study was a summary review study designed in 2022. To search for similar articles, valid scientific databases such as PubMed / Medline, Scopus and ISI (Web of Sciences) were used. Selected keywords according to the MeSH guidelines included 'Oral cancer', 'smoking' and 'Tobacco', which were searched using the AND-OR operators. Initially, 56 articles were retrieved, and after applying the inclusion and exclusion criteria, 25 articles were extracted. Inclusion criteria included the availability of the full text of the article, Latinness of the article and exclusion criteria also included: abstracts of papers presented at congresses and conferences.

Results: By examining the various studies, it was found that oral cancer in most cases is caused by squamous cell carcinoma and tobacco has a significant effect on causing oral squamous cell carcinoma. Some studies indicate that both smoking and chewing tobacco increase the risk of oral cancer and the rate of its progression, but some other studies indicate that chewing tobacco has no effect on the development of this disease.

Conclusion: The tobacco contained in cigarettes causes a wide range of diseases, including oral cancer. Therefore, recommending to quit smoking, reducing access to cigarettes and tobacco, and screening smokers should be done in order to prevent and reduce the incidence of this disease.

Keywords: Oral Cancer, Smoking, Tobacco.

Article code: 1stinth-02540139

Susceptibility to smoking in adolescent : a cross sectional study

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Abstract

Background: Smoking is a major cause of morbidity and mortality worldwide. Majority of smokers initiated smoking during their adolescence, therefore, it is important to identify risk factors predicting smoking habits among adolescents. This study aimed to evaluate individual's susceptibility to smoking among high school students in Zahedan.

Methods: This cross sectional study enrolled 2045 students (51% male) in the 7th, 8th and 10th grades using Global Youth Tobacco Survey (GYTS). Students who not answered "definitely no" to each of three questions suggesting smoking consumption, assumed as susceptible person. Logistic regression analysis was performed. Ethical approval was achieved from Isfahan University of Medical Sciences

Result**s:** The prevalence of susceptibility to smoking among the study participants was 39%. Students whose parents smoked (OR = 2.98, 95%CI; 2.14-4.14), whose friends smoked (OR = 7.88, 95%CI, 4.35-14.27), and those think that individuals who smoke are more attractive (OR = 1.54, 95%CI; 1.04-2.26) were more susceptible to smoking ($p<0.05$). Students who had good knowledge about harmful effects of smoking (OR = 1.96, 95%CI; 1.45-2.63) were less likely to be susceptible to smoking ($p<0.001$).

Conclusions: Having smoker parents, smoker friends, and a positive perception towards smoking had encouraging role to smoking susceptibility, while enough knowledge on harms of smoking was a hindering factor. Policy-makers should be considered these predictors during health policy planning against smoking.

Keywords: Smoking, Susceptibility To Smoking, Adolescents.

Article code: 1stinth-02230136

Association between smoking and death in patients with COVID-19 in Iran: A Meta-analysis study

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Abstract

Background: Smoking with reducing the immune function of the pulmonary can be considered a risk factor for contracting other infections with more serious outcomes. The present study investigated a meta-analysis of the association between smoking and the progression of COVID-19 infection in Iran.

Methods: PubMed, Scopus, and Web of science were searched on August 23, 2022, with search terms (‘‘COVID-19’’ OR ‘‘SARSCoV-2’’ OR ‘‘coronavirus’’) AND (‘‘smoking’’ OR ‘‘smoker*’’) AND (“Iran”). We included the studies with molecular-confirmed cases of COVID-19 and the outcome of death in this review. A Mantel-Hensel meta-analysis method with random effects was used to investigate the relationship in the data.

Results: We identified 8 papers with a total of 9199 COVID-19 patients whom 1861 (20.2%) had the outcome of death, and 1105 (12%) with a history of smoking. A total of 274 patients with a history of smoking (24.7%) dead. The meta-analysis showed a significant association between smoking and death related to COVID-19 (Odds Ratio (OR) 1.22, 95% confidence interval 1.03-1.44, p = 0.001). Therefore, the probability of death in COVID-19 patients with a history of smoking is about 22% higher than other people.

Conclusions: Smoking is a risk factor for progression of COVID-19, with smokers having higher odds of COVID-19 progression than never smokers.

Keywords: Smoking, COVID-19, Iran.

Article code: 1stinth-02530135

The impact of tobacco use on COVID-19 outcomes: A brief review

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Abstract

Background: COVID-19 is an acute respiratory syndrome and a systemic infection that causes significant complications in different parts of the body, especially in the respiratory parts. Also, tobacco use increases risks for numerous diseases, including respiratory illnesses. The present study was designed to investigate the impact of tobacco use on COVID-19 outcomes.

Methods: The present study was a summary review study designed in 2022. To search for similar articles, valid scientific databases such as PubMed / Medline, Scopus and ISI (Web of Sciences) were used. Selected keywords according to the MeSH guidelines included 'COVID-19', ' SARS-COV-2', 'Tobacco use', 'Smoking' and 'Outcome', which were searched using the AND-OR operators. Initially, 25 articles were retrieved, and after applying the inclusion and exclusion criteria, 16 articles were extracted. Inclusion criteria included the availability of the full text of the article, Latinness of the article and exclusion criteria also included: abstracts of papers presented at congresses and conferences.

Results: The review of various studies showed that tobacco use was associated with increased risk of hospitalization, ICU admission, mechanical ventilation and illness severity. Some studies reported tobacco use history increased risk of pulmonary embolism and mortality in COVID-19 patients, but some studies showed that there was no significant relationship between COVID-19 and tobacco use.

Conclusion: Different results showed that there is strong evidence that tobacco use increases risks of mortality, disease severity and progression among COVID-19 patients. Public health efforts during the pandemic should encourage tobacco users to quit use and seek care early and promote vaccination and other preventive behaviors among those with a history of tobacco use.

Keywords: COVID-19, SARS-COV-2, Tobacco Use, Smoking, Outcome.

Article code: 1stinth-02200134

Green Tobacco Sickness: a review

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Abstract

Background: Green Tobacco Sickness (GTS) is an occupational disease caused by dermal absorption of nicotine that affects tobacco harvesters worldwide. The purpose of this study is to investigate the relationship between age, gender, smoking and the use of personal equipment with the incidence of this disease.

Methods: This review was conducted by searching the Pubmed database and Google Scholar using the keywords green tobacco sickness, nicotine, occupational health, tobacco farming. Several articles were reviewed.

Results: Studies have shown that age is inversely related to the incidence of GTS in men, which could be related to the higher work intensity among young workers. On the other hand, no association was found between age and GTS among women. There is also a significant difference in the prevalence of GTS between genders. The distinct tasks and biological differences between men and women can be the reason for the higher prevalence of this disease in women. Women mainly remove the stalk of tobacco leaves while men pick the leaves directly from the tobacco feet. As a result, women's palms have more contact with the leaf surface. Non-smokers have a higher risk of developing GTS than smokers, which may be related to higher nicotine tolerance in smokers. Other effective factors in prevalence of GTS are contacting with wet tobacco and wet work clothes due to dew or perspiration, which may increase nicotine absorption through the skin. The use of personal protective equipment such as water-resistant clothing, chemical-resistant gloves, boots and socks and working in dry conditions can reduce the risk of GTS.

Conclusion: Whatever the health implications of tobacco consumption, tobacco cultivation will continue around the world. Therefore, the challenge is how to reduce the risk of developing this disease in people who make a living working in tobacco farms. It is suggested that an awareness campaign be launched at the international level and strict safety regulations be formulated for the workers.

Keywords: Green Tobacco, Disease, Occupational Health, Agriculture.

Article code: 1stinth-02520133

Usage of Smartphone Apps in Self-care of Patients who smoking: A Narrative Review

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Abstract

Background: Smoking is the main avoidable cause of morbidity and mortality worldwide. Tobacco components are related to different harmful cardiovascular and respiratory effects. The attempt to encourage smoking cessation needs to be part of a much wider national tobacco control strategy that spotlight prevention. traditional treatments have limitations. The proliferation of the smartphone and the advent of mobile health interventions have made treatment for smoking cessation and other conditions more accessible than ever before. Smoking cessation smartphone apps could be classified as: (1)general smartphone apps for smoking cessation without face-to-face contact (GSC Apps); or (2) smoking cessation smartphone apps combined with face-to-face intervention (FFSC-Apps).

Method: We searched English original articles in PubMed/Medline database using the MeSH, keywords including ' smoking cessation ' and ' mobile apps ' from 2012 to 2022.

Result: Ecological Momentary Assessment(EMA), Smoking Topography and Carbon Monoxide, Wireless Wearable Sensors, Data collected through Global Positioning System (GPS) are the methods for use Ambulatory Assessment in Smoking Cessation. The main functions of the smartphone apps that are used for patients who smoking included ACT, treatment adherence, gamification, lifestyle management, patient training, Access to online Technical Coaching, DIY e-liquids.

Conclusion: The application of ambulatory assessment to new nicotine products will be an exciting avenue for future research. These findings suggest that smoking cessation smartphone apps could be promising tools for smoking cessation. The mobile health(mHealth) apps can be considered as one more tool to quit smoking that can complement established conventional cessation treatments.

Keywords: Keywords: Smoking Cessation, Mobile Apps, Smartphone Apps.

Article code: 1stinth-02490132

Social factors related to the prevalence of smoking among students; a systematic review

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Abstract

Background: The prevalence of smoking is an important challenge in the general health of young people, especially students. In addition to physical damage, it causes mental and emotional damage, and it is necessary to carry out effective interventions to prevent smoking in this group. Therefore, the current study aims to investigate the factors affecting the prevalence of smoking among students.

Methods: The current study is a systematic review that was conducted by searching in search engines, Google Scholar, Element and SID, pubmed, Scopus, web of science databases with the keywords of smoking, students, prevalence, smoking and their English equivalents were conducted in the period of 2010-2022 and finally 5 studies were examined according to the research objectives they got.

Results: In general, according to the conducted research, various factors encourage young people to smoke. Three individual, family and social factors are the most important influencing factors on smoking. According to the studies, the most common reason for smoking is having friends who smoke and using cigarettes as entertainment. There is a significant relationship between the existence of problems and tension in the family and personal life of a person, deprivation, lack of satisfaction with life, social conditions and smoking. The prevalence of smoking is influenced by demographic variables such as age, education, gender, and occupation. Also, smoking students had more insecure attachment styles, more loneliness and lower mental health.

Conclusion: Due to the positive impact of education, counseling through universities and health centers was evident, therefore it is recommended to politicians to consider various entertainment and educational programs by the student and cultural vice-chancellor of universities and other responsible people.

Keywords: Smoking, Students, Prevalence, Smoking.

Article code: 1stinth-02480131

The relationship between spouses' substance abuse and sexual self-concept of women in the family

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Abstract

Background: The aim of this study was determining the relationship between married women's sexual self-concept and their husbands' substance abuse and smoking

Methods: During a cross-sectional study, 400 married women who referred to medical health centers covered by Tehran University of Medical Sciences were included in the study by cluster random sampling. They completed the demographic and sexual self-concept questionnaire (MSSCQ). 365 questionnaires were analyzed in SPSS16 software with descriptive and inferential tests.

Results: The result of analysis of variance showed that there is a significant relationship between substance abuse, smoking and negative sexual self-concept and the position of wives ($P<0.0001$and $P<0.016$).

Conclusion: According to the results obtained in this study, there is a significant relationship between the abuse of addictive substances and negative sexual self-concept. If the spouse is addicted to drugs, married women will not have a good impression and feeling towards their spouse

Keywords: Substance Abuse, Sexual Self-Concept, Married Women, Smoking.

Article code: 1stinth-02460130

The effect of a motivational interview on psychological distress of tobacco consumers visiting the health centers of Bandar Abbas in the south of Iran

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Abstract

Background: The present study aimed to investigate The effect of a motivational interview on psychological distress of tobacco consumers visiting the health centers of Bandar Abbas in the south of Iran.

Methods: The present quasi-experimental research had a pretest and posttest design and involved a control group. The research population was tobacco and drugs consumers visiting the health centers of Bandar Abbas city. The sample consisted of 40 subjects selected through a convenience sampling method. Twenty subjects were assigned to the experimental group and 20 to the control. To collect the required data, the resilience questionnaire was used in two phases, a pre-test and a post-test. In order to analyze the data, univariate covariance test and the two-sample t-test were run in SPSS 23.To collect the required data, Kessler's Psychological Distress Questionnaire (K10) was used in two phases, a pre-test and a post-test. In order to analyze the data, univariate covariance test and dependent-samples t-test were run in SPSS 23.

Results: Statistical analyses showed that the motivational interview had a significant positive effect on the psychological distress of the intervention group ($P<0.01$), as the psychological distress of the participating tobacco consumers was improved after the motivational interview.

Conclusion: The effectiveness of motivational interviews has been proven in different area, including cigarette and tobacco consumption. A motivational interview can improve nervous restlessness, exhaustion, sense of worthlessness, despair and lethargy in tobacco consumers. It can be used as a practical solution for tobacco consumers visiting health centers.

Keywords: Motivational Interview, Psychological Problems, Smoking, Bandar Abbas.

Article code: 1stinth-02490129

Investigating the effect of smoking on fetal height and weight; a systematic review

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Abstract

Background: Tobacco use is an important challenge in public health, especially for pregnant mothers. Which harms the fetus in addition to the mother. Therefore, this study aims to investigate the effect of smoking on the height and weight of the fetus.

Methods: The current study is a systematic review study that was conducted by searching Google scholar, elmnet and Web of Science, Scopus, SID databases with the keywords of smoking, height and weight, pregnant mothers in the 2000-2022 was carried out and finally 5 studies were examined according to the objectives of the research.

Results: In general, according to the research, giving birth to a low birth weight baby among women who smoke has been proven today. Smoking or exposure to smoke during pregnancy is associated with increased morbidity and mortality in infants. Those who smoked only in the first trimester, their babies are taller than those who smoked in the second and third trimesters. Also, women who quit smoking before becoming pregnant have a lower risk of low birth weight. Finds. Even the rate of low birth weight babies in women who stop smoking during pregnancy is reduced compared to women who smoke during pregnancy.

Conclusion: According to the findings of the research, the effect of smoking on the height, weight, and head circumference of the fetus was evident. Therefore, it is recommended to policy makers to hold training and clarification classes for this group of people in order to prevent smoking.

Keywords: Smoking, Height And Weight, Pregnant Mothers.

Article code: 1stinth-02470126

Ways to prevent and quit smoking, how to play the role of sports in society, to use it in the prevention of addiction

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Abstract

The purpose of this article was to investigate the role of exercise in the prevention of addiction among 372 residents of Euclid using a causal-comparative method. The results of the research showed that increasing the neuroticism score of a person (=0.001) reduces the probability of success in prevention. Based on the results of the research, the sensitivity of the model in determining each person in the sample group in the dependent variable (at two levels of successful people and unsuccessful people) based on the predictive effect of independent variables (the role of exercise) in determining successful and unsuccessful people in prevention was 64.3%.

Keywords: Exercise, Addiction, Eghlid

Article code: 1stinth-02460125

The effect of a motivational interview on temptation to consume tobacco, tobacco-related beliefs and aggressiveness in tobacco smokers visiting the health centers of Bandar Abbas in the south of Iran

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Abstract

Background: The present study aimed to investigate the effect of a motivational interview on temptation to consume tobacco, tobacco-related beliefs and aggressiveness in tobacco smokers visiting the health centers of Bandar Abbas in the south of Iran.

Methods: The present quasi-experimental research had a pretest and posttest design and involved a control group. The research population was tobacco and drugs consumers visiting the health centers of Bandar Abbas city. The sample consisted of 40 subjects selected through a convenience sampling method. Twenty subjects were assigned to the experimental group and 20 to the control. To collect the required data, the resilience questionnaire was used in two phases, a pre-test and a post-test. In order to analyze the data, univariate covariance test and the two-sample t-test were run in SPSS 23. To collect the required data, Beck temptation questionnaire (CBQ), Drug Belief Questionnaire (DBQ) and Barrett's Impulsivity Questionnaire were used in two phases, a pre-test and a post-test. The statistical analyses included Kolmogorov-Smirnov's test and multivariate and univariate covariance analysis, all conducted in SPSS 23.

Results: The results of covariance analysis showed the motivational interview is significantly effective in smoking temptation, smoking-related beliefs and impulsivity in the research population ($P<0.01$).

Conclusion: The important factors that tempt individuals to consume tobacco products include temptation, false beliefs and impulsivity. They are deceived by the he relaxing nature of cigarettes and other tobacco products. The find tobacco abuse as a way to forget and escape from problems in real life and feel great. In the motivational interview, the educational intervention makes it possible to replace a positive attitude to and temptation for tobacco consumption with a downgrading outlook. The motivational interview which is of an educational nature is

psychologically and physically effective It has a relatively positive clinical effect tobacco consumers.

Keywords: Motivational Interview, Temptation, Tobacco Consumption, Tobacco-Related Beliefs, Impulsivity, Bandar Abbas.

Article code: 1stinth-02410124

Investigating the causes of smoking among the youth of Khorram Abad city in 1401

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Abstract

Background: Young people are at risk as the target group for conflict with drug use, especially smoking among different communities. Smoking cigarettes as a social and unacceptable habit in all human societies has involved many women and men, especially from youth to middle age. The studies done in this field consider various individual, family and social factors to be effective in the tendency to smoke. Therefore, this study was conducted to investigate the factors influencing the tendency of young people to smoke in Khorram Abad city.

Methods: The present study was a descriptive-cross-sectional study on 600 people by simple random sampling in Khorramabad city. The data was collected through a questionnaire containing 10 general questions and 15 specific questions about smoking. and was approved by the experts after the adjustment.

Results: The results showed that the average age of the subjects was 20.5 ± 2.5 years. 21.6% of the people participating in this research had used cigarettes, and the majority of them are 80% male. Among the factors influencing smoking, having smoking friends, having a close relative who smokes, and stress were the most important factors. . There was a significant relationship between smoking and sex, marital status, place of residence, education level, marital status and income.

Conclusion: Considering the high consumption of smoking among young people, education in this field can be a suitable solution to prevent the tendency of young people in this field.

Keywords: Cigarettes, Youth, Causes, Khorramabad.

Article code: 1stinth-02450123

Congenital anomalies and maternal risk factors: systematic review on Tobacco-products consumption

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Abstract

Background: The World Health Organization has announced that one billion and three hundred million people in the world smoke.Research shows that the consumption of these substances during pregnancy can have irreparable effects on the mother and the fetus. About six percent of babies are born with congenital disorders. Congenital anomaly is any structural disorder that accompanies a person from birth, or is created in the first month of the fetus's life, which can be treated or not. These abnormalities are caused by genetic defects, chromosomal disorders, micronutrient deficiencies. The purpose of this article is to further investigate the effects of smoking on these disorders.

Method: For this review, we reviewed articles from the years 2017 to 2022 based on the following keywords in PubMed, Scopus and Google Scholar databases (result tracking).

- Tobacco/smoke
- Maternal smoking
- Congenital anomaly
- Maternal smoking and congenital anomaly
- Tobacco/smoke and congenital anomaly

We used Prisma as the basis of our systematic review. Articles were read by two authors and case report and review studies and case reports were excluded and systematic and meta-analysis used after eligibility. The focus of identifying articles to answer question based on the PICO criteria.

Results: After collecting articles, abnormalities such as gastroschisis, cleft palate, cardiovascular abnormalities, and nervous system abnormalities were seen in 80 articles that showed congenital anomalies affected by use of cigarettes and tobacco-related products in mothers who used these substances during pregnancy or before has been associated with a significant increase. Direct use and exposure did not have a significant difference in the result, and this was true for all types of products with smoke and without smoke. Also, factors such as obesity, diabetes and lack of folic acid consumption were seen in mothers, which were prominent risk factors along with smoking.

Conclusion: Results show that tobacco consumption has a significant impact on congenital abnormalities such as neural tube defects (NTDs) and cleft palate, visual and mental problems. Considering the high risk of abnormalities for growth and on the other hand the importance of

children's health in society as an important health indicator, we suggest that mothers refrain from using tobacco before or during pregnancy, because in addition to the mentioned cases, heart and digestion diseases are strongly affected by these products.

Keywords: Congenital Anomaly; Tobacco; Congenial Heart Disease; Lip Cleft; Gastroschisis.

Article code: 1stinth-02440122

A new argument about tobacco role in muscle disorders: a systematic review

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Abstract

Background: Tobacco has had a strong and very destructive impact on the lives of many people in the world, so that according to the official announcement of the World Health Organization (WHO), 8 million deaths occur annually related to these products in the field of various diseases. Tobacco and related products play a role in various functional disorders of the body such as cardiovascular, respiratory, digestive, and cancers. One of the disorders in the recent studies that have been brought up recently is skeletal muscle disorders. It seems that tobacco can be associated with skeletal disorders, in this article, this relationship was discussed in detail.

Method: For this review, we reviewed articles from the years 2017 to 2022 based on the following keywords in PubMed, Scopus and Google Scholar databases (results follow up).

- Tobacco/smoke
- Tobacco and skeletal muscle
- Smoke and skeletal muscle

We used Prisma as the basis of our systematic review. Articles were read by two authors and case report and review studies were excluded. The focus of identifying articles in the identification stage was the research question based on the PICO criteria. After Screening and Eligibility at the end, 62 articles were included, after exclude duplicates and un useful abstracts, in the study.

Results: After the review by two authors, finally 62 articles were obtained on the topics of sarcopenia, atrophy, muscle weakness and dysfunction and activity intolerance. One article on dystrophy was available to us. Sarcopenia and atrophy were more frequent in the smoking population. Muscle weakness was measured with various diagnostic indicators, which ultimately indicated the traces of smoking in it. Reduction of respiratory volume, intolerance of activity and the effect on respiratory muscle weakness, especially the diaphragm, were among the effects of smoking on non-skeletal muscles.

Conclude: The prevalence of sarcopenia, atrophy, dysfunction, and volume loss were observed among the smoking population, which indicates the effect of smoking on muscle disorders, including skeletal and respiratory muscles and even the diaphragm. We suggest that more clinical studies should be conducted in order to investigate the role of tobacco pathogenesis in detail, however, our systematic review has clarified this to some extent.

Keywords: Tobacco; Sarcopenia; Atrophy; Muscle Disorders.

Article code: 1stinth-02440121

Is Buerger(Thromboangiitis Obliterans) an autoimmune disease? A systematic Scoping Review

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Abstract

Background: Progressive Thromboangiitis Obliterans (TAO) is a condition in which the medium and small arteries of the upper limb are affected by the progressive and segmental inflammatory condition known as Buerger's disease. The main reason for this is cigarettes and tobacco products, which can activate various inflammatory and pre-inflammatory parameters. and cause Burger's symptoms including tissue necrosis and ischemia. Inflammatory cytokine parameters is tumor necrosis factor alpha (TNF-α), interleukins 23 and 6 , which according to previous studies, these levels can change under the influence of tobacco products. We are focusing on these immune parameters related to smoking on Berger's disease as a potential agent to manage this disease.

Method: For this systematic review, based on the accepted criteria of Prisma, from 2017 to 2022, we searched in PUBMED, ELISIVIER, and to track the results of GOOGLE SCHOLAR based on the following keywords.

- Buerger disease/Thromboangiitis Obliterans
- Tobacco/smoke

After going through four stages of selection based on the Prisma criteria and focusing on the answer to the research question based on the PICO criteria and by removing similarities, the articles were finally included in the study.

The articles were read by two authors and the principle of non-bias was observed in the selection of articles in addition to the prisma checklist.

Results: In the end, a total of 14 articles based on patients and 2 based on mice and in addition 2 in vivo were obtained. We did not distinguish between the types of products related to tobacco, and the articles examined the effects of these products on inflammatory lung diseases,COPD, and they reported that consumption Tobacco was associated with change of immune cytokines and mediators blood levels in the statistical population of 971 TOA patients .In the human population of Buerger's disease, the treatment with immunosuppressant was associated with the reduction stability of inflammatory parameters such as TNF-α and the improvement of symptoms also change IL-6,IL-1,toll like receptors(TLR)family or T helpers in animal and human samples.

Treatment by Salvia miltiorrhiza, sample that was attest to show a significant effect in reducing immune impact in TOA.

Conclusion: Inflammatory cytokines plays a significant role in tissue necrosis in Buerger and this effect based on our results can be used as a strong factor for the prognosis of Burger. Our results strongly suggest that Berger's disease can be seen as an autoimmune disease caused by smoking.In addition, can use this relate be to manage and treatment TAO. We recommend that pro-inflammatory cytokines should be paid attention to in treatment programs and further researches should focus on it.

Keywords: Buerger"S Disease, Tobacco, Thromboangiitis Obliterans, Autoimmune

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The effect of drug use on periodontal diseases and oral cancer and the role of dentists in prevention and treatment of drug using

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Abstract

Background: Abusing drugs have harmful effects on the health of the body, especially the health of the mouth and teeth. These effects appear in different forms such as plaque and discoloration of teeth, wear of teeth and more advanced problems such as periodontal problems and mouth cancer and even death.

Methods: In this study, We examined different types of periodontal diseases and oral cancers and reviewed the studies conducted regarding the relationship between smoking and using drugs and periodontal diseases and oral cancer and the awareness and role of dentists in this field. Also we study about the effects of tobacco on the oral cavity and periodontal tissue and Also, the prevalence of different types of diseases in healthy people and drug users were compared using SPSS. We examined the level of awareness of dentists about oral cancers.

Results: The results showed how does tobacco effects periodontal tissue, blood flow and Alveolar bone and how does it cause periodontal disease and oral cancers. There was a significant difference in the prevalence of different types of periodontal diseases and oral cancer between healthy people and drug users ($P < 0.05$).

Conclusion: The review of studies showed that using drugs has many adverse effects on the oral cavity and can make a person prone to various types of oral and dental diseases such as cancers. Despite this clear effect, there are few data regarding epidemiology, interaction of other risk factors, how to reduce the effect of abuse, etc. Dentists can play a very effective role in reducing, controlling and treating these effects. The cooperation of dentists, psychologists and substanse use disorder(SUD) docters in the field of addiction to inform each other and prevent the recurrence of the disease can be a very effective step in improving the health of society. Also, the place of long-term and coherent programs to control and treat and inform the people of the society is strongly felt in the country's health program.

Keywords: Drug using, Periodontal diseases, Oral cancer, Dentists

Article code: 1stinth-00650119

The effect of a training for life skills on tobacco users' resilience in health centers of Bandar Abbas in southern Iran

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Abstract

Background: The present study aimed to investigate the effect of life skills training on improving the resilience of smokers who visited the urban health centers of Bandar Abbas city.

Methods: The present quasi-experimental research had a pretest and posttest design and involved a control group. The research population was tobacco and drugs consumers visiting the health centers of Bandar Abbas city. The sample consisted of 40 subjects selected through a convenience sampling method. Twenty subjects were assigned to the experimental group and 20 to the control. To collect the required data, the resilience questionnaire was used in two phases, a pre-test and a post-test. In order to analyze the data, univariate covariance test and the two-sample t-test were run in SPSS 23.

Results: The statistical analyses showed that life skills training had a significant positive effect on increasing the resilience of the target population ($P<0.01$). The educational intervention led to the improvement of the tobacco users' resilience.

Conclusion: Tobacco abuse affects almost all aspects of social, economic and mental health. Smokers suffer from many psychological problems. Therefore, teaching life skills is expected to improve resilience through, for example, increasing adaptability, problem-solving, stress management, seeking help and support, concentration, and anger control. Therefore, all the requirements of the life skills training for tobacco users should be met in health centers as part of the general health in the health network system.

Keywords: Life Skills, Resilience, Tobacco Consumers (Smokers), Bandar Abbas.

Article code: 1stinth-02350118

The effect of smokeless tobacco consumption on the gastrointestinal tract

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Abstract

Background: Smokeless tobacco conveys the notion that it produces less of the substance than cigarettes and is believed by some to be safer than other tobacco products. This study was conducted with the aim of reviewing the adverse effects of smokeless tobacco on the digestive system.

Method: The current study is a systematic review that was conducted by searching scientific sites such as SID, Pubmed, Magiran and Google Scholar search engine with keywords: smokeless tobacco, cigarette, tobacco, digestive system, mouth, teeth, throat, esophagus, stomach , intestine and body, was carried out in the years 2018 to 2022. A total of 20 articles were reviewed according to the inclusion criteria.

Results: Tobacco increases the risk of various diseases including gastrointestinal cancers and related diseases. Also, areas of the mouth and throat are more at risk. According to a review of the materials, there is a significant positive relationship between the use of smokeless tobacco and cancers of different parts of the digestive system, mouth, esophagus, and pancreas.

Conclusion: Smokeless tobacco is directly related to the increased risk of various diseases of the upper gastrointestinal tract. This substance increases the risk of cancers of the mouth, gums, teeth, pharynx, esophagus, and stomach. Strategy methods to combat the use of this type of tobacco should be designed and implemented by the Authorities.

Keywords: Smokeless Tobacco, Gastrointestinal Tract, Cancer.

Article code: 1stinth-00650117

An evaluation of interventions in tobacco-free cities in the Khamir County of Hormozgan Province

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Abstract

Background: A tobacco-free urban or rural space is an approach to the lowering and controlling of the rate of tobacco consumption. Environmental health interventions are carried out as a cooperative attempt among multiple sectors. Evaluating the measures taken so far can reveal the strengths and weaknesses of implementing the tobacco-free program. In this study, the interventions made so far in Bandar Khamir in Hormozgan province were reviewed.

Methods: The primary goal of interventions according to the national program and the provincial documents of the city was to develop a smoking-free town in Bandar Khamir County of Hormozgan. The evaluation covered three years including 2019 and 2018 and the first six months of 2011. Health interventions could be divided into five categories: sate of the art (8 measures), primary measures (with 4 measures), inter-sectoral meetings for coordination and seeking support (8 measures), information, training and empowerment (26 measures), and monitoring and supervision (15 measures).

Results: A review of the state-of-the-art category showed that the most frequent measures taken included the evaluation of the current state of tobacco consumption in subjects over 15 years and the implementation of prevention policies. These measures prevailed in 1,766 of cases. The next measures included the identification of 17 wholesale/retail operators of tobacco products, and the identification of 12 public means of transport eligible for smoking-free vehicle certificates. In the category of primary measures, these were included: the formation of a secretariat and a strategic committee, the participation of two private organizations for external correspondence, as is

regularly done. In the category of information and training measures in the interventional program, the first 4 measures were highlighted respectively: developing training and information packages for the target population (n=1000), informing the villagers about how and where to visit to receive counseling and smoking cessation services from the local health center to the central health center (n= 769), putting up “no smoking” warnings in public places (n=543), raising awareness of the smoking cessation application in a smoke-free city (n=500). In the category of monitoring and evaluation interventions, the most prevalent measures were supervisory measures on the prohibited use of tobacco product sale shelves (n=1186) and seasonal visits and evaluation of centers and public places (n=43) more than other interventions in monitoring and supervising measures.

Conclusion: Developing a smoke-free environment requires continuous planning and implementing interventions. The effective interventions in Khamir County made this place rank first among smoking-free cities in Iran. These interventions can prove effective in creating smoking-free cities in the province and other regions of the country.

Keywords: Smoking-Free, Health Interventions, Hormozgan.

Article code: 1stinth-02330116

The effect of Cigarette and Hookah smoking on Anti-Mullerian Hormone levels: A review study

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Abstract

Background: Tobacco contains many toxic substances that can affect ovarian reserve and lead to poor prognosis in assisted reproductive techniques. A hookah (or waterpipe) is a device through which tobacco smoke is often mixed with fruity aromas, and it is an ancient method that has become widely popular around the world. The main form of tobacco consumption in many countries is cigarettes, and the connection between smoking and female infertility has been proven for a long time; However, no comprehensive information is available on the effect of hookah on the reproductive system, especially its effect on anti-mullerian hormone. Therefore, the present study aimed to systematic review of the effect of both smoking and hookah on the anti-mullerian hormone. Because anti-Müllerian hormone is a suitable indicator for measuring follicle ovarian reserves.

Methods: In this systematic review, databases including PubMed, Web of Science, Scopus, EMBASE, ProQuest and EBSCO were searched using the keywords “tobacco”, “cigarette”, “Hookah”, “waterpipe”, “nicotine”, “infertility”, “Ovarian reserve”, “Anti-Müllerian hormone” and "AMH" which were combined with the OR and AND Boolean operators. All observational studies from 2010 to the end of October 2022 were included in the study. There were no restrictions on the language of publication of articles.

Results: Finally, 8 articles that were the most appropriate in terms of subject coverage were evaluated, 6 articles were about the effect of cigarette and 2 articles were about the effect of hookah on AMH hormone and ovarian reserves. The results of this study showed that in most of the current studies, chemicals and toxic substances in cigarette were related to poor fertility outcomes and reduced fertility; cigarette smoking has an adverse effect on ovarian reserve and leads to atresia of antral follicles and a decrease in AMH serum levels. Also, based on the results of these articles, hookah smoke contains toxic and carcinogenic chemicals such as nicotine, carbon monoxide, tar, and heavy metals, which may release more toxic substances than cigarettes; As a result, it may have a greater effect on the reproductive system. Hookah has a destructive effect on ovarian reserve and the average AMH level was lower in women who used hookah.

Conclusion: Considering the harmful effects of smoking on the reproductive function of couples through the reduction of ovarian reserves, the increase in smoking, especially hookah, and

exposure to second-hand smoke, more research should be conducted on the causes and consequences of the reduction of ovarian reserves, especially the anti-Müllerian hormone and as well as a better understanding of how the nicotine in hookah affects infertility, especially ovarian reserves. On the other hand, couples who are undergoing infertility treatment cycles, should be encouraged to quit smoking

Keywords: Tobacco, Cigarette, Hookah, Anti-Müllerian Hormone, Infertility

Article code: 1stinth-02320115

Consequences of breastfeeding in pregnant and lactating women exposed to cigarette smoke

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Abstract

Background: Exposure to cigarette smoke during pregnancy and breastfeeding has many risks and adverse consequences for the mother and baby. In this review, we evaluated the side effects of cigarette smoke in non-smoking women during pregnancy and lactation.

Methods: In this review, we searched numerous trusted articles: Medline, TCINAHL, EMBASE, and Google Scholar from 2010 to 2022, finally twenty articles were selected for entering the study. After analyzing, the results were obtained.

Results: The results showed that mothers who were inadvertently exposed to smoke and tobacco in some way, either during pregnancy or breastfeeding, experienced many consequences both in the short and long term, like stopping breastfeeding before six months. Also the probability of severe bronchitis and long-term hospitalization is higher for children of non-smoking mothers exposed to cigarette smoke whose breastfeeding period was less than four months, but this relationship did not exist after six months. In another study, it was seen that the effects of smoking are always visible in children, regardless of the duration of breastfeeding. It should be noted that exposure to tobacco smoke in infants will significantly reduce the level of antioxidants vitamins A, C and E in the serum. However, continued breastfeeding may help prevent decreased levels of antioxidant vitamins in infants of smoke-exposed mothers. In another study, it was seen that the profile of lipids in these infants was lower five to seven days after birth. Four months later, the amount of albumin in the milk of the non-exposed group 5-7 days after birth was significantly higher than that of the exposed group, but this relationship was not significantly different 4 months after delivery.

Conclusion: According to the obtained results, it is recommended to avoid smoking in the vicinity of mothers, pregnant and lactating women and its risks should be considered serious. The necessary training should be provided in this field through the media, educational and health centers and maternal health officials. It is worth mentioning that couples training will play a key role in this field.

Keywords: Second Hand Smoke, Lactation, Pregnancy.

Article code: 1stinth-02280113

Prevalence and expenditure of tobacco use among Iranian households

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Abstract

Background: Tobacco use is one of the main causes of sickness and death around the World. In addition to health-related consequences, tobacco use imposes a heavy economic burden on the society. This study investigated the prevalence and costs of tobacco use among Iranian households in 1400.

Methods: The current study is a cross-sectional and descriptive study. Required data were obtained from national repeated surveys on annual income and expenditure survey in 1400. In this study, the sample includes 6430 households that used tobacco. The results are reported separately for households in urban areas, rural areas and the entire population. Descriptive statistics including mean, standard deviation and frequency were used for data analysis. Excel and STATA 15 software were used to describe and analyze data.

Results: According to the results of this study, 17% of Iranian households had at least one member who used tobacco in 1400. The mean cost of household for tobacco use in a month was 2,265,118 Rials, equivalent to 3.79% of total household expenditure and 5.58% of non-food household expenditure. Most of the household spending on tobacco products was related to cigarettes. The mean cost of domestic and foreign cigarettes per household was 909,942 Rials and 859,746 Rials per month, and the mean consumption was 450.2 and 458.8 cigarettes per month, respectively.

Conclusion: The consumption of tobacco use in Iranian households is significant. Considering the effects of tobacco use on health and economic status of households, it is necessary to adopt policies to reduce tobacco use in the country.

Keywords: Tobacco Use, Smoking, Expenditure.

Article code: 1stinth-02310112

The effect of smoking on sleep disorders: A review study

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Abstract

Background: Tobacco use is the cause of preventable disease, disability, and premature death in the United States. Various studies in the last years have shown that smoking is associated with respiratory, cardiovascular and brain diseases. In addition to these complications, evidence shows that smoking increases complications by adversely affecting sleep. This article evaluates the effects of smoking on sleep disorders.

Methods: In this systematic review, databases including MEDLINE, EMBASE, ProQuest, Web of Science, Scopus, Uptodate, PsycINFO, CINAHL and EBSCO were searched using the keywords "tobacco", "cigarette", "nicotine" and "sleep disorder". All observational studies from 2010 to the end of September 2021 were included in the study. There were no restrictions on the language of publication of articles.

Results: Finally, 14 articles, which were the most appropriate in terms of subject coverage, were evaluated. The results of this study showed that smokers had shorter sleep duration, longer sleep delay, sleep disorder with rapid eye movements, sleep apnea, and leg movements in sleep compare with non-smokers. The studies showed that tobacco users not only were sleepy during day, but also had less total sleep time. The pattern of polysomnography was changed in smokers and plasma cotinine level was negatively correlated with slow wave sleep in the smoker group. Sleep disorders in smokers are mainly caused by the direct effect of nicotine on the neurons of the sleep-wake cycle.

Conclusion: Considering the harmful effects of smoking on sleep disorders, increased smoking and exposure to second-hand smoke, more research should be conducted to the causes and consequences of sleep disorders, as well as a better understanding of how nicotine effects on sleep patterns and rhythms of sleep. On the other hand, people who are in the process of quitting smoking should be evaluated and followed up for sleep disorders.

Keywords: Tobacco-Smoking-Sleep Disorder.

Article code: 1stinth-02100111

Strategies for preventing and quitting smoking

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Abstract

Considering the consumption of tobacco products, which is spreading day by day as a wrong behavior in the world. This category is one of the most common risky behaviors in the field of health and hygiene that threatens the health of smokers and non-smokers, so fighting the consumption of tobacco products and reducing the demand for them is necessary and inevitable. The present research aims to use the theories of sociologists and thinkers in the matter of eliminating the deviant behaviors of some people in society such as smoking, along with the most important strategies for preventing addiction and eliminating and eradicating the wrong culture and patterns that have taken root in society. Perhaps, in opening up closed circuits for the victims, other tools can be used to protect the youth against life crises. The family is the first base and then the school is the second society with which a person enters and taking into account that eighty percent of people who smoke have had the experience of smoking before the age of eighteen, that is, during childhood and adolescence, after the training of trainers and experts to teach social skills, increasing and strengthening the skill levels of people Giving the necessary awareness for self-care, which was the motto of the World Health Organization, to students and young people, or other members of the society, may have many effects on the entry of young people into social activities so that they stop using tobacco, and we can support the theory of thinkers that by 2030, 70% of deaths will be caused by smoking. Budkari Kard, which is discussed in this article with a library and review method.

Keywords: Smoking, Environmental Conditions, Group Pressure, Prevention, Cultural Inheritance.

Article code: 1stinth-02120110

Usage of Smartphone Apps in Self-care of Patients who smoking: A Narrative Review

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Abstract

Background: Smoking is the main avoidable cause of morbidity and mortality worldwide. Tobacco components are related to different harmful cardiovascular and respiratory effects. The attempt to encourage smoking cessation needs to be part of a much wider national tobacco control strategy that spotlight prevention. traditional treatments have limitations. The proliferation of the smartphone and the advent of mobile health interventions have made treatment for smoking cessation and other conditions more accessible than ever before. Smoking cessation smartphone apps could be classified as: (1)general smartphone apps for smoking cessation without face-to-face contact (GSC Apps); or (2) smoking cessation smartphone apps combined with face-to-face intervention (FFSC-Apps).

Method: We searched English original articles in PubMed/Medline database using the MeSH, keywords including ' smoking cessation ' and ' mobile apps ' from 2012 to 2022.

Result: Ecological Momentary Assessment(EMA), Smoking Topography and Carbon Monoxide, Wireless Wearable Sensors, Data collected through Global Positioning System (GPS) are the methods for use Ambulatory Assessment in Smoking Cessation. The main functions of the smartphone apps that are used for patients who smoking included ACT, treatment adherence, gamification, lifestyle management, patient training, Access to online Technical Coaching, DIY e-liquids.

Conclusion: The application of ambulatory assessment to new nicotine products will be an exciting avenue for future research. These findings suggest that smoking cessation smartphone apps could be promising tools for smoking cessation. The mobile health(mHealth) apps can be considered as one more tool to quit smoking that can complement established conventional cessation treatments.

Keywords: Smoking Cessation, Mobile Apps, Smartphone Apps.

Article code: 1stinth-02240109

The effect of tobacco on male infertility

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Abstract

Background: Infertility is a common condition that affects 9% of couples in the world. According to Word Health Organization, 50% 0f these problems are related to male factors. Male fertility has declined over recent decades. Male infertility has various causes including smoking, alcohol, stress, endocrine disorders, etc. about 36.9% of men around the world use tobacco. According to the adverse effects of tobacco smoking on male infertility, the purpose of this study is to review the effect of tobacco on male infertility.

Methods: In this review study, the keywords 'male infertility', 'tobacco', 'smoking', 'reproductive health', 'nicotine' were searched through Pub-Med, Google scholar, Scopus, SID databases and The most relevant articles published from 2015 were investigated. The search results included 53 articles, the results of which were derived from 31 related studies that had full text.

Results: review of studies showed that smoking reduces sperm concentration and quality in semen analysis. The compounds of tobacco can pass through the blood-testis barrier and cause various damages to the germ cells. tobacco use impacts on hypothalamic function leading to pituitary and gonadal dysfunction along with impairment of reproduction. Genetic changes caused by tobacco smoking can directly reduced sperm function and reduced fertility. smoking cessation may reduce the probability of failing ART. the results of the studies were contradictory in relation to sperm motility, sperm vitality and its morphology.

Conclusion: due to adverse effects of smoking, therefore appropriate modification of lifestyle practices including smoking cessation is suggested and recommended in the management of male infertility.

Keywords: Tobacco, Infertility, Smoking, Reproductive Health, Nicotine.

Article code: 1stinth-02240108

The effect of tobacco on female infertility

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Abstract

Background: Infertility is experienced as a stressful situation by couples worldwide. Approximately 6% of Iranian women suffer from primary infertility and 3% suffer from secondary infertility. Inappropriate lifestyle, including tobacco use, is one of the factors affecting women's fertility. more than 10.5% of Iranian women smoke cigarettes. Considering the importance of fertility and the youth of the population in Iranian society, as well as the psychological consequences of infertility, this study was conducted with the aim of reviewing the effect of tobacco on female infertility.

Methods: The keywords 'tobacco', 'infertility', 'smoking', 'reproductive health' and 'nicotine' were searched through Google Scholar, PubMed, SID and Scopus databases and the most relevant articles published from 2015 were investigated. The search result included 28 studies, which we used 16 related studies.

Results: The results of few studies showed that cigarette smoking did not have a significant effect on infertility, low quality of oocytes or number of follicles. But other studies indicated the negative effects of tobacco on fertility and reproductive health. In which tobacco users are almost twice as likely to report infertility versus non-users. Results were stronger among women who smoked ≥10 cigarettes/day for ≥10 years. Smoking in the female is associated with impaired fecundity and increased risks of spontaneous abortion and ectopic pregnancy. Also, in a study, it was shown that the AMH value scored higher in non-smokers than in smokers. Nonsmokers with excessive exposure to tobacco smoke may have reproductive consequences as great as those observed in smokers. Existing data suggests the association between chronic smokeless tobacco use and impairment of ovarian morphology and function, oocyte quality, hormonal perturbations, fetal development and long-term health effects on the fetus. In addition, smoking is negatively associated with ART outcomes such that smokers require nearly twice the number of IVF attempts to conceive as nonsmokers.

Conclusion: using tobacco has harmful consequences on women's fertility and reproductive health. In line with the goals of childbearing and population youth policies in Iran, special attention should be paid to the screening of these women and providing counseling and support services to adopt a healthy lifestyle.

Keywords: Tobacco, Infertility, Smoking, Reproductive Health, Nicotine.

Article code: 1stinth-02210107

Tobacco smoke and increased risk of coronavirus transmission

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Abstract

Background: Tobacco and hookah (water pipe) smoking is a global health problem and an important risk factor for various diseases. Tobacco smoking increases the salivary flow, reduces the pH level in the mouth, and changes the quality of the saliva. Genes affect virus infectivity, such as in COVID-19, and immune response. Genes related to the angiotensin-converting enzyme are an example of such genes. High amounts of these genes are created in the oral epithelial cells and respiratory tract in smokers versus non-smokers. We hypothesize that an increased concentration of coronavirus in the mouth of smokers elevates the risk of virus transmission.

Method: In this retrospective cohort study, we examined all confirmed COVID-19 patients who were outpatients in 2021. We extracted their demographic information and tobacco and hookah smoking history in the past months. They were divided into two groups: smokers and non-smokers. The family members of these patients were followed up for 28 days or until the occurrence of symptoms. Then, the secondary attack rate (SAR) was calculated. SAR is a parameter to assess the magnitude of the risk, which represents the number of people infected through the transmission from the index case.

Results: This retrospective cohort study was conducted on 147 patients with COVID-19. The mean age of smokers and nonsmokers was respectively 42.9 ± 13.2 and 43.8 ± 15.5 years. In the case group (smokers), 130 family members were exposed to coronavirus and 73 people were infected, which gives SAR=56%. In the comparison group (nonsmokers), 133 family members were exposed and 50 were infected, resulting in SAR=37.5%.

Conclusion: Tobacco and hookah smoking can lead to an elevated rate of virus transmission and secondary attack rate.

Keywords: Secondary Attack Rate (SAR), Transmission, Smoker, Nonsmoker, COVID-19, Tobacco And Hookah Smoking

Article code: 1stinth-02170106

Health changes due to e-cigarettes and combustible tobacco cigarettes concomitantly (dual users)

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Abstract

Background: The field of electronic cigarettes is developing with a wide range of design and engineering. These products are used as an alternative to combustible tobacco among people who are trying to quit or reduce their consumption (known as dual users).The researchers in this study looked at the health changes caused by electronic cigarettes and combustible tobacco cigarettes simultaneously.

Methods: Searching scientific sites Pubmed, SID and Google Scholar search engine using the keywords electronic cigarette, cigarette, combustible tobacco, dual users and their English equivalents. During the years 2000 to 2022, a search was conducted, and a total of 30 articles were reviewed according to the inclusion criteria.

Results: E-cigarettes may emit significantly less toxic substances than combustible cigarettes, while nicotine consumption is similar in both. According to the findings of studies, metals such as silicate have been found more in the aerosol of electronic cigarettes compared to cigarette smoke. While e-cigarette advocates emphasize the harm reduction of this smoking cessation method, dual users face the short- and long-term effects of concurrent use of these methods. In the meantime, using electronic cigarettes continuously may have unknown effects.

Conclusion: In general, the use of electronic cigarettes and combustible tobacco cigarettes has side effects. Among the harms of using electronic cigarettes, the harms related to the respiratory system and combustible tobacco cigarettes can be mentioned as the damage to the respiratory system and a risk factor for cardiovascular diseases , management policy should be based on reducing or quitting both types of smoking to maximize potential health benefits.

Keywords: Cigarette, Electronic Cigarette, Combustible Tobacco, Dual Users.

Article code: 1stinth-02160105

Investigating the Reasons for Using Smokeless Tobacco Among Adolescents:A narrative review

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Abstract

Background: The use of smokeless tobacco Is a public health problem all over the world, whichh has more than three hundred million consumers around the globe, and It also causes complications such as cancer of the mouth, throat, and esophagus. Smokeless tobacco consists of Ingredients such as tobacco and various additives that are consumed by chewing, sucking, or snorting. According to the growing trend of the consumption of these substances among teenagers, In the present study, the researchers decided to Investigate the reasons for the consumption of these substances by teenagers.

Methods: The current study Is a short review study that was designed In 2022. By searching international and national databases, articles were collected from 2016 to 2022 examining the reasons for adolescents' smokeless tobacco use.After reviewing the search results, finally, 45 studies were used to write this study.

Results: Among the most important reasons for the consumption of smokeless tobacco among this age group are the Influence of peers, rebelliousness, and excitement (a way to rebel and show independence), Intelligent marketing tactics of the tobacco industry in attracting teenagers, the use of smokeless tobacco products by Friends or family members, lack of parental support or Involvement in adolescent upbringing, availability and reasonable price of smokeless tobacco products, low education level.

Conclusion: Due to the Importance of the topic and the serious side effects of smokeless tobacco use among teenagers, It is suggested that the necessary training to be aware of the side effects of using these substances and also the skills to Increase self-esteem should be done In schools. Due to the low amount of studies conducted regarding the reasons for smokeless tobacco consumption In teenagers, it Is suggested that more .studies be conducted In this regard.

Keywords: Smokeless Tobacco, Adolescents, Addiction, Tobacco.

Article code: 1stinth-02150104

A Systematic Review of Smokeless Tobacco Use in Iran

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Abstract

Background: Smokeless tobacco use is one of the most important public health problems in Southeast Asia. The use of these substances increases the incidence of some cancers and other diseases. The purpose of our review was to determine the situation of Smokeless tobacco use in Iran

Methods: A literature search was conducted on the PubMed database, Google Scholar and SID, ScienceDirect, Scopus and Web od Science) based on the search strategy. We used PRISMA 2020 flow chart.

Result: The results of our review showed that smokeless tobacco uses in Zahedan, Chabahar and Golestan. There are various types of smokeless tobacco consumed in Iran that have been mentioned in various articles.

Conclusions: The interpretation of the findings showed that if smokeless tobacco use is not prevented, we will see probably the prevalence of it in other provinces of the country in the future. We need a targeted intervention program for reduction or even stop consumption.

Keywords: Smokeless Tobacco,Systematic Review.

Article code: 1stinth-02150103

Evaluation of relationship between life expectancy and smoking: A simple review study

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Abstract

Background: Life expectancy is a process that is influenced by many factors. Smoking is one of the factors that has a significant impact on life expectancy. Based on studies, it has been shown that smoking alone or with alcohol consumption can have a different effect on life expectancy of medical student. Therefore, we evaluated this issue in this study.

Methods: A systematic search was conducted on the PubMed database in English and SID in Persian between the years 2015-2022. We found 10 articles with life expectancy, smoking and medical student's keywords.

Results: The results of studies have shown that The mean of smoking and life expectancy between student was 35%. people who had no history of smoking had a higher life expectancy. the factors Various such as friends smoking, emotional failure, mental stress, family status and other factors are related to smoking among students.

Conclusion: Finally, it can be said that the longer duration of smoking and alcohol causes a significant decrease in life expectancy. It is better to design education, retraining programs, workshops and counseling and use strategies to reduce smoking among students, factors involved in identifying the amount of smoking among students.

Keywords: Smoking, Life Expectancy, Alcohol Consumption.

Article code: 1stinth-01970100

Effects of using smokeless tobacco during pregnancy on babies' birth weight

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Abstract

Background: Since 40 years ago findings has shown that babies born from mothers who smoke weigh less than babies whose mothers don't smoke. Also smokeless tobacco is usually cheap and available around the world. Therefore in this article we're going to study effects of using smokeless tobacco during pregnancy on babies' weight.

Methods: I searched Google scholar, Pubmed, SID, Magiran by using these keywords: smokeless tobacco, pregnancy, LBW and 20 articles were found from 1994 to 2022 which matched our qualifications.

Results: Using smokeless tobacco causes LBW and preterm babies to be born. The usage amount of smokeless tobacco has a correlation with preterm births, increase in tobacco use increases preterm births. Some findings have shown that smokeless tobacco use causes more low birth weights in girls than boys but the reduction of weight in girls is more than that of boys. But more research should be done in this field.

Conclusion: Low birth weight and preterm birth are powerful factors of morbidity and mortality in new-born babies and infants. Thus general regulations to support the youth of the population should be in a way to inform the pregnant women about the probable effect of using smokeless tobacco on the babies and advise them to stop using drugs in pregnancy period.

Keywords: Pregnancy, Smokeless Tobacco, LBW, Preterm Babies.

Article code: 1stinth-01400099

The response of circulating omentin-1 concentration, insulin resistance and lipid profile to exercise training in male smokers

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Abstract

Background: Omentin-1 is a circulating adipokine that can serve as a biomarker for assessment of metabolic risk factors. We investigated the effect of eight weeks of aerobic exercise training on serum omentin-1, insulin resistance and lipid profile in non-smokers and smokers.

Methods: Nineteen male non-smokers (aged 27.88±2.47 years, and with BMI of 22.69±1.77 kg.m-2) and twenty male smokers (aged 30.11±1.96 years, and with BMI of 23.12±1.91 kg.m-2) were randomly assigned into non-smokers control group (C), non-smokers exercise group (E), control smoker group (CS), and exercise smoker group (ES). Exercise groups participated in an eight-week aerobic exercise training program (three times a week, 20-35 min per session at 55%-70% of maximum heart rate). Serum omentin-1 and insulin values were determined by ELISA. The Homeostatic Model Assessment for Insulin Resistance (HOMA-IR), glucose level and lipid profile were measured before and after the intervention. Pearson correlation test, Eta test, paired samples t-test, one and two-way analysis of variance (ANOVA) and post-hoc Tukey test were applied for data analysis ($p<0.05$).

Results: Aerobic exercise improved both serum omentin-1 and high lipoprotein cholesterol (HDL-C) in the exercise groups ($P<0.05$). Also, exercise training reduced insulin, glucose, HOMA-IR, triglyceride (TG), total cholesterol (TC) and low-density lipoprotein cholesterol (LDL-C) levels ($p<0.05$). Omentin-1 was significantly correlated with glucose, insulin, HOMA-IR, TG, TC, LDL-C and HDL-C in both non-smokers and smokers.

Conclusion: The findings suggest that aerobic exercise-induced changes in omentin-1 in the exercise-trained groups may be associated with the beneficial effects of exercise on reduced insulin resistance and lipid profile.

Keywords: Aerobic Exercise, Insulin Resistance, Lipid Profile, Omentin-1.

Article code: 1stinth-00450096

An overview of the laws governing in Iran regarding

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Abstract

The prohibition of smoking in public places One of the most effective approaches to control the reduction of smoking in public places is to apply the approved laws of the country related to places that supply tobacco, especially hookah. The present study refers to the laws approved on 15/6/1385 in the Parliament of the Islamic Republic of Iran and its executive regulations regarding the prohibition of smoking in public places, which are as follows: According to 3 Article of this law, any type of advertisement, support for direct or indirect encouragement, or incitement to use tobacco is strictly prohibited. According to Article 13 of this law, Smoking is prohibited in institutions related to the subject of Article 18 of the Administrative Offenses Handling Law, and the user is liable to pay a fine. 7 Article of the Executive Regulations of the Comprehensive National Tobacco Control and Combat Law, the responsibility is clearly stated, that in order to maintain public health, especially protection against forced inhalation of smoke caused by tobacco products, the use of these substances in public places is prohibited. According to article 8 of this regulation, the managers, employers or operators of the relevant places are responsible for the implementation of the ban on smoking in public places and other places listed in this law. And in article 9 of the executive regulations of the same law, the operators and officials of public places are obliged to install warning signs about the prohibition of smoking products in appropriate places in public view.

Keywords: Law, Tobacco, Public Places.

Article code: stinth1-01720095

The relationship between smoking and periodontal disease

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Abstract

Background: Smoking is a serious risk factor for many diseases. The determining of smoking as a harmful habit among young people is very important. The analysis of the research findings showed that smoking had a negative effect on oral hygiene. Smoking is especially harmful to the periodontal tissues. The periodontal lesions were more prevalent and severe among young men who smoke. The association between smoking and attachment loss is even stronger when the definition of periodontitis is restricted to the most severely affected subjects

Methods: A literature search was conducted in the databases PubMed, EMBASE, Medline and Cochrane, up to 2022. Original observational articles that estimated relevance between tobacco smoking and dental caries in adults were included.

Results: This article reviews the effects of smoked and smokeless tobacco on periodontal status, including the impact of smoking on periodontal therapy and potential mechanisms for the adverse effects of tobacco on the periodontium. Approximately half of periodontitis cases have been attributed to either current or former smoking. Both cigar and cigarette smokers have significantly greater loss of bone height than nonsmokers.Evidence from cross-sectional and case-control studies in various populations demonstrates that adult smokers are approximately three times as likely as non-smokers to have periodontitis. Smokers have a diminished response to periodontal therapy and show approximately half as much improvement in probing depths and clinical attachment levels following non-surgical and various surgical modalities of therapy. Tobacco-induced alterations in microbial and host factors contribute to these deleterious effects of smoking on the periodontium. In longitudinal studies, the rate of periodontal disease progression is increased in smokers, but decreases to that of a non-smoker following tobacco cessation.

Conclusion: Some data indicates that smoking may increase levels of certain periodontal pathogens, but there is more evidence that smoking has a negative effect on host response, such as neutrophil function and antibody production. An encouraging finding is that periodontal disease progression slows in patients who quit smoking and that these individuals have a similar response to periodontal therapy as nonsmokers. The facts presented in this lecture will assist dental health professionals in treatment-planning decisions and provide them with important information to share with patients who use tobacco products.

Data regarding the impact of smoking on periodontal status included in this review will be helpful to dental health professionals as they counsel their patients regarding tobacco use.

Keywords: Smoking, Periodontal Disease, Tobacco.

Article code: stinth1-01910094

The inclusion of the rule "harmless and harmless in Islam" regarding the use of tobacco and harm to the soul

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Abstract

Islam has forbidden humans and human societies in a wider horizon from doing things that cause their destruction: 'And you will destroy yourselves with your own hands.' According to the verses of the Qur'an, man is responsible for his body, and he is questioned about this: 'Inna al-Sam'a wa al-Basr wa al-Fouad kol-op-o-ul-eek kaan-anh ma'soulah': 'Because the ears, eyes, and hearts of all will be questioned.' It is also stated in a hadith of the Messenger of God (peace and blessings of God be upon him): 'On the Day of Judgment, a servant will not be left behind; Unless he is asked about four things: about his life, in what way he destroyed it; From his youth, which is worn out in what way; From his earnings, from where he got it and in what way he used it, and from the friendship of our Ahl al-Bayt. The rule of 'no harm and no harm in Islam' is used in many hadiths, although its inclusion is harm to others, but we know that its inclusion in the general concept does not limit the rule, and it also includes harm to the self in the famous hadith of Fiqh al-Reza (Aliyyah). Peace be upon him) it is said: 'The whole matter is in the face of corruption, what has been forbidden... It is forbidden, harmful to the body and corruption to the soul' and it is also seen in the narration of Tohf al-Aqool. According to these hadiths, anything that is harmful to the body is forbidden. Of course, partial harms that are present in everything and cannot be avoided are outside of it and mean general harms. With regard to the unavoidable harms of smoking, the issue has been examined based on the inclusion of the 'harmless' rule.

Keywords: Harm, Damage, Tobacco, Threat, Arteriosclerosis.

Article code: stinth1-01880093

Tobacco and COVID-19 disease

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Abstract

Smoking increases the risk of contracting many respiratory infections and causes the severity of respiratory diseases. A review of global studies shows that smokers suffer from a severe form of corona disease more than other people. Corona disease is a respiratory infection that attacks the lungs. Smoking weakens the function of the lungs and makes it harder for the body to fight this virus and other diseases. Also, smoking increases the risk of contracting non-communicable diseases such as cardiovascular diseases, cancer, respiratory diseases and diabetes, and each of these diseases will increase the chance of contracting the severe type of corona disease. Current studies show that smokers have a higher chance of contracting the severe form of the corona virus and dying from this disease. The World Health Organization is constantly evaluating new studies, including studies that examine the link between tobacco use, nicotine and COVID-19, and calls on researchers, scientists and the media to be careful of exaggerating unverified claims about nicotine and smoking and reducing the risk of contracting COVID. be 19 Currently, there is not enough information to confirm the connection between nicotine consumption and smoking and the treatment or prevention of the corona virus. The World Health Organization advises smokers to quit smoking as soon as possible. 20 minutes after quitting smoking, heart rate increases and blood pressure decreases. 12 hours later, the level of carbon monoxide in the blood reaches the normal level. Between 2 and 12 weeks after quitting smoking, blood circulation and lung function increase. One to nine months later, cough and shortness of breath will decrease.

Keywords: Tobacco, COVID-19, Respiratory Epithelium, Immune System.

Article code: stinth1-01760091

Comparison of personality traits Between Smokers and Non-smokers: The Role of Sensation Seeking and Core Self-Evaluations

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Abstract

Background: Nowadays, smoking is recognized as one of the most important preventable causes of premature death in the world and personality traits are one of the influential factors in people's tendency to smoke. Therefore, we conducted the present study to compare the sensation seeking and core self-evaluations in the smoking and non-smoking population.

Methods: The present research was descriptive-correlational and its statistical population consisted of the general population of Hormozgan province. 867 people from 13 cities participated in this study. Inclusion criteria consisted of Internet access to answer questions, literacy, non-addiction to drugs and alcohol, willingness to participate in research and exclusion criteria included people with substance use. Due to the coincidence of the study with the prevalence of coronavirus, we used online questionnaires to collect data. We made the link of the questionnaire available to the participants through health care providers and health center assistant nurses in the cities in the relevant channels (Telegram and WhatsApp channels). Data were collected using smoking harms awareness questionnaire, Zuckerman sensation seeking scale, core self-evaluations scale and smoking questionnaire. Data were analyzed with Chi-square test, independent samples T-test and three-way ANOVA with SPSS-24.

Results: 331 (38.2%) of the participants were smokers and 536 (61.8%) were nonsmokers. About 50% (n=162) of smokers have started smoking before the age of 15. Of the total number of smokers, 209 (63.1%) people smoke more than 15 cigarettes in a week. Friends of 43.8% of the participants in the research smoked. In 65.2% of the participants, none of the family members smoked. Age mean of smokers (38.56) and nonsmokers (31.01) are statistically different (P<0.001). The mean scores of awareness of the harms of smoking in non-smokers and smokers were 7.43 (SD=2.43) and 6.51 (1.72), respectively (P<0.001). The findings also indicated a significant relationship between smoking status and gender, marital status, education level, and job status (P<0.001). The mean scores of sensation seeking in the non-smokers and smokers were 15.1

(SD=5.64) and 23.09 (SD=4.18), respectively. The mean scores of core self-evaluations in the non-smokers and smokers were 43.46 (SD=6.79) and 37.9 (SD=4.82), respectively ($p<0.001$). Finally, results showed that there is no relation between smoking status, gender, and education level on the core self-evaluations and sensation seeking. However, it was shown that the mean score of core self-evaluations for males and females is statistically different ($P<0.005$).

Conclusion: According to the findings, smokers reported lower core self-evaluations and higher sensation seeking than non-smokers. By designing and implementing appropriate psychological interventions aimed at increasing core self-evaluations (increasing the traits of locus of control, self-esteem, self-efficacy, and reducing nervousness) and reducing sensation seeking, we can help prevent and reduce high-risk behaviors such as smoking.

Keywords: Core Self-Evaluations, Personality Trait, Sensation Seeking, Smoking.

Article code: stinth1-01890090

Investigating the status of tobacco smoking on the short-term outcomes of patient's post-acute myocardial infarction: a longitudinal study

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Abstract

Although cigarette is a risk factor for cardiovascular disease (CVD), smoking cessation has considerable effects on reducing the mortality and incidence of acute myocardial infarction (AMI). this study was done to examine the effect of status of tobacco smoking and its short-term outcomes post AMI. Methods: In this longitudinal study, 96 patients smoking tobacco products (cigarette and waterpipe) within the age range 30-70 years who had undergone angiography following the first AMI were evaluated. The patients were evaluated at three times in terms of status of tobacco smoking, additional MI, hospitalization due to cardiac events, and some other variables. Data collection was done using a checklist and phone contact. Results: The mean age of the patients was 52.99±9.2 years. Six months following the first MI, more than 60% of the patients had ceased their tobacco smoking, but over time and at the end of study, this value diminished, particularly in those with waterpipe smoking. The chance of hospitalization among the men younger than 54 years who were not smoker at the baseline was 0.801. On the other hand, this chance for men below 54 years who smoked 1-10 cigarettes per day was 4.75 times as large (OR=4.747, P=0.002). In addition, men younger than 54 years who smoked waterpipe twice or more per day were hospitalized 31 times more compared to the men who did not smoke waterpipe (P=0.001 OR=31.112). Conclusion: not smoking cigarette or waterpipe over time would considerably reduce the chance of hospitalization due to CVD.

Keywords: Tobacco, Myocardial Infarction, Short-Term Outcomes, Longitudinal Study.

Article code: stinth1-00510089

A systematic review about factors related to hookah Smoking among the Iranian population

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Abstract

Background: Hookah smoking has had a growing trend especially among the Iranian population. Knowing the related factors is important in designing preventive interventions. This systematic review was conducted to summarize the factors related to hookah Smoking in the Iranian population.

Methods: Seven electronic databases including Magiran, SID, and Iran Medex were searched for articles in Farsi; and Scopus, PubMed, Web of Science, and Google Scholar for articles in English. Searches were done on February23, 2020 by using the keywords “Waterpipe, Hookah, Goza, Shisha, Hubble bubble, Narghile or Smoking” and 'predictive factors or predictors'.

Results: 16 studies (7 English papers and 8 Persian articles) entered the review. In these studies, positive attitude towards hookah smoking, subjective norms, self-efficacy, perceived threat, being with friends, filling leisure time, entertainment, unemployment, pleasant feeling, reducing anxiety and fatigue, and easy access to hookah were related to hookah smoking.

Conclusions: Design and implementation of proper interventions might be effective in preventing hookah use in the Iranian population. Designing programs to fill people' leisure time, promoting sports, and teaching problem solving methods may help prevent hookah smoking.

Keywords: Systematic Review, Hookah, Predictive Factors, Iran.

Article code: stinth1-01850088

Long-term COVID-19 syndrome and smoking

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Abstract

Background: The long-term COVID-19 syndrome is described as different symptoms lasting at least 4 weeks after diagnosis of COVID-19 infection. Early studies conducted on post-hospitalized patients indicated that nearly 87% of the patients had at least one symptom in the period of 60 days of monitoring. Seventy six percent of the patients were still symptomatic at 6 month. In outpatient, researches demonstrated range of up to nearly 50 percent of symptom frequency for different times of follow-ups. Frequently reported symptoms were loss of taste or smell, fatigue, body aches and dyspnea. Some previous studies demonstrated that vaping or smoking were positively correlated with reporting symptoms in 6 months after COVID-19 infection recovery.

Methods: Authors searched data bases of Web of Science, Scopus, PubMed and Google Scholar to identify and extract information regarding the relationship between long-term COVID-19 syndrome and smoking.

Results: Results indicated that smokers have higher risk of COVID-19 progression. Knowledge about effect of smoking on symptoms of post-COVID are limited in the literature. Some of the suggested mechanisms for increased risk of severe COVID-19 in smokers are:

- Damaged respiratory system secondary to smoking may predispose to post-COVID symptoms and severe SARS-CoV-2 infection
- Up-regulation of ACE-2 gene expression in the airway of patients with COPD and active smokers. In the Similar way, exposure to passive smoke can alter expression of ACE2 gene and lead to changes in immune system These patients have the potential to have severity of COVID-19 symptoms, and exposure to smoking is a potential risk factor for friends and family of the patient.
- Smoking can decrease the prophylactic effect of vaccines of influenza in elderly patients and increase the risk of hospitalization in these patients. So, negative effects of smoking on the lungs may increase the severity of symptom.

Conclusion: Some meta-analysis demonstrated a significant relationship between history of smoking and long-term COVID-19 syndrome, severe COVID-19, severity of symptom, and mortality in smokers.

Keywords: Smoking, Chronic COVID Syndrome, Long-Term COVID-19 Syndrome, Post-Acute Sequelae Of SARS-Cov-2 Infection, Post-Acute COVID Syndrome.

Article code: stinth1-01380086

The effect of smoking and non-smoking parents on the attitude of male children towards smoking

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Abstract

Background: The family is the most important and noblest institution in building the foundations of a child's personality, and the significant effects and influence of parents on the personality of a person is not only limited to childhood and adolescence, but covers his entire adult life as well. For this reason, the origin and source of many anomalies, deviations and social harms can be found in an unhealthy family environment and destructive and tense relationship between family members, and considering that one of the major problems of today's society is smoking ,and based on the studies, smoking is a risk factor in increasing other physical and mental diseases and in addition to the bad effect on people's body and mind, it also makes a person prone to opioid addiction and also more than 90% of people Smokers have started smoking before the age of 21, indicating that the family plays the most important role in the tendency and coping with smoking, alcohol and drug use by teenagers and young people. The purpose of this study was to investigate the effect of smoking and non-smoking parents on the attitude of male children towards smoking

Method: The present study was conducted on male adolescents aging 16 to 20 in Babol , who were randomly selected based on the available sample and divided into two groups of adolescents with smoking (60) and non-smoking (60) parents. They completed the attitude scale towards smoking

Results: The results of the research showed that there is a significant difference between the scores of attitudes towards smoking between the two groups ($P<0.01$). And adolescents with parents who smoke have a positive attitude towards their relationship with smokers, and this attitude of having a relationship with smokers plays an effective role in increasing their tendency to smoke in the future.

Conclusion: Family education, prenatal care, appropriate parenting, social support for disadvantaged families and providing an enriched environment for learning and education in the early years of life can play an important role in preventing smoking disorders and drugs in children.

Keywords: Smoking, Teenagers, Family, Attitude Towards Smoking.

Article code: stinth1-01820084

Comparison of the rate of corona infection in smoking and non-smoking pregnant mothers

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Abstract

Background: Smoking is considered one of the most important risk factors in pregnancy, and it is a warning factor for increasing the incidence of COVID-19 and worsening the condition of the pregnant mother.

Method: This research is an observational analytical study. The target population is 126 cases and 126 controls, including pregnant women, smokers and non-smokers, who were screened for Corona in selected Corona centers under Mashhad University of Medical Sciences in 1401.

Results: t-test was used to compare the effect of smoking and the rate of COVID-19 infection in the exposed group compared to the non-exposed group. According to the results of corona screening, 4% of 126 pregnant smokers were referred to the hospital and 17% of them were positive for PCR test. Compared to non-smoking pregnant women, out of 126 people, 1.5% were referred to the hospital and 8%, their PCR test was positive.

Conclusion: Based on the findings of this study and according to the statistical analysis, the use of tobacco and cigarettes in a pregnant mother increases the percentage of corona infection and hospitalization.

Keywords: Pregnant Mother, Corona, Cigarette.

Article code: stinth1-01800083

Second-hand smoke threatens the health of fetuses and pregnant mothers

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Abstract

Background: Secondhand smoke is one of the biggest public health problems that is constantly increasing. If the mother is exposed to secondhand smoke or cigarettes during pregnancy, both the mother and the baby are at risk. The purpose of this study is to investigate the effect of second-hand smoke on the health of the fetus and pregnant mothers.

Methods: To review the studies conducted in Iran and other countries from databases: Iran doc, SID, Pub Med, Web of Science, Pro Quest, Scopus, Elsevier and Google Scholar using the keywords cigarette smoke, second hand smoke, exposed to cigarette smoke , Education were searched.

Results: The amount of exposure to second-hand smoke in Iran is much higher than the amount of active tobacco use during pregnancy in all the countries studied. Second-hand smoke increases the risk of stillbirth and increased fetal and infant mortality, sudden infant death syndrome, congenital abnormalities, low birth weight, short stature and reduced head circumference. Nicotine spreads in the blood of the fetus, amniotic fluid and breast milk and has a negative effect on the neural development of the fetus. Exposure to second-hand smoke during pregnancy through inflammatory pathways in the mother's body causes placental weight loss; It will lead to premature birth or intrauterine growth restriction and also reduces the average birth weight of babies by 31-60 grams. Second-hand smoke contains many toxins, including nicotine, carbon monoxide, ammonia, formaldehyde, hydrogen cyanide, nitrogen oxides, sulfur dioxide, and one of the significant consequences of these toxins before birth is the sensitivity of the fetus's brain to nicotine, which leads to increased addiction. It becomes in later ages. Studies have shown the relationship between exposure to second-hand smoke before birth and increasing the likelihood of smoking in adolescence. The relationship between the cessation of breastfeeding before the child is 6 months old and the low concentration of prolactin in mothers exposed to second-hand smoke due to the effect of nicotine on inhibiting its release has also been reported. Increased risk of bone fractures has been associated with children whose mothers were exposed to secondhand smoke during pregnancy.

Conclusion: Protecting pregnant women in order to reduce their exposure to secondhand smoke should be considered as a basic strategy to improve the health of mothers and children. It is also

necessary to educate and inform about the dangers and to regulate the law banning the use of tobacco at home to protect pregnant women.

Keywords: Pregnant Women, Second-Hand Smoke, Infant, Health

Article code: stinth1-01740082

Prevalence of high risk smoking behaviors among adolescents of Qom province

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Abstract

Background: Tobacco use usually begins in adolescence and youth period that Identity is formed; the epidemiological study of risky behaviors and behaviors is important in planning and initiating interventions for adolescents. The purpose of this study was to determine the prevalence of tobacco use in adolescents and to identify high-risk behaviors.

Methods: More than two-thirds of the total adolescent population of Qom province, including 21,3394 students, aged 6 to 18 years, who referred to health centers and health homes in rural regions in Qom province for age group 6 to 10 years in terms of their risk of acquaintance with tobacco use in the age group of 6 to 10 years. , Exposure to smoke and substance use were assessed in the age group of 11 to 18 years. Study data were prepared through integrated health system and analyzed using Excel and spss25 software.

Results: Results was shown that 2% of 11-18 year-old students, including 2.4% boys and 1.5% of girls, had a tobacco use that was up to 4% in the 16-18 age group (high school boys) Rising to 7.9%, rural to 7.2% and urban to 5.7%. 84% of students consumed tobacco, were used hookah and 26% Have been smoking. 12.6% of families or relatives used tobacco in the presence of adolescents; the risk factor was 9% in affluent areas and up to 18.4% in suburban areas. 1.8% of young teens and about 3% of teens are sent to shopping centers for smoking or other tobacco

Conclusion: The prevalence of tobacco use among students in Qom province is close to the national average; implementing educational interventions in high-risk schools, especially in boys' high schools in the suburbs, in collaboration with the Ministries of Health and Education, can provide students with outcome of exposure to high-risk behaviors and effective in reducing the prevalence of tobacco in the country.

Keywords: Smoking, Epidemiology, Prevalence, Adolescence.

Article code: stinth1-01710081

Investigating a solution to prevent and reduce the harms and diseases caused by smoking by consuming herbal teas

Marzieh Shazdeh Ahmadi

Abstract

Today, the consumption of tobacco is increasing the world, especially in developing countries, including Iran. The harms of consumption on human health include various lung, liver, digestive, and cardiovascular diseases. Nowadays, control and prevention of respiratory diseases is considered as a health priority in most developed countries, and it is necessary to adjust the risk factors in order to increase the health of society. Due to people's concern regarding the many side effects of chemical drugs, including drug resistance, nowadays the use of herbal compounds and traditional medicine results in the least harm and the most benefit. Some medicinal plants cause detoxification, clean the lungs, liver and heart and work to remove the mixture, gas exchange, humidify the air, neutralize toxins, soften the chest, strengthen cough and breathing. These plants have useful secondary compounds such as antioxidants, terpenoids, isoprenoids, etc., which are beneficial for lung health, help to destroy free radicals and reduce the harmful effects of air and environmental pollutants. Give One of the most important ways of using medicinal plants is to produce tea from them, which is an available method to benefit from the properties of medicinal plants. In this research, first, after purchasing effective medicinal plants, 4 types of herbal teas were produced and distributed among 16 people who use tobacco, who were divided into 4 groups of four, and each group had one type of tea for two consecutive weeks. consumed, then a one-week gap was made, during which the completion of the questionnaire and the lung examination were performed by the doctor for each type of tea from the people of each group, and this procedure was repeated again in the following weeks. After collecting the questionnaire data and their statistical analysis, only one type of tea that had the highest efficiency for people was selected as superior. The results of the biplot analysis showed that the superior brew had the most efficiency and satisfaction and had a higher correlation with most of the important desirable traits. Also, this superior tea has many advantages such as being healthy, natural and herbal, cheap and available. Due to the presence of plants with natural sweetening properties, this tea is sugar-free and does not require the use of any artificial sweeteners. It is completely harmless for diabetics and increases the longevity and health of consumers.

Keywords: Prevent, Reduce, Harms Of Smoking, Herbal Teas.

Article code: stinth1-00640078

Effect of Educational Intervention Based on The Theory of Planned Behavior on Preventing Water Pipe Smoking in Secondary School Students

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Abstract

Background: Aims Water pipe smoking, especially among young people, has been on the rise and the increasing prevalence of tobacco use among students is worrying. The aim of this study was to investigate the effect of educational intervention based on the theory of planned behavior on preventing water pipe smoking in secondary school students.

Methods: This semi-experimental study was performed on 400 students from high school boy students (2nd and 3rd) of Fasa city in 2018-2019. The subjects were selected by cluster random sampling method and divided into control (n=200) and experimental (n=200) groups. The intervention was based on planned behavior theory model for the experimental group in 7 sessions of 50-55 minutes. A questionnaire including demographic information, theory of planned behavior constructs and preventive behaviors of water pipe smoking in high school students were completed before and three months after intervention by both groups. Data were analyzed by SPSS 22 software using Chi-square, independent and paired t-tests.

Results: There was no significant difference between the two groups in terms of knowledge, attitude, subjective norms, perceived behavioral control, intent and preventive behaviors of water pipe smoking pre intervention (p>0. 05). However, in the three months after intervention, the experimental group showed a significant increase in any of these variables (p=0. 001), while there was no significant difference in the control group (p>0. 05).

Conclusion: The educational intervention based on the theory of planned behavior is effective on preventing water pipe smoking in secondary school students.

Keywords: Education, Students, Water Pipes Smoking, Theory of Planned Behavior.

Article code: stinth1-00640077

The effect of the educational intervention on empowerment of male high school students in prevention of smoking

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Abstract

Background: The present study aimed to investigate the effect of the educational intervention on empowerment of male high school students in the prevention of smoking through promoting their problem-solving skills, general self-efficacy, self-control, and self-esteem.

Methods: It is a quasi-experimental study using 300 male high school students (150 in the experimental group and 150 in the control group). The data collection tools included demographic information, a checklist for preventive behaviors, and a questionnaire about problem-solving skills, self-control, self-efficacy, and self-esteem. The questionnaire was completed by the experimental and control groups before and six months after the intervention. The educational intervention for the experimental group included six educational sessions of 45–50 min in small group discussions, question and answer, practical demonstration, videos, PowerPoints, and booklets.

Results: The results of the study showed that before the educational intervention there was no significant difference between the two groups regarding problem-solving skills, self-control, self-efficacy, self-esteem, and preventive behaviors. However, six months after the intervention, the experimental group showed a significant increase.

Conclusions: This study revealed the effectiveness of the educational intervention on empowerment of male high school students in prevention of smoking through promoting their problem-solving skills, general self-efficacy, self-control, and self-esteem.

Keywords: Educational Intervention, Empowerment, Prevention, Smoking.

Article code: stinth1-00640076

The Effect of Educational Program based on Health Belief Model on Oral Cancer Prevention in Smoker Men

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Abstract

The purpose of the present study is investigating the effect of educational intervention based on health belief model (HBM) on oral cancer prevention in smoker men. This is a quasi-experimental study carried out on 200 smoker men with the age of 40 or older (100 subjects for the experimental group and 100 subjects for control group) resident in Fasa City, Fars Province, Iran, in 2017-2018. The educational intervention for the experimental group included seven educational sessions for 50 or 55 min-based HBM. A questionnaire consisted of items about demographic information, knowledge, HBM constructs (perceived susceptibility, severity, benefits, barriers, self-efficacy, and cues to action) was used to measure the oral cancer prevention before and 6 months after the intervention. The mean age of the men was 51.35±8.41 years in the experimental group and 52.28±8.09 years in the control group. Based on the obtained results, significant enhancement is observed in average scores of knowledge, perceived susceptibility, severity, benefits, self-efficacy, cues to action, and oral cancer prevention behaviors in experimental group; however, no significant changes are observed in average scores of knowledge, perceived susceptibility, severity, benefits, self-efficacy, cues to action, and oral cancer prevention behaviors of control group. Also, results indicated that, the educational program based on HBM model have positive effect on oral cancer prevention with the improvement of subject's knowledge, perceived susceptibility, severity, benefits, and self-efficacy.

Keywords: Health Belief Model (HBM), Knowledge, Oral Cancer,Self-Efficacy.

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Effectiveness of web-based educational intervention on the exposure of housewives to second-hand smoke in the rural pupulation of Abdanan city

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Abstract

Background: Secondhand smoke has many negative effects on the health of family members, especially housewives. This study was conducted with the aim of determining the effect of the educational intervention based on the Protection Motivation Theory in performing behaviors to prevent secondhand smoke in rural housewives of Abdanan city.

Methods: The present study is a randomized controlled trial and was conducted with the participation of 80 rural housewives who were exposed to secondhand smoke. The subjects were randomly selected and assigned to two intervention and control groups. Data were collected using a researcher-made questionnaire based on the constructs of Protection Motivation Theory and preventive behaviors during two stages before the educational intervention and two months after the intervention. Educational intervention was implemented for 4 consecutive weeks for the intervention group. The data were analyzed using SPSS statistical software version 21 and statistical tests of Chi-square, Independent t test, Paired t test and Fisher exact test.

Results: There were not significant difference between two intervention and control groups before the intervention in terms of demographic characteristics, the number of people who smoke cigarettes, the number of people who smoke hookah, all the constructs of the Protection Motivation Theory except the perceived severity and the response efficacy, as well as the prevention behaviors ($p \geq 0.05$). Two months after the educational intervention, the mean score of perceived severity, perceived response efficacy, perceived self-efficacy, protection motivation and behavior in the intervention group increased significantly ($p \leq 0.05$). Also, the mean score of rewards and perceived response costs of the intervention group showed a significant decrease ($p \leq 0.05$).

Conclusion: The findings of the present study indicated the effectiveness of the educational intervention based on the Protection Motivation Theory in performing behaviors to prevent secondhand smoke in rural housewives of Abdanan city. Therefore, this theory can be applied in health education interventions to reduce women exposure to second hand smoke.

Keywords: Second Hand Smoke, Protection Motivation Theory, Health Education, Housewives.

Article code: stinth1-00690073

Impact of cigarettes and hookah smoking on coronary artery disease

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Abstract

Background: Cardiovascular disease (CVD) has been identified as one of the major cause of death worldwide. Tobacco use is one of the established risk factors for CVD that 29% of regarded deaths can be attributed it. Even though tobacco smoking with hookah is increasing globally, there is limited data available for evaluating the impact of that on CVD. In this study, we evaluated effect of hookah on coronary artery involvement based on coronary angiography.

Methods: In this case-control study, a total number of 256 patients were divided into two groups: 128 patients as the case group who had stenosis at least 50% in left main or more than 70% in others and 128 patients as the control group with normal angiography. Then we evaluated the possible risk factors of CAD between two groups.

Results: The findings of univariate logistic regression showed that smoking was significantly associated with CAD in population with diabetes (P = 0.029), dyslipidemia (P = 0.005), and hypertension (P = 0.05). By adjusting other risk factors, smokers were almost 8 times more likely to develop CAD than non-smokers (P <0.001, CI = 95%, 3.23-20.0, OR = 8.05). Also, the odds of developing CAD in people who use hookah was 5 times higher than the non-hookah users (P = 0.001, CI =95%, 2.45-12.51, OR = 5.53).

Conclusion: Smoking cigarettes a hookah has a significant impact on CAD. Smoking cigarettes are comparatively more associated with coronary artery diseases than hookah considering other risk factors

Keywords: Cardiovascular Disease, Coronary Angiography, Smoking, Cigarettes, Hookah.

Article code: stinth1-01370070

Investigating the relationship between smoking and semen quality in infertile taxi drivers in Tehran province

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Abstract

Background: Infertility is defined as the inability of a couple to conceive after one year of regular unprotected intercourse. Smoking is one of the biggest risk factors in more than 60% of non-communicable diseases. Tobacco smoke contains more than 4000 types of constituents, including nicotine, tar, carbon monoxide, polycyclic aromatic hydrocarbons, and heavy metals. This study was conducted with the aim of investigating the relationship between smoking and fertility of inner-city taxi drivers in Tehran province.

Methods: The current study is descriptive-analytical and cross-sectional in the year 1400 with a statistical population including 100 male inner-city taxi drivers in Tehran province who were referred to one of the reputable infertility treatment centers during the past year (provided they have consent and meet the criteria participation in the study) was done. To collect research data, a demographic questionnaire and smoking patterns were used, and the quality of the participants' semen was analyzed using standard laboratory guidelines approved by the World Health Organization (WHO).

Results: In the group of taxi drivers, 33 (47.1%) did not smoke, 17 (24.3%) regularly smoked and 20 (28.6%) smoked irregularly. Smoking among the participants in this research has led to a decrease of 4.528 in the volume of semen, 2.308 in sperm density, 1.066 in motility, and 0.577 in normal morphology.

Conclusion: Finally, it can be said that smoking has been associated with a dose-dependent decrease in semen quality in smoking drivers compared to non-smoking people. In addition, more studies on molecular mechanisms, especially epigenetic changes involved in the pathogenic process of smoking, are needed, and because of the drivers' working conditions, occupational and environmental effects in infertile taxi drivers can also be expected.

Keywords: Smoking, Semen Quality, Taxi Drivers, Infertile, Tehran.

Article code: stinth1-01140069

Investigating the Relationship between Internet Addiction and Various Aspects of Family Functioning in Adolescents in Khomeinishahr, Iran

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Abstract

Background: Hookah or waterpipe smoking or use is an emerging trend among Iranian population, especially among the youth. The misperception of hookah being less harmful than cigarettes. Hookah users however are exposed to many of the same toxic compounds/by-products as cigarette users, but at dramatically higher levels, which might lead to more severe negative health effects. Due to the prevalence of waterpipe smoking in adolescents, it is necessary to examine the relevant or behavioral factors at a younger age. This study aimed to investigate waterpipe smoking and its relationship with various aspects of family functioning in adolescents.

Methods: The present study was a cross-sectional study (descriptive-analytical) in which, 604 adolescent students in elementally high schools(grade 7-9) of Khomeini-Shahr schools, Isfahan, were selected through multistage cluster random sampling. Data collection tools included McMaster's Family Assessment Device (FAD) questionnaires and self-administrative questionnaire to gather demographic information and history of waterpipe smoking. Correlation test and regression analysis were used to evaluate the correlation between the data. Data analysis was performed with SPSS software.

Results: A study of the relationship between family functions and waterpipe smoking showed that almost all aspects of family functions including communication, role, affective responsiveness, affective involvement, behavior control, and general functioning were positively related to waterpipe smoking, although none of them were not significant variable in explaining waterpipe smoking behavior among adolescents.

Conclusion: Considering the positive relationship between different dimensions of family functions and waterpipe smoking, the higher the ability of performing a role, affective responsiveness, affective involvement, and behavior control in families is, the lower the waterpipe smoking among adolescents will be. Therefore, family functioning can be a significant explanation for the behavior of waterpipe smoking in adolescents.

Keywords: Waterpipe Smoking, Family, Social Functioning, Adolescent.

Article code: stinth1-00450068

Islamic teachings against smoking

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Abstract

Smoking is one of the most common causes of death and disability in the world. Fortunately, with the advancement of science, technology, and proper information, people's awareness of the serious consequences of smoking on their health has increased. Islam is a complete religion, in accordance with all human needs, societies, cultures and civilizations of the world, and it has the necessary instructions in all aspects of life. According to the verses of the Quran, any action against physical and mental health, and which poses a risk to human health, is condemned in Islam. Here we refer to the general rulings related to harmful substances and harmful factors from the perspective of Islam according to the Quran Ayah: A prophet who for followers: who enjoins upon them what is right and forbids them what is wrong and makes lawful for them the good things and prohibits for them bad things. (157 of Surah A'raf) Make not your own hands contribute to [your] destruction. (159 SURA Baqara) Eat and drink, but do not waste; indeed, He does not like the wasteful. (Surah A'raf 31) Those who spend excessively are brothers to the devils, and the devil was to his Lord a rejecter. (27 Surah Asra)

Keywords: Teachings, Islamic, Smoking.

Article code: stinth1-00450067

Pattern of smoking among women in Hormozgan

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Abstract

Background: In recent years, the cause of death of more than 8 million people was smoking, that More than 1.5 million of these people were women. The tendency of women to smoke has increased, so that the results of studies show that 35% of women and girls have the experience of using hookah. Women who are consumers themselves, or are exposed to other people's environmental smoke, are victims of this lucrative industry. Therefore, this study examines the status of smoking among women in Hormozgan.

Methods: This study is descriptive and analytical based on the protocols of the World Health Organization and using the WHO standard questionnaire it has been conducted on 500 women of Hormozgan in different urban and rural areas. After coding, the data were entered into SPSS software and subjected to statistical analysis. After examining the research hypotheses, Mann-Whitney, Croxall, Wallis and Table (chi-square) tests were used.

Results: The results of the study showed that in general, 17.8% of the studied women were daily hookah users and 11% smoked cigarettes. The highest frequency of smoking was in the age group of 45-54 years. There was a statistically significant relationship between the region and the use of hookah, $P \leq 0.05$, However, there was no statistically significant relationship between smoking in urban and rural areas, and most hookah users were in the age group of 55-64 years.

Conclusion: Considering the significant difference observed between the use of hookah in urban and rural areas and considering that women are as a vulnerable group in the society, the use of hookah among them will cause serious damage to the health of themselves and their families, especially children. Therefore, it seems necessary to follow up and implement self-care and educational programs regarding the harms of smoking and the effects of environmental smoke.

Keywords: Smoking, Women, Hormozgan.

Article code: stinth1-01140066

Analysis of infrastructural factors related to adolescent smoking behavior: a path analysis study

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Abstract

Background: Reductions in the age of onset of smoking in adolescence is a public health concern. Evidence suggests that infrastructural factors play an important role in adolescent smoking behavior. Therefore, the present study aimed to perform a psychometric analysis of the questionnaire of infrastructural factors on smoking behavior and evaluate the theoretical framework with a path analysis approach in adolescents in Isfahan, Iran.

Methods: A total of 340 adolescents in Isfahan, Iran selected using simple random stratified cluster sampling were included in the present psychometric cross-sectional research. The data collection tool was a researcher-made questionnaire of infrastructural factors.

Results: The participants' mean age was16.67(0.98) years. The total corrected item-total correlations index was 0.714. Considering the three-factor assumption of the present study and identification of two factors, confirmatory factor analysis (CFA) was performed simultaneously in both models. The results of path analysis showed acceptable goodness of fit for the explanatory model of infrastructural factors.

Conclusions: This study proposed a reliable and valid explanatory model of infrastructural factors and its questionnaire for smoking behavior. The questionnaire can also be utilized in future research on smoking behavior in adolescents.

Keywords: Adolescent, Smoking, Path Analysis, Infrastructural Factors.

Article code: stinth1-01140065

Assessment of the questionnaire of cognitive factors and adolescent smoking behavior: A psychometric study

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Abstract

Background: Reductions in the age at onset of smoking to adolescence is a public health concern. Evidence suggests that cognitive factors(CF)play an important role in adolescent smoking behavior. the present study aimed to perform a psychometric analysis of the questionnaire of CF on smoking behavior and evaluate the theoretical framework with a path analysis approach in adolescents in Isfahan, Iran.

Methods: This psychometric cross-sectional study recruited a sample of 340 adolescents selected by simple random stratified clustered sampling in Isfahan in 2019. The data were collected using a researcher-made questionnaire on cognitive variables based on Bandura's social cognitive theory.

Results: The participants' mean age was16.67(0.98) years. The content validity index, content validity ratio, and total corrected item-total correlations index of the questionnaire of CF were 0.79, 0.56, and 0.362 respectively. The results of confirmatory factor analysis showed acceptable goodness of fit for the first and second-order measurement models of cognitive variables and the results of path analysis showed acceptable goodness of fit for the explanatory model of CF.

Conclusion: This study proposed a reliable and valid explanatory model of CF and its questionnaire for smoking behavior. The questionnaire can also be utilized in future research on smoking behavior in adolescents.

Keywords: Smoking, Adolescent, Cognitive Factors, Path Analysis, Mixed Methods Study, Cognitive Factors, Path Analysis, Mixed Methods Study.

Article code: stinth1-01140064

Assessment of the questionnaire of environmental factors and adolescent smoking behavior: a psychometric study

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Abstract

Background: Smoking is one of the leading causes of mortality in the world. Evidence suggests that environmental factors (EF) play an important role in adolescent smoking behavior. Therefore, the present study aimed to perform a psychometric analysis of the questionnaire of EF on smoking behavior and evaluate the theoretical framework with a path analysis approach in adolescents in Isfahan, Iran.

Methods: This psychometric cross-sectional study recruited a sample of 340 adolescents selected by simple random stratified clustered sampling in Isfahan in 2019. The data collection tool was a researchermade questionnaire of EF.

Results: The participants' mean age was 16.67 (0.98) years. The content validity index and content validity ratio of the questionnaire of EF were 0.8 and 0.58, respectively, and its total corrected item-total correlations index was 0.377. The results of confirmatory factor analysis showed acceptable goodness of fit for the first-order measurement model of environmental variables, and the results of path analysis showed acceptable goodness of fit for the explanatory model of EF.

Conclusions: The present study provided a valid and reliable explanatory model of EF of smoking behavior and its related questionnaire, so it can be used in studies related to adolescent smoking behavior.

Keywords: Smoking, Adolescent, Environmental Factors, Path Analysis.

Article code: stinth1-01270063

Attributable fraction of tobacco smoking on selected cancer deaths in the past decade using mortality case-control study in Isfahan, Iran

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Abstract

Background: This study aims to estimate the impact of smoking-attributable mortality of selected cancers, in the period 2015-2021 in Isfahan, Iran.

Methods: A case-control study was conducted to assess the smoking-attributed major causes of cancer deaths. Unmatched multiple logistic regression was used to calculate mortality risk ratios.

Results: Smoking-attributable cancer deaths were2524 (22.65%) among adult males and 565 (6.88%) among adult females in the period 2015-2021 in Isfahan, Iran. Lung cancer remains the largest cause of smoking-attributable deaths; among men, the death rates were 51.07% of lung cancers, 29.57% of mouth, pharynx, larynx, or esophagus cancers, 12.18% of kidney and other urinary cancers, and 10.11% of liver cancers; among women the corresponding death rates were 35.66% of lung cancers and 15.61% of the mouth, pharynx, larynx, or esophagus cancer, 10.56% of bladder cancers. Smoking-attributed cancer deaths in men increased from 1102 in 2010 to 2695 in 2019; for women, the number remained stable at just over 763 per year during the past decade.

Conclusions: At least one in three cancer deaths in men and one in six in women would be potentially preventable through appropriate control of tobacco smoking in Isfahan, Iran. Effective control programs against tobacco smoking should be further implemented.

Keywords: Isfahan, Iran, Cancer, Mortality Case-Control Study, Smoking Attributed Death.

Article code: stinth1-00660062

Factors Affecting Water Pipe Smoking (WTS)Trend in students: A Scoping Review

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Abstract

Background: Today, consumption of water pipe smoking (WTS) is considered as a globally prevalent health-related problem. The consumption of tobacco through a WTS is growing in popularity, especially among Youth, and identifying predictors of smoking is necessary for planning prevention programs. This study aimed to review the articles related to the effective factors of WTS in students.

Methods: This was a scoping review study. Data were collected using keywords in Magiran, ISC, SID, Pubmed, Scopus, Web of Science and Google Scholar databases in the period from January 2004 to January 2020. Screening and selection of documents was done based on the guidelines of preferred cases in regular review articles and meta-analyses (Prisma).

Results: Primarily, 210 records were retrieved, while only 20 were eligible for the study. The results of the studies showed that several factors are influential in WTS in students, which were divided into 3 general categories, including background factors)Gender and race, history of smoking(, psychological factors)personality components, bitter childhood events, sensual attractions(and social factors)easy and cheap access, wrong knowledge and attitude, role of family and friends, religious and cultural factors, and health policies.

Conclusion: The results of the present study can be an important guide for health policy makers in order to reduce WTS in students. Cultivation and increasing awareness in society, prohibition of the production of flavored tobacco, implementation of laws prohibiting the use of WTS in public places, increasing the price of tobacco, increasing recreational and sports facilities are some of the effective measures to reduce the consumption of WTS, which are suggested by the responsible institutions.

Keywords: Water Pipe Smoking, Tobacco, Students.

Article code: stinth1-01330061

New methods in the treatment of addiction and tobacco : a review of the technologies used to quit tobacco

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Abstract
Smoking is a very important problem with many challenges for the whole world. The number of people who die every day due to drug use is growing. Until now, the main focus of addiction and tobacco treatment methods was based on the reduction of drug dosage and psychotherapy. However, new methods have been introduced with the help of modern technologies, which have come to the aid of health care providers and facilitators that they can improve the conditions of drug addiction treatment and withdrawal. The current study is a review of new methods based on new technologies such as the use of smartphones, GPS, machine learning, and biosensors, which help therapists they can have more momentary care for people who are withdrawing from drug use. New technologies can make an alarm for health providers for appropriate intervention if needed. Despite the various advantages of new technologies and innovations for the treatment of addiction, there are also limitations, such as the lack of sufficient infrastructure in all countries and regions, the lack of a correct and efficient definition of addiction withdrawal conditions, and privacy concerns.

Keywords: Tobacco, Addiction Withdrawal, New Treatment Methods.

Article code: stinth1-01190059

Relationship between smoking and hookah using with the occurrence of nephropathy complication among diabetic patients in southeast of Iran, 2022

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Abstract

Background: The smoking and hookah using not only associated with diabetes, but also can influence the time of occurrence of complications among diabetic patients. This study was aimed to investigate the relationship between smoking and hookah using with the occurrence of nephropathy complication among diabetic patients in southeast of Iran.

Methods: This longitudinal study carried out on 410 diabetic patients. Data were collected by the researcher and trained interviewers using standard questionnaire and referring to the patient's records. Time of diagnosis was regarded as the initiation of nephropathy. Using at least one time a week was regarded as smoker or hookah user. The data were analyzed using Log-Rank and Cox regression.

Results: The prevalence of smoking, hookah using and nephropathy was 8%, 14% and 15.8%, respectively. Both smoking (HR=2.1, P=0.031) and hookah using (HR=1.9, P=0.046) were significantly related to time to event of nephropathy complication among diabetic patients controlling for blood parameters, age, gender, Body Mass Index, insurance and socio-economic status.

Conclusion: This study showed that the prevalence of smoking is not so much but nephropathy is pretty high among diabetic patients in southeast of Iran. In addition to adjusting for potential confounders, both of smoking and hookah using could be as main risk factor for event of nephropathy among diabetic patients. Regarding large attributed deaths to hypertension, it seems that smoking plays the main role in this chain.

Keywords: Smoking, Hookah Using, Nephropathy, Diabetes.

Article code: stinth1-01270058

Impacts of COVID-19 on cigarette use, smoking behaviors, and tobacco purchasing behaviors

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Abstract

Background: The COVID-19 pandemic has had a significant global impact. As a respiratory illness, COVID-19 may pose unique risks to cigarette smokers. This study used concept mapping, a mixed-method participatory approach, to identify impacts of COVID-19 on cigarette smokers.

Methods: Cigarette smokers across the United States (U.S.) were recruited to complete this online, multi-step study. Of the 250 participants who were invited to participate in this study, 114 participants (mean age = 40.9; SD = 12.6) completed at least one of the three study tasks (i.e., brainstorming, sorting, and rating). Participants completed a brief demographic survey and brainstormed statements that completed a focus prompt: "A specific way that Coronavirus/COVID-19 has impacted/affected my cigarette use, smoking behaviors, tobacco purchasing behaviors, and/or other tobacco-related behaviors is." After duplicate statements were removed, participants sorted the final list of 93 statements by similarity of content and rated how true statements were from them (1-Definitely NOT true to 6-Definitely true).

Results: Nine thematic clusters were identified: Smoking More, Smoking to Cope/Reduce Stress, Change in Smoking Behaviors Due to COVID-19, Concerns about Smoking and COVID-19 Risk, Social Impacts, Maintaining and Rationing Cigarette Supply, Impacts on Obtaining Cigarettes, Use of Other Tobacco Products/Drugs, and Minimal/No Impacts/Concerns of COVID-19. The highest rated cluster (i.e., most true) was the Smoking More cluster followed by the Concerns about Smoking and COVID-19 Risk cluster. The highest rated statement in the study was the statement "Smoking keeps me calm".

Conclusions: Cigarette smokers may endure additional impacts of COVID-19, such as increased COVID-19 health burdens, stressors related to risk of exposure, social stigma and isolation, financial burdens, and increased toxicant exposure from increased smoking frequency.

Keywords: COVID-19, Coronavirus, Cigarette Smokers, Smoking Behaviors.

Article code: stinth1-01210057

The relationship between falls leading to fractures in the elderly and smoking: a case-control study

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Abstract

Background: Traumatic falls, especially those that lead to bone fractures, are one of the main causes of death and disability in the elderly. Our aim was to measure the relationship between smoking and falls leading to fractures in Iranian elderly.

Methods: This case-control study was conducted on 300 patients and 590 control subjects in the form of interviews and then coded and entered the SPSS program and subjected to statistical analysis.

Results: Factors affecting the risk of harmful falls from smoking included hookah, cigarette, and opium, and between the case and control groups, 121 cases (40.30) and 132 (22.40) of the control group had smoked, there was a significant difference in smoking (p 0.05 <. for all).

Conclusion: The results of our study indicate that smoking is one of the main causes of falls leading to fractures in the elderly, and we suggest that health officials pay attention to these important results in planning protective measures

Keywords: Smoking, Fall, Older Adults.

Article code: stinth1-01200056

Investigating the factors of destruction of social security and health in the country

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Abstract

This article is based on the tactics of the great Islamic Iran by the colonialists on various issues of drugs, the presence of Afaghaneh and the opening of the country's border, fewer children and a better life, the effects of the imposed war after this period and the injury of one and a half million young people of this border and region. The simple migration of young people has been done outside the Islamic country. Colonialism knows that when its land and water are invaded, the Iranian nation will put aside tribal and ethnic differences and defend its land, a clear example of which is the united stand of all classes of people during the 8-year holy defense. Therefore, colonialism seeks to promote "addictive substances" among the productive forces of society and the youth in order to destroy the spirit of standing and steadfastness. During the recent centuries, colonialism made a lot of efforts to make the nations of the world addicted, which can be mentioned in the two opium wars in China2 and making the Iranian nation addicted in two stages3. Today, the main role of colonialism in the leadership of the coup d'etat of August 28, 2018 and many seditions within the country, even the Baha'ism and the irreligion of the youth of this country, which caused people's dissatisfaction due to oil embargo, high price and inflation.

Keywords: Addiction, Addicts, Colonialists, Drugs, Having Children.

Article code: stinth1-01190055

Investigating the relationship between smoking and Hypertension and Prehypertension among Under 40 Years Old Health, Medical and Administrative Staffs, A comprehensive study in East of Iran,2021

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Abstract

Background: Hypertension and prehypertension is reported to be the fourth contributor to premature death in developed countries and the seventh in developing countries. It is important to discover the risk factors and prevention. This study was aimed to determine the prevalence and relation smoking with hypertension and prehypertension among staffs in East of Iran.

Methods: This cross-sectional study, carried out on 1180 health and administrative staffs under the age of 40 in east of Iran. Data were collected by the researcher and trained interviewers using standard WHO step questionnaire. Measuring blood pressure re-evaluated two weeks later. Using cigarette or hookah at least one time a week was regarded as smoker or hookah user. The data were analyzed using ANOVA, Chi-square and logistic regression.

Results: The prevalence of smoking, hookah using, hypertension and prehypertension was 34%, 44%, 5.3% and was 34.2%, respectively. Based on logistic regression analysis, both smoking (OR=3.1, P=0.023) and hookah using (OR=2.1, P=0.031) were significantly related to hypertension, but only smoking (OR=2.9, P=0.03) increased the odds of prehypertension controlling for age, gender, Body Mass Index, workplace and socio-economic status.

Conclusion: This study showed that prevalence of smoking and hookah using is pretty high among staffs in east of Iran. In addition to adjusting for potential confounders, both of smoking and hookah using could be as main risk factor for hypertension and prehypertension among adults. Regarding large attributed deaths to hypertension, it seems that smoking plays the main role in this chain.

Keywords: Smoking, Hookah Using, Hypertension, Prehypertension.

Article code: stinth1-01170054

Investigating the effect of smoking as a risk factor in the occurrence of osteoarthritis

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Abstract

Background: Osteoarthritis (OA) is a common disorder that causes pain and limitation of activity due to gradual destruction and inflammation of joint cartilage. In several studies, the relationship between smoking and the incidence of osteoarthritis has been mentioned. Therefore, due to the increase in the number of smokers and the lack of familiarity of these people with the side effects of smoking, this review study has been conducted.

Methods: This review study aims to investigate the relationship between smoking and osteoarthritis in smokers and other people who are indirectly exposed to cigarette smoke, by searching for related articles in PubMed and Medline and other reputable journals between 2006 and 2022.

Results: Smoking is the first preventable cause of death all over the world. Almost all parts of the body will be affected by the toxic substances caused by cigarette smoke. It should be mentioned that more than half of the deaths caused by smoking will occur in the middle age. In Kyungrae's study, it was found that the prevalence of osteoarthritis in people aged 50 and older was 13.9%, and in women it was three and a half times that of men. In Hyung's study in Korea, the highest radiographic prevalence of osteoarthritis was observed in the spine (66%), hand (60%), knee (38%) and shoulder at the rate of 5%, and the increasing age of women and obesity were identified as risk factors for this disease. Women's gender was associated with knee and hand osteoarthritis and men with spinal osteoarthritis. Obesity was associated with knee and spine osteoarthritis. In Sugiyama and Sanches' study, there was also a relationship between smoking and the development of osteoarthritis, and in Karen's meta-analysis study, there was a relationship between smoking and incidence. Rheumatoid arthritis was confirmed.

Conclusions: The studied studies, the relationship between smoking and the development of osteoarthritis and rheumatoid arthritis was determined. These effects may even last up to two years after smoking cessation.

Keywords: Smoking, Osteoarthritis, Duration of Smoking, Complication of Smoking.

Article code: stinth1-01160053

Evaluating daily cell-phone use in elderly and its association on lifestyle, Isfahan comprehensive health care centers

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Abstract

Background: The seniors' lifestyle is an important public-health issue. Hence, assessing the association of cell-phone use as a rapidly spreading technology on older adults' lifestyle can be useful for planning prevention and health-promotion policies.

Method: This cross-sectional study was conducted from March 2020 to March 2021 in comprehensive community health centers in Isfahan to investigate the impact of cell-phone use on the lifestyle of elderly. The cell-phone over-use scale and the lifestyle checklist were the assessment tools employed for this purpose.

Results: Of the 300 participants with a mean age of 67.93±5.14 years, 46% were male and 54% female. The average value of cell-phone usage score was 47.88±26.56, which was categorized into low 36%, moderate 41% and overuse 23%. A positive and significant correlation was reported between the level of cell-phone use in males (β=10.711, [0.95 CI=4.262, 17.160]) and people who have used a substance or opium in the past year (β=10.819, [0.95 CI=3.677, 17.961]). The present results found no significant association between cell-phone use patterns and age, level of education, BMI, television time, sports time, smoking in the past year, marital relationship and living alone.

Conclusion: In this study, we demonstrated a correlation between cell-phone use and some demographic and lifestyle variables namely sex, and drug abuse.

Keywords: Elderly, Lifestyle, Cell-Phone.

Article code: stinth1-01150052

Investigation of smoking behavior among university students based on the Protection Motivation Theory

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Abstract

Background: Although, researchers have done several smoking-related investigations, limited achievements have been found in decreasing rates of smoking, because of the most of them were not implemented based on the appropriate theory. Therefore, because of the enhancing of smoking among university students, it is necessary to more effective theory-based investigations to indicate which factors can effect on smoking behavior among the students. This study aimed to Investigate of smoking behavior among university students based on the Protection Motivation Theory.

Methods: In the current investigation, 542 students of Mashhad Universities of Applied Sciences were collected using cluster sampling. The data collection tools were Sociodemographic and Protection Motivation Theory questionnaires. Collected data were analyzed using SPSS.

Results: Pearson correlation analysis indicated that the all Protection Motivation Theory constructs and intention were significantly correlated with the smoking behavior. Perceived vulnerability and severity, response efficacy, and self-efficacy were associated negatively with the behavior of smoking. Moreover, extrinsic and intrinsic rewards, perceived cost and smoking intention were associated positively with the smoking behavior.

Conclusion: Increasing people' self-efficacy in order to more trust themselves that they can successfully avoid smoking via reinforcement the coping skills, can be beneficial.

Keywords: Protection Motivation Theory, Cigarette Smoking, University Students.

Article code: stinth1-00970051

Prevalence of mucosal lesions in people consuming chewable tobacco in Hormozgan province

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Abstract

Background: Although cigarette is a risk factor for cardiovascular disease (CVD), smoking cessation has considerable effects on reducing the mortality and incidence of acute myocardial infarction (AMI). this study was done to examine the effect of status of tobacco smoking and its short-term outcomes post AMI. Methods: In this longitudinal study, 96 patients smoking tobacco products (cigarette and waterpipe) within the age range 30-70 years who had undergone angiography following the first AMI were evaluated. The patients were evaluated at three times in terms of status of tobacco smoking, additional MI, hospitalization due to cardiac events, and some other variables. Data collection was done using a checklist and phone contact. Results: The mean age of the patients was 52.99±9.2 years. Six months following the first MI, more than 60% of the patients had ceased their tobacco smoking, but over time and at the end of study, this value diminished, particularly in those with waterpipe smoking. The chance of hospitalization among the men younger than 54 years who were not smoker at the baseline was 0.801. On the other hand, this chance for men below 54 years who smoked 1-10 cigarettes per day was 4.75 times as large (OR=4.747, P=0.002). In addition, men younger than 54 years who smoked waterpipe twice or more per day were hospitalized 31 times more compared to the men who did not smoke waterpipe (P=0.001 OR=31.112). Conclusion: not smoking cigarette or waterpipe over time would considerably reduce the chance of hospitalization due to CVD.

Keywords: Chewing Tobacco, Oral Lesion, Prevalence, Hormozgan.

Article code: stinth1-00980049

Prohibition of Smoking in Public Places and the Coastline of Bandar Abbas City in 1401

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Abstract

Background: An important aspect of public health maintenance for the WHO1 is to control smoking; a major goal leading to the establishment of the Global Tobacco Control Treaty (FCTC2) by WHO in 1999, which was adopted by the Iranian Vice Chancellor for Public Health in 2005 and incorporated into a set of distinct laws for effective surveillance of smoking. To evaluate the rigor of law enforcement in the case of the national anti-tobacco act, we surveyed a number of entertainment centers, restaurants and on the coastline of Bandar Abbas, a major seaport in southern Iran.

Methods: In this descriptive cross-sectional study we surveyed a number of coastal cafes and restaurants in the second half of 2022. Using the formula for calculation of optimal sample size with an accuracy of 95%, a total of 350 cafes and restaurants located in 10 randomly selected coastal locations and four beaches, namely; Soro, Dolat, Ghadir, and Half Circle, were included. The measured indicators included the location and history of activity, smoking surveillance and which were collected by questioning the staff and customers. Data were analyzed with IBM SPSS 22.0, using Chi-squared and independent t tests with significance threshold of 0.05.

Results: In 273 cases (78%), at least one smoking prohibition sign was observed in public, 70 (20%) of which included non-conventional signs. Though, no such signs were observed in the remaining 77 (28%) places. Despite being aware of smoking prohibition, the staff and customers in 210 (60%) sites confirmed having a habit of smoking. Of the cases were aware of smoking prohibitation, but using tobacco was seen in 210 cases (60%). Among the four beaches surveyed in this study, the highest pattern of smoking was observed in Ghadir, followed by Half Circle, Soro and Dolat, the majority of which was due to accessibility of hookahs.

Conclusion: While the staff of virtually all cafes and restaurants were aware of the prohibitory laws regarding smoking, they did not strictly administrate such laws in the majority of instances (60%), as they believed such measures would decreased their popularity, customer satisfaction and income rate. As such, it appears that the mere knowledge of the existence of anti-smoking laws is not necessarily enough for containment of smoking habits, and more practical and interactive programs should be initiated to remind individuals of the hazards of smoking in public places.

Keywords: Tobacco, Coastline, Bandar Abbas, Hookah, Smoking.

Article code: stinth1-01030047

Persuasive smoking cessation messages based on Elaboration Likelihood Model (ELM) from the perspective of medical students: a structured content analysis study

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Abstract

Background: Smoking is one of the biggest problems of the young generation and quitting it requires careful and scientific planning. Several strategies have helped to reduce smoking among young people. The effectiveness of strategies may decrease over time, which requires training in new approaches to smoking prevention and cessation. ELM is a theoretical approach that provides guidance on developing messages that meet these needs. Since health warning messages are one of the effective ways to change people's attitudes, so in this study, we decided to use the mental processing model of beliefs as one of the effective approaches in persuasion, to analyze the process of persuasive messages to quit smoking in young people.

Method: The present study is a qualitative content analysis study with the code of ethics IR.HUMS.REC.1401.146, which was conducted on 28 students who were selected by purposive sampling. In order to collect data, structured and individual interviews were used, following the principles of conducting interviews and emphasizing ethical principles. The interviews were conducted by setting a previous time and choosing the place according to the opinion of the participants, and the duration of the interview lasted from 40 to 60 minutes. Data analysis was done after each interview until data saturation was reached. Respecting the principle of diversity in the interviews including gender, dormitory/non-dormitory, education levels and fields, smokers and non-smokers were taken into account. Internal validity was done by member control method, external validity was done by rich description of the data set, and reliability was done by the method of organizing the data recording process.

Results: 28 students participated in this study. Their average age was 22.2 ± 4.6, 57.14% were male and 11 of the participants were smokers. The average duration of the interviews was 48 minutes. In this study, 4 main issues of how to send the message, how to send it to the person, when to deliver the message, and the way/means of delivering the message were found. Out of the 12 extracted sub-classes, 9 sub-classes were related to the peripheral path and 3 sub-classes were related to the central path of the model.

Conclusion: Smoking cessation messages require the time, skill and knowledge of experts to help realize this complex behavioral phenomenon. The views of medical students who are related to the future of society's health can be very valuable.

Keywords: Persuasive Smoking Cessation, Elaboration Likelihood Model (ELM), Structured Content Analysis Study.

Article code: stinth1-01050046

Persuasive message criteria for smoking cessation from the perspective of medical students: a structured content analysis study

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Abstract

Background: Smoking is one of the biggest threats to health. The prevalence of smoking among young people, especially medical students, is increasing despite the awareness of its harms. Quitting smoking is a very complex behavior and is influenced by various individual, social and cultural factors. Certainly, determining environmental factors and warning and persuasive messages to quit smoking requires careful and scientific planning. One of the best ways to determine the hidden angles of behavior are qualitative studies, which provide the ability to discover the roots and causes of behavior through in-depth interviews, so the researchers decided to investigate the criterion of the persuasive message of quitting smoking in students.

Methods: This qualitative study is a structured content analysis with the code of ethics IR.HUMS.REC.1401.146. which took place in 1401 at Bandar Abbas Nursing-Midwifery College. The research population consisted of Hormozgan medical science students who were selected by purposive sampling method and based on the study entry criteria including things such as studying in medical sciences, willingness to participate in the interview and completing the consent form to participate in the research. Sampling continued until data saturation. Data analysis was done after each interview until data saturation was achieved. Ethical considerations such as the right to withdraw at each stage of the study, confidentiality of information and not mentioning the names of individuals were respected. Respecting the principle of diversity in the interviews including gender, dormitory/non-dormitory, education levels and fields, smokers and non-smokers were taken into account. Internal validity was done by member control method, external validity was done by rich description of the data set, and reliability was done by the method of organizing the data recording process.

Results: 28 students participated in this study. Their average age was 22.2 ± 4.6, 57.14% were male and 11 of the participants were smokers. The average duration of the interviews was 48 minutes. In this study, 4 main topics were found: how to send a message (5 sub-categories), how to send it to a person (2 sub-categories), when to deliver the message (2 sub-categories), and the way/means of delivering the message (3 sub-categories).

Conclusion: Smoking cessation messages require the time, skill and knowledge of experts to help realize this complex behavioral phenomenon. The views of medical students who are related to the future of society's health can be very valuable.

Keywords: Persuasive Message, Smoking Cessation, Content Analysis.

Article code: stinth1-01020045

Investigating the Prevalence of Job Stress and Drug Use in Nurses Working in Teaching Hospitals in Bandar Abbas

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Abstract

Background: tress, as the most common issue in human life, has become one of the characteristics of modern life. Nurses, due to the sensitive nature of their profession, are constantly exposed to stress. According to studies, job stress is related to smoking.

Methods: This study is a descriptive-analytical research. The statistical population includes all nurses working in hospitals affiliated to Hormozgan University of Medical Sciences in 2018 with an approximate number of 488 people. Data collection tools include demographic characteristics questionnaire, active and inactive drug use questionnaire and OSIPOW job stress questionnaire. SPSS 19 software was used for data analysis.

Results: Job stress was 179.16 ± 31.55 in men and 177.44 ± 24.39 in women. According to Mann-Whitney test, there is a significant difference between levels of tobacco use and levels of marriage in stress scores (P = 0.001). The correlation between age and stress was -0.255, which shows a weak inverse linear correlation, which was statistically significant (P = 0.001).

Conclusion: The results of the present study showed that nurses, due to their stressful job, can be constantly exposed to high-risk alternative behaviors to address these stresses and conflicts, so systems involved with the nursing community should develop well-written programs to address these pressures for nurses.

Keywords: Nurses, Stress, Drug.

Article code: stinth1-00900044

Tobacco Products: A Global Threat from Pre-production to Post-consumption

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Abstract

Background: Tobacco addiction is the leading preventable cause of mortality worldwide, killing more than 8 million people each year. When the harms of tobacco products such as cigarettes, pipes, and hookahs are mentioned, the harmful effects of its use on human health are mainly considered; from a variety of cancers to stroke and heart diseases. But the neglected part of the issue is the harmful effects of tobacco on the environment. These effects endanger not only the human health, but also the life of all creatures on the planet and eventually the next generations of humans.

Methods: A Review of literature was preformed regarding the environmental harms of tobacco products. Data collection is done through searching in different databases such as PubMed and Google Scholar.

Results: The selected studies revealed that tobacco leaves footprints in every single portion of the environment; from the agricultural practices carried out by farmers such as deforestation for cultivating tobacco as well as woods burning for its leaves' curing or drying, to the tobacco product waste (TPW) which find its way easily to contaminate water resources and make marine ecosystems more susceptible.

Conclusion: The life cycle of tobacco begins before the cultivation of tobacco and continues until after its residues are released into the environment. Unfortunately, in Iran there is little research on the effects of tobacco products on the environment. Also, there are few laws and fines preventing people from disposing their cigarette leftovers in the nature. This study has been done with the aim of raising concerns regarding the harmful effects of tobacco products on the environment. We hope that the government will pay more attention to this issue and take more effective measures to control environmental pollution caused tobacco products, and also that ecologists and environmental activists will address this issue more.

Keywords: Tobacco, Environment, Ecological Footprint, Cigarette Butt Litter, Water Quality.

Article code: stinth1-00960043

The relationship between spiritual health and emotional intelligence with attitude towards smoking in nursing students

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Abstract

Background: One of the threating factors that has effect on students is the use of tobacco products. Emotional intelligence can act as a protective factor against risky behaviors such as smoking. On the other hand, students manage stress by faith and religiosity. The aim of study is the relationship between emotional intelligence and spiritual health and attitudes toward nursing students.

Methods: This research was a correlational-descriptive study that was conducted through convenience sampling method in 2022. The data collection tools included Paloutzian and Ellison's Spiritual Health Questionnaire, Bradbery and Graves' Emotional Intelligence Questionnaire, and Shoor et al.'s Attitude toward Smoking Questionnaire. A total of 146 nursing students who were willing to participate completed the questionnaires. The data was analyzed with SPSS software version 21 through descriptive statistical methods, Pearson's correlation coefficient and linear regression. P value was set <0.05.

Results: The average age of the students was 22.74 ± 3.26 years. 54.1% of male and 45.9% of female students participated in this study. There was a positive and significant relationship between spiritual health and attitude towards smoking ($r = 0.35$, $P < 0.001$) and between emotional intelligence and attitude towards smoking ($r = 0.26$, $P < 0.001$). Attitude towards smoking according to gender ($r = 0.35$, $P < 0.001$), history of smoking by family ($r = 0.17$, $P < 0.03$) and having a friend who is addicted ($r=0.19$, $P < 0.02$). The spiritual health ($ß=0.29$, $t=3.51$, $P<0.001$) had a greater contribution in explaining the attitude towards smoking.

Conclusion: According to the results of the present study, the attitude towards tobacco is related to factors such as age, history of smoking and having an addicted friend, emotional intelligence and especially spiritual health. Therefore, university authorities can play an effective role by conducting educational workshops in order to strengthen and nurture the components of spiritual health and emotional intelligence to prevent using smoking by students.

Keywords: Spiritual Health, Emotional Intelligence, Attitude Toward Smoking, Students, Nurses.

Article code: stinth1-00920042

Effect of smoking on thyroid disorders

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Abstract

Background: Several studies show smoking can cause disorders of thyroid function and cause many of thyroid diseases which are effective on the public, because of chronicity of many of these diseases and increased expenses and decreased public health index, identification of adjustable risk factors is highly important and efficient. Duo to scientific evidence cigarettes are the most important, most preventable risk factor for health problems and death and also because cigarettes effect largely on endocrine organs such as thyroid, we found it necessary to gather and do this study review according to complete research on the effects of smoking cigarettes and smoking drugs on thyroid function disorder

Methods: The approach of this article was done in a systematic study review to examine and analyze the effects of smoking and thyroid function disorder. To do so, the following sources were used: Scholar Medline, SID, Scopus, CINAHL, Elsevier, Iran Doc and Magiran. From 2000 to 2021 with high emphasis on articles of the recent 5 years.

Results: Existing information according to 18 articles indicated that the relationship between smoking and thyroid diseases are influenced by many adjustable and not adjustable factors. Smoking with thyroid cancer, hypothyroidism, hyperthyroidism, TSH serum level and TPOAB reverse relation and direct relationship with septic hidradenitis and serum level FT3 and Ft4.

Conclusion: The result manifest a reverse relationship between tobacco and thyroid cancer because of decrease of TSH serum level, also because TPOAB serum level decreases in smokers, the risk of having hypothyroidism and autoimmune thyroid diseases is less. However smoking cigarettes makes one susceptible to the chances of hyperthyroidism. It is worthy of mentioning that the relationship between smoking and thyroid function disorder because of its influence of various factors such as genetic, age, gender, underlying disease; and all the results of this article was gained through study review that each one of them counted to one of the factors above; in conclusion to generalize this to all the people in a society more study and research should take place.

Keywords: Tobacco, Smoking, Thyroid Diseases, Thyroid Neoplasm.

Article code: stinth1-00650040

Explanation of Tobacco Use Screening in Hormozgan Health Network System

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Abstract

Background: Identifying and taking care of the health of tobacco users is an important solution in reducing tobacco consumption, which is carried out in the health network system.

Method: The data was collected and analyzed for the screening of tobacco use (cigarettes, hookah, snuff, etc.) using the integrated health system (SEB) among clients receiving primary health care. The screening of tobacco use included these items in most of the standard questions, lifetime smoking, in the past three months: how often did use once, how often once, strong desire or temptation to use, how often did use once lead to health, social, legal, or financial problems, how often did consumption lead to failure to perform normal and expected tasks, expressed family concern about consumption, unsuccessful action to control, reduce or stop consumption. The answers to the questions were scored with a minimum score of 0 and a maximum score of 8. Smokers were placed in three categories, low risk (score 3-0), medium risk (4-26), high risk (27 and above). The percentage of people evaluated in the primary screening for smoking was derived from dividing the number of people evaluated in the primary screening by the number of active electronic files in the age group of 15-59 years. as people move from low risk to high risk, it means that people are in a worse situation in terms of their consumption patterns and the impact of smoking on their lives.

Results: The Provincial incremental index of the percentage of people evaluated in the initial screening of involvement with tobacco consumption in 1398, 1399, 1400 (solar hijri) was 17.9, 28.6, and 60.04 percent, respectively, (A total of three years 60/04). The provincial index of the percentage of identifying people with medium risk and high risk of smoking in 1398 was 18% and 0.5%, respectively, in 1399, 26.2 and 1.1 percent, respectively, and in 1400 it was 31.8 and 1.1 percent respectively.

Conclusion: Although the percentage of people who were screened for tobacco consumption in the province has decreased annually in 1399(sh) compared to 1398(sh), but in 1400(sh) there has been an upward trend compared to the last two years. Also identifying consumers of high-risk users has not changed significantly. The provincial index for identifying moderate risk tobacco use is higher compared to the national index in the last three years (national index, 1398(SH): 14.8, 1399(SH): 17.6, 1400(SH): 19.4). Encouraging all members of the society to regularly receive basic health care, increasing the quantity and quality of tobacco screenings in the health network system, creating an integrated health care system in the private and public sector leads to improving the identification and care of tobacco users.

Keywords: Tobacco, Screening, Hormozgan.

Article code: stinth1-00640039

Effect of Educational Intervention Based on Theory of Planned Behavior on Reducing Smoking and Hookah Use among High School Male Students

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Abstract

Background: Using of smoking and hookah has increased among high school students in recent years. Therefore, the present study aimed to determine the effect of educational intervention based on Theory of Planned Behaviour (TPB) on reducing smoking and hookah use among high school students.

Methods: This quasi-experimental study was conducted on 300 high school male students in Fasa city, Fars Province, Iran 2019. Subjects were selected by multi-stage sampling method of 300 people and randomly divided into two groups of intervention (each group of 75 people) and control (each group of 75 people).The data collection tool was a standard questionnaire used in previous studies based on the theory of planned behavior.The educational intervention for the experimental group included 7 sessions of 45-55 minutes using small group discussion, question and answer, practical demonstrations, videoclips, PowerPoint and booklets. Before the intervention and four months after the educational intervention, both experimental and control groups completed the questionnaire. Data were analyzed using SPSS 22 software through Chi-square, independent t-test, paired t-test and McNemar.

Results: The mean age of the experimental and control groups was 17.89+1.46 and 17.1+1.58 years. The results showed that before the educational intervention, there was no significant difference between the experimental and control groups in terms of awareness, attitude, subjective norms, perceived behavioral control and behavioral intention; however, four months after the educational intervention, there was a significant increase in the experimental group. Also, before the educational intervention, there was no significant difference between the two groups in terms of current smoking and hookah use; however, four months after the intervention, there was a significant difference between the two groups.

Conclusion: Implementing the TPB-directed instructional sessions resulted in reducing smoking and hookah use among high school students.

Keywords: Hookah, Theory Of Planned Behavior (TPB), Smoking, Students

Article code: stinth1-00640038

Lived experience of smoking students: A phenomenological study

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Abstract

Background: Considering the growing trend of smoking among university students and the important role of students in the future of society, it is necessary to recognize the components and dimensions of these behaviors to design effective interventions. The aim of the present study was to investigate the lived experience of smoking students.

Methods: This is a phenomenological qualitative study. The study population included students studying at Fasa University of Medical Sciences with smoking experience. Seven students were investigated using in-depth interviews using and purposive and snowballing sampling. Sampling was continued until data saturation. Interviews were conducted and analyzed at the same time using Colaizzi method in MAXQDA ver. 10.

Results: The results of the present study showed that the lived experience of smoking students consists of two main themes, positive experiences including subcategories: feeling peace, prestigious and attracting the attention of the opposite sex. Negative experiences also included subcategories of feeling guilty, physical-psychological problems and social stigma.

Conclusion: The results of the present study provide the basis for recognizing the problems of university students to reduce the smoking-related problem. These results can be used for educational and cultural interventions and emotional and social support and to improve the educational and life style.

Keywords: Lived Experience, Students, Smoking, Qualitative Study

Article code: stinth1-00890037

The Effect of vaping on occupational Musculoskeletal Health

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Abstract

Vaping is one of the latest trends in tobacco use. It involves inhaling vapor from devices known as electronic cigarettes (e-cigarettes). The technology is so new scientists still haven't done enough studies regarding the health effects of long-term vaping. They could be marginally safer than tobacco, or they could be just another tactic to get a new generation of smokers addicted to nicotine. Because of the significant lack of data, the vaping industry is doing incredibly well. Today, the industry is worth more than a billion dollars, and according to current projections, it is on track to outsell other tobacco products within the next ten years. The FDA still hasn't issued any regulations or guidelines about the health effects of vaping. Preliminary tests have shown the amount of chemicals present in e-cigarettes are a fraction of what would normally be in a traditional cigarette. Neck Pain and Vaping Additionally, many e-cigarette users have experienced neck pain and headaches after vaping, especially after the first three months of using. While not officially listed as a side effect, investigation into the matter has determined that muscle aches are a recognized side effect of vaping. There has been no insight into what is causing the problem exactly, but some theorize the propylene glycol in the vape is metabolized into lactic acid and is causing pain. If lactic acid is produced as a result of vaping, the muscle pain wouldn't be a surprise, as studies have also shown lactic acid may be responsible for muscle pain in fibromyalgia patients. Vaping and intervertebral disc problems nicotine in e-liquids negatively impacts IVD health by creating hypoxic environments that degenerate the IVD vasculature and cellular matrix. While studies have demonstrated the inhibitory effects of nicotine use on spinal fusions in animal models, the impact of e-cigarette use on spinal fusion operations in human patients is currently lacking. Our narrative literature review aims to provide comprehensive insight into the impact of e-cigarette use on occupational Musculoskeletal Health.

Keywords: Vaping, Musculoskeletal, Ocupational Health.

Article code: stinth1-00880036

The effect of electronic cigarette on oral health:review

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Abstract

Background: Electronic cigarette (e-cigarette) use is becoming more prevalent and is particularly popular among adolescents and conventional smokers. E-cigarettes are sometimes regarded as a less harmful alternative to tobacco smoking, and there is some evidence of their potential role as a smoking cessation aid. While the oral health sequelae of conventional smoking are well-established, the impact of e-cigarettes on oral health is still unknown. The present study aims to carry out a bibliographic review regarding oral changes resulting from electronic cigarette smoking.

Methods: Three electronic databases (PubMed, Web of Science, and Embase) were systematically searched with the following uniterms: “electronic cigarette” OR “e-cigarette” OR “electronic cigarettes” AND “oral health”. Additionally, books and epidemiologic data were used. Nonsystematic literature reviews and articles that did not strictly refer to electronic cigarettes were excluded. The independent reviewer extracted data and synthesized the findings.

Results: The final sample consisted of 113 articles. Extensive dental damage as a result of e-cigarette explosions were described. Components of e-cigarette have known cytotoxic, genotoxic, and carcinogenic.

Conclusions: Findings from this review suggest that a wide range of oral health sequelae may be associated with e-cigarette use.E-cigarette exposure increased the risk for deteriorating periodontal, dental and gingival health as well as changes in the oral microbiome and cellular damage in oral tissues. In addition, electronic cigarette smoking has not demonstrated full health security. Oral health professionals should not recommend e-cigarettes for smoking cessation but inform patients about their potential risks. Well-designed studies to investigate oral health outcomes of e-cigarette use are needed.

Keywords: E-Cigarettes, Oral Health, Review.

Article code: stinth1-00860035

Prevalence and localization of oral lesions in patients with tobacco smoking habits

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Abstract

Background: When the issue of the relationship between smoking and oral health is raised, subject of losing teeth and bad breath (halitosis) comes to mind. But smoking is closely related to all kinds of oral lesions, many of which are precancerous. Therefore, the aim of the current study was to evaluate the prevalence and localization of various oral lesions associated with the tobacco smoking.

Methods: In this cross-sectional study, the medical records of patients visiting the department of oral medicine of faculty of dentistry of Tabriz university of medical sciences from January 2021 to January 2022 were retrospectively analyzed. Inclusion criteria were patients smoking for a minimum of 12 months who did not have any systemic disease. From 562 medical records retrieved, 81 files were selected based on the inclusion criteria and 81 files from non-smoking patients matched for age and sex were included as well. The obtained data were analyzed statistically by SPSS 17 software. P value less than 0.05 was considered significant.

Results: The most common oral lesion in smokers was oral leukoplakia, affecting 17.8% of the subjects, followed by smoker's melanosis (11.9%) and hairy tongue (10.5%). Ninety seven percent of patients were male. The oral lesions were more common among patients older than 60 years (47.1%). However, there was no significant difference in the prevalence of oral mucosal lesions based on age distribution (p=0.07). The most common affected site by the intraoral lesions was the buccal mucosa (40.5 %) followed by lateral border of the tongue (34.6%), palate (10.3%), gingiva (6.5%), and floor of the mouth (4.1%). The most common oral lesion in non-smokers was oral lichen planus (12.6%). The oral lesions were significantly higher in smokers than in non-smokers (P=0.01).

Conclusion: The results of the current study showed the high prevalence of premalignant oral lesions like leukoplakia, among tobacco smokers. Therefore, regular screening and educative programs to increase the community awareness regarding the adverse effects of smoking on oral health is crucial.

Keywords: Smoking, Oral Lesions, Leukoplakia, Tobacco.

Article code: stinth1-00780034

Investigating the Relationship between Smoking and Colorectal Cancer

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Abstract

Background: The number of smokers worldwide has increased to 1.1 billion in 2019, and in 2020, 22.3% of global population used tobacco. Tobacco kills more than 8 million people annually. Colorectal Cancer (CRC) accounts for about 10% of cancers and is the second most common cause of cancer mortality worldwide. Smoking is a major risk factor for CRC and is associated with an increase in mortality due to it. Evidence supports the relationship of modulating lifestyle factors, including smoking, in relation to CRC prevention. In this study, by collecting and analyzing the available studies in this field, we investigated the relationship between smoking and the second deadliest cancer in the world.

Methods: The present study was carried out by a review method. For this purpose, a search was made in the databases: PubMed, SID, noormagz, Magiran by keywords: Smoking, Cigarette, Colorectal Cancer, Colon Cancer, Rectal Cancer and their Persian equivalents. Then, the articles were reviewed based on the abstract and title, and those that were related to the topic and met the inclusion criteria were selected (=33). Inclusion criteria were: Persian and English language, publication in the last 5 years and be free full text articles. In the next step, the articles were re-examined, duplicates were removed and finally 25 articles were included in the study. At the end, concepts and data were analyzed.

Results: Predictive variables of CRC showed a combination of genetic markers and lifestyle in increasing the risk of CRC. Tobacco smoke can be a source for intestinal microbiota. Dysbiosis of intestinal microbiota due to smoke changes metabolites and disrupts intestinal permeability. Proliferation and apoptosis of colorectal epithelial cells and inflammatory response also change after smoking. Smoking can suppress the immune response in the tumor microenvironment and by affecting the function of macrophages and polarization, it causes development of tumors. Smoking as an independent factor was associated with low recurrence-free survival (RFS) and poor overall survival (OS) and is a risk factor for recurrence, poor prognosis and mortality in CRC patients. Smokers are 48% more exposed to CRC. Avoiding smoking can compensate a significant part of the genetic risk of CRC.

Conclusion: Smoking increases the risk of developing colorectal cancer and also weakens the prognosis of smokers with CRC. Therefore, the need for wider training in the first level of prevention is necessary as a modifiable factor; because withdraw may not be compensated after the diagnosis.

Keywords: Smoking, Cigarette, Colorectal Cancer, Colon Cancer, Rectal Cancer.

Article code: stinth1-00610033

Prevalence of mortality in alcoholic motorcyclists

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Abstract

Background: The aim of this study was to estimate the prevalence of mortality in alcoholic motorcyclists in the world.

Methods: A systematic review was conducted in research database of PubMed / Medline, ISI Web of Knowledge, and Google Scholar until 2018. Point prevalence with 95% confidence interval was estimated. The variances of each study were calculated using the binomial distribution formula. Heterogeneity among the studies was tested by Q-Cochran test with a significant level less than 0.1. Index of changes attributed to heterogeneity (I2) was assessed. Regarding the heterogeneity of the studies, random effects of model was employed to combine the results of the studies. All statistical analyzes were performed by the software STATA version 11. Using the Meta -Analysis commands.

Results: Of 916 articles from 2011 to 2018, based on inclusion criteria 12 studies examined and analyzed. The prevalence of mortality in alcoholic motorcyclists was 0.28 (CI 95% = 0.23-0.34). Subgroup analysis based on the type of countries showed the prevalence of mortality among alcoholic motorcyclists in both countries, developed and developing countries, is the same (29%). Also, the prevalence of mortality in alcoholic motorcyclists aged 25-35 years is more than that of other age groups (0.34) (0.0-4.27).

Conclusions: With the proper planning and adoption of health policies, increasing the prevalence and complications of the disease will be prevented.

Keywords: Alcoholic, Mortality, Motorcyclists, Prevalence.

Article code: stinth1-00810032

Investigating the prevalence of smoking among women aged 15-60 referring to comprehensive health centers covered by Mashhad University of Medical Sciences 1399-1400

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Abstract

Background: According to the World Health Organization, smoking is the most common, deadly and costly substance use disorder. In recent years, we are facing an increase in the consumption of tobacco in the adolescent and young age groups in general and the female population in particular. In this study, the prevalence of smoking among women aged 15-60 referring to comprehensive health centers covered by Mashhad University of Medical Sciences during the years 1399-1400 was investigated.

Methods: This review is a retrospective descriptive study. Based on the results obtained from the screening of smoking among women aged 15-60 referring to comprehensive health centers of Mashhad University of Medical Sciences during 1399-1400 and then analyzed using SPSS 11 software.

Results: The total number of women in the age group of 15-60 years old who visited comprehensive health service centers and were screened for smoking was 440,110, 93.7% of whom were Iranians and 59% of whom lived in the city. 3.7% of the total population of screened women have been identified as users of one type of tobacco.77.7% of female tobacco users have education below diploma and 13.18% are illiterate, the most age group is 31-40 years old and 11.8% of female users are under twenty years old. In the rural population, the percentage of tobacco use was 4%. The most common type of tobacco used by women in the urban and rural population was hookah.

Conclusion: According to the latest report of the tobacco control secretariat of the Ministry of Health in 2015, 14.2% of the population aged 18 to 64 are daily or occasional consumers of various tobacco products, which according to gender breakdown is 25% of men and 4 % of women use all types of tobacco. The point to consider is the growth of the prevalence rate of tobacco use among women, so that according to statistical documents in 2013, 3.7% of women were consumers of various types of tobacco products, which unfortunately reached 4% in 2015. In this study, the prevalence of smoking in the female population is consistent with the above statistics. Considering the importance of women's physical and mental health in providing the physical, mental and social health of society and also considering that smoking is a serious risk factor in the

tendency to consume alcohol and drugs. It seems that preventive interventions in the field of drug, alcohol and tobacco use disorder control and treatment should be considered as an important priority in the health care system of the country, and on the other hand, considering that 95% of the women studied were hookah users. It is necessary to give priority to necessary education regarding the side effects of hookah consumption.

Keywords: Preventive Interventions, Women, Smoking Disorder

Article code: stinth1-00650031

Exploring the Casualties of Hookah Consumption in Beaches of Bandar Abbas: A Qualitative Study among Southern Iranian Men

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Abstract

Background: One of the forms of tobacco consumption, especially in the south of Iran, is hookah consumption. Hormozgan province is the third most used hookah province in Iran.

Methods: The aim of this study was to identify the causes of hookah consumption among men in Bandar Abbas, the largest city and the capital of Hormozgan province in southern Iran. This qualitative study was conducted in six months at the end of 1400(SH) and the beginning of 1401(SH) on 76 men who used hookah at the place where hookah was sold on the shores of Bandar Abbas.

Results: By content analysis, 12 categories of reasons for hookah consumption were extracted. which included individual, family, companionship with friends, physical, psychological, economic pressure, cultural background, positive opinion about hookah, unemployment, geographical conditions, frustration and freedom from everyday life and life issues, availability and abundance of hookah supply. Among these reasons for using hookah, the physical and psychological factors in the pleasure of using hookah and then the factor of easy access and large supply of hookah on the beaches of Bandar Abbas were more prominent.

Conclusion: This study showed that the need for preventive interventions in hookah consumption in the southern city of Bandar Abbas is evident. Long-term interventions such as improving the health literacy of community members, cultural reform of hookah consumption among people can lead to the reduction of hookah and tobacco use. Short-term interventions that can be designed and implemented by provincial policy makers and health decision makers. The influential cases that include the legal ban on the sale of hookah on the beaches, the lack of permission to sell tobacco

on the beaches, the increase and creation of modern and accessible healthy fun and entertainment at low cost on the beaches.

Keywords: Hookah, Qualitative , Tobacco, Men, Bandar Abbas.

Article code: stinth1-00840029

Explaining the experience of Exposure passive smoking on children's health in Zahedan city

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Abstract

Background: Breathing in other people's cigarette smoke is called passive smoking (PS) or secondhand smoking (SHS). This word refers to the state in which an individual is involuntarily exposed to the smoke from other peoples' cigarettes, hookah, and other tobacco substances. Passive exposure of children to cigarette smoke has been implicated in several recalcitrant respiratory childhood disorders. However, to our knowledge, no information is available regarding the connection between passive exposure to tobacco smoke and the children in Zahedan.

Methods: Qualitative study using Grounded Theory In 2020 in Zahedan city. Through intentional sampling and theoretical sampling, the study included 25 children between the ages of 5 and 13 years with a positive history of prolonged exposure to household passive smoke, and who required inferior turbinate reduction together with other procedures. Data were collected using semi-structured interviews and were analyzed using the principles of Grounded Theory: initial coding and focused coding, memo writing, theoretical sampling and constant comparative method.

Results: A total of 54 concepts (codes) were identified in open coding and 13 subcategories were extracted in axial coding. Four main categories including breathing problems, sleep disorder, nausea and physical weakness. Finally, Desire to use drugs a core category.

Conclusion: Considering the increasing trend of passive smoking and its considerable adverse health effects in Zahedan's children, it is necessary to implement large-scale public interventions to reduce the rate and hazards of exposure to tobacco smoke. Our task as medical professionals is clear: given the number of lives at risk, medical and public health communities must accelerate their efforts to protect children from exposure to secondhand smoke.

Keywords: Passive Smoking, Trend, Adolescents, Children.

Article code: stinth1-00840028

The effect of smoking on the time of occurrence cardiovascular complications in type 2 diabetes using survival analysis

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Abstract

Background: Smoking is one of the causes of diabetes and its complications, in causes type 2 diabetes. Also, diabetics who smoke will face more problems to control their diabetes and the amount of insulin they consume. this reduces the time of complications of diabetes. The present study was conducted with the aim of investigating the effect of smoking on the occurrence of cardiovascular diabetes complications using survival analysis.

Methods: This study is a historical cohort study using the survival analysis method, which was carried out descriptively and analytically in 2020. The required sample size was estimated to be 410 patients. Data were calculated using Stata.ver14 software and using descriptive tests, then using the Kaplan-Meier method and the Cox proportional hazards model of survival.

Results: The most complications of the patients were related to the occurrence of cardiac complications in 122 patients (29.76%) and this study showed that the smoking variable had a significant relationship with the chance of cardiac complications ($P<0.05$). So that the chance of heart complications in people who used tobacco was 2.43 (2.43-1.53: 95% CI, OR = 2.43).

Conclusion: Smoking and diabetes interacted with each other in relation to increased risk of CVD events, and the effect of risk factor management on CVD risk among participants with diabetes was attenuated by current or former smoking. Even though diabetes can lead to other health problems, you can prevent or delay these complications in many ways. Learn how to prevent or delay these diabetes complications and how to improve overall health.

Keywords: Diabetes, Cardiovascular Disease, Smoking, Survival Analysis.

Article code: stinth1-00790027

The effect of quitting smoking on the rate of change in blood pressure and the occurrence of high blood pressure

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Abstract

We conducted the present study to investigate the effects of cigarette quit on changes in blood pressure and high blood pressure. We evaluated 8170 healthy male employees in a steel manufacturing company who received professional health examinations at the company's health care center in 1398 and re -examined in 1400. We examined variables of base age adjustment, body mass index, smoking, alcohol, exercise, family history of hypertension, systolic or diastolic blood pressure, and changes in body mass index and alcohol consumption during follow -up periods. Relatively regulated risks of high blood pressure in those who had left smoking for <1, 1 to 3 years, 0.6 (95 % CI 0.2 to 1.9), 1.5 (95 % CI 0.8 to 2.8) and 3.5 (95 % . CI 1.7 to 7.4 respectively compared to current smokers. The rising risk of high blood pressure for longer periods of cigarette quitting in the subgroups of those who have maintained their weight, as well as those who gain high weight after quitting. The increased increase in both systolic and diastolic blood pressure was higher in those who left the current smokers for 1 year. We saw a gradual increase in blood pressure as we prolonged smoking in men, although the mechanism of this increase in blood pressure is unknown. The study suggests that smoking may lead to increased blood pressure, hypertension or both.

Keywords: Cigarette, Hypertension, Hypertension.

Article code: stinth1-00790026

Relationship between metabolic cardiac parameters in non -smokers, current smokers and diabetes crackers: a systematic and meta -analysis survey

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Abstract

Background: Tobacco use is associated with increased complications of microwave and microwaves in diabetes patients. In addition to other simultaneous vascular turmoil, it also appears to affect cardiovascular parameters, which may partially explain the acceleration of vascular complications in people with diabetes. While quitting cigarettes as a global component of diabetes management is supported, there is some evidence that HBA1C can increase after smoking. The purpose of this study is to investigate the relationship between smoking and its disconnection in cardiac parameters in diabetes.

Methods: Searches were done in Medline, Embase and Cinahl. After screening 6866, 14 observational studies with a total 98.978 participants with type 1 diabetes or type 2 were selected for review.

Results: Meta -analysis showed that the average HBA1C difference between non -smokers and smokers was 0.61 % (95 % CI -0.88 to 0.33, p <0.0001). The difference in LDL cholesterol between non -smokers and smokers was 0.11 mmm/l (95 % CI -20.21 to 0.01,, 0.04 = p = 0.04). The difference in HDL cholesterol was between non-smokers and smokers 0.12 mmm / l (95 % ci 0.08-0.15, p <0.001). However, there was no statistically significant difference in blood pressure between the two groups. The difference in HBA1C between quitters and continuing smoking was not statistically 10.0.10 % (95 C CI -0.42 to 0.21, P = 0.53). However, the results showed that during a 10 -year period, HBA1C was comparable to non -smokers and its cracks.

Conclusion: Non -smokers are statistically lower HBA1C and lipid specifications are more favorable than smokers. Smoking cigarettes do not lead to an increase in HBA1C in the long run and may reduce vascular complications in diabetes by optimizing its effect on lipid specifications.

Keywords: Cigarettes, Diabetes, Heart Disease.

Article code: stinth1-00790025

Smoking and Diabetes: Dangerous Communication and Popular Relationships

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Abstract

The harmful effects of cigarettes and blood sugar can accelerate vascular damage to patients with diabetes. Can smoking can cause diabetes? What is the effect of smoking on macro and micro - vascular complications? Growing evidence now shows that ordinary smokers are at risk for dangerous diabetes. Since the prevalence of smoking in patients with diabetes is relatively similar to the general population, addressing the main risk factor of smoking is essential to prevent diabetes and delay its complications. Quitting smoking shows clear benefits in reducing the risk of cardiovascular complications and mortality in people with diabetes. Does quitting smoking reduces diabetes and progress? What is the effect of quitting smoking on complications? The available evidence does not appear to be clearly a positive role in quitting smoking in patients with diabetes. It has also been shown that smoking has a negative effect on body weight, glycemic control and increased risk of diabetes. In addition, its role in the micronutrient complications of the disease is unclear. What are the current cigarette quit treatments and which people are better for patients with diabetes? Stoping smoking may be important for preventing diabetes and managing the disease and its microwave and microwave complications. Unfortunately, it is not easy to avoid sustainability and new approaches are needed to manage these patients. This study examines evidence of the effect of smoking and smoking in patients with diabetes, especially in type 2 diabetes and its complications. In addition, management options and future routes will be discussed.

Keywords: Diabetes, Cigarettes, Tobacco.

Article code: stinth1-00760024

Estimating the Optimal Excise Tax Rate on Cigarette in Iran

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Abstract

Background: Taxes are not only an important source of government revenue, but also one of the most important policy tools for tobacco control. The present study was designed to determine the optimal tax rate on cigarettes.

Methods: A descriptive-analytical study was conducted using the survey data from the Statistics Center of Iran for the time period from 2015 to 2019. The Poisson regression model was used to estimate the factors affecting the quantity of cigarette demand in households with smoker members. The optimal tax rate on cigarettes was calculated based on the concept of Laffer curve. Statistical analysis was performed using Stata version 15.1.

Results: The study was performed among 191,648 Iranian households. The cigarette price elasticity of demand was around -0.24. There were statistically significant relationships between the cigarette demand and variables including having member of 15-18 years; having male member of 19-64 years; having female member of 19-64 years; the study periods; age, education level and job status of household head ($p<0.05$). According to the Laffer curve simulation, if cigarette tax rate is increased to account for 219% of the retail price, that will maximize incremental tax revenues at around US$2.39 billion.

Conclusion: The government can achieve public health goals as well as maximum tax revenues by raising cigarette taxes by almost 200% and raising the average price of a cigarette pack from $1 to about $3.

Keywords: Optimal Cigarette Tax, Sin Tax, Laffer Curve, Excise Tax, Iran.

Article code: stinth1-00430022

Investigating the effect of smoking on the exacerbation of symptoms and mortality caused by COVID-19

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Abstract

Corona virus disease 2019 (COVID19) which is caused by acute respiratory syndrome corona 2 (SAR2_COV_2) was detected for the first time in December 2019 in Wuhan, China and faced the whole This highly contagious disease has infected more than 548 million people worldwide and killed more than 6 million people by July 2022. Smoking is one of the most important risk factors for the occurrence of severe respiratory diseases and the resulting deaths. According to studies and taking into account the dangers of this virus for different organs of the body, especially the respiratory system, the concern has increased for people who have underlying diseases and are also smokers. According to studies, 2.8 The percentage of patients who died in the world are smokers, and researchers found that smoking doubles the risk of contracting severe symptoms of COVID-19. The current cross-sectional study was conducted with the aim of investigating the effect of smoking on the aggravation of the symptoms of the corona virus and the increase in mortality caused by it. according to the review of studies conducted from 2019 to 2022 in databases including Web of science Google scholar Pub med Scopus After reviewing the medical records of 50 patients who died, who were randomly selected, and analyzing the data in Excel statistical software, we analyzed the data. In the survey conducted, about 26% of the selected sample area (50 people who died due to coronavirus) were tobacco users. From the analysis of existing studies and data analysis, it seems that there is a significant relationship between the possibility of the exacerbation of the disease of COVID-19 and the increase in the mortality of those who consume tobacco. The epidemic of COVID-19 should be used as a motivation for people and patients. To quit smoking and maintain health practices and prevent the progress of smoking.

Keywords: SARS-COV-2, Coronavirus ,COVID-19, Smoking, Lung Disease, Tobacco.

Article code: stinth1-00550011

Invasive Oral Squamous Cell Carcinoma Induce by Consumption of Smokeless Tobacco : Presentation of Five Cases with Review of Literature

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Abstract

Background: Smokeless tobacco represents a group of compounds used with intra-oral method. There is a marked prevalence of consumption of smokeless tobacco (snuff) in south-eastern of Iran. Overall , there is sufficient evidence that smokeless tobacco causes pre-cancerous oral lesions such as leukoplakia and also oral cancer in humans.

Methods: The present report are the clinical presentations of five case who had been developed aggressive squamous cell carcinoma at the exact site where they used to place snuff regularly for years. All patients were referred from Sistan and Baluchistan province to the department of oral medicine , Kerman dental school.

Result: Five cases consisted four men (between 48 to 79 years old) and a-60-year-old woman. The clinical pictures were miscellaneous in relation to the frequency , duration and the site of the application of snuff. In its mildest form , the lesions were noted as wrinkles of the mucosa whereas high consumers displayed necrotic and leathery white lesions which contained ulcerations. Gingival retraction was the most common adjunctive finding. Histopathologic evaluation for these cases showed the features : hyperkeratosis , acanthosis and severe dysplasia beyond the epithelial basement membrane which is called :"invasive squamous cell carcinoma".

Conclusion: Early diagnosis and surgical excision are the most appropriate treatment modality of such lesions. It is important for clinicians to be aware of the danger of these products for human's health and they should inform their patients regarding this issue.

Keywords: Smokeless Tobacco, Oral Cancer, Case-Report.

Article code: stinth1-00530009

Is vaping a safer alternative to cigarette smoking? A review article

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Abstract

Background: Unfortunately, the use of electronic cigarettes, or vapes, has become very popular among teenagers, and there are high concerns about the use of this model of cigarettes by young people. While their benefits are questioned by the scientific community, a part of the medical profession is still supporting them as an effective harm reduction tool for smoking cessation. It is completely wrong to think that e-cigarettes are not harmful to health. The purpose of this review is to investigate whether electronic cigarettes are a good alternative to cigarettes

Methods: The present article is a review study that was conducted by searching scientific information banks and using search engines in the published articles of Scopus, Pub Med, Google scholar and also Google general search engine using the keywords electronic cigarette, side effects, cigarette smoking has been written.

Results: After reviewing the articles, it was found that E-cigarettes are less dangerous than regular cigarettes. But this point does not mean that vapes are healthy. Smoking e-cigarettes is harmful to the lungs and heart. Vapes are just as addictive as regular cigarettes. Quitting smoking with electronic cigarettes is not the only and best possible option.

Conclusion: Using vape makes the brain seek more nicotine. For this reason, the desire to use vape increases and as a result, it will be harder to quit.

Keywords: Electronic Cigarette, Side Effects, Cigarette.

Article code: stinth1-00520007

Incidence of Trichomonas vaginalis infection among female smokers

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Abstract

Background: Tobacco smoke contains more than 7000 chemicals, including over 70 known to carcinogens. The harmful effects of smoking on women's bodies have been proven, such as reduced fertility, irregular or absent menstrual cycles, and an increase in sexually transmitted diseases, including Trichomonas vaginalis. Smoking is associated with infectious diseases, leading to increased prevalence and mortality. Now the fight against tobacco is one of the priorities of the health system. This habit is one of the most serious threats in the modern world, both for health and socio-economic reasons. Mechanisms of susceptibility to infection in smokers may involve changes in the host's structural, functional, and immunological defenses. Smoking is one of the main risk factors for infections in the respiratory tract, digestive tract, reproductive tract and other systems in humans and increases their prevalence.Trichomonas vaginalis is one of the three non-viral sexually transmitted diseases and the most common curable sexually transmitted infection in the world, which can increase the risk of pelvic inflammatory disease, HIV transmission and premature birth. This infection is still relatively common, especially in women who smoke and in groups with lower socioeconomic status.

Methods: electronic searches of online databases such as Pup Med and Google were used to identify and extract research articles related to smoking and its association with Trichomonas vaginalis infection. We aimed to present a compressive review of probability of being infected with Trichomonas vaginalis in smokers compared to non-smokers.

Results: A person's smoking status is an independent risk factor for trichomonas infection and leads to an increased likelihood of developing this infection.

Conclusion: Finally, the results of various studies showed that the prevalence of Trichomonas vaginalis infection is higher in smokers than in non-smokers.

Keywords: Trichomonas Vaginalis, Smoking, Risk Factor, Infection.

Article code: stinth1-00490006

Relationship between smoking and the COVID-19 infection outcome among hospitalized patients

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Abstract

Background: Cigarette smoking, as one of the risk factors for Covid-19 infection, causes smokers to experience more respiratory complications than non-smokers. On the other hand, the smoker routine behaviors performs when he smokes and sends smoke goes out include the repeated movements of transferring cigarettes from his hand to his face and mouth, which can increase infection and virus transmission. This issue is more important considering the high prevalence of smoking in different parts of the world. Considering this issue and the importance of the role of cigarette smoking in the health of the society, in this study, we investigated the association between cigarette smoking and the outcomes of covid-19 in southern Iran by using the recorded information of hospitalized COVID-19 patients.

Methods: This multi-center descriptive analytical study used the data of patients with covid-19 during the first 16 months of this disease in Hormozgan province from February 2020 to May 2021. In this study, the relationship between the outcomes of the Covid-19 disease was investigated based on cigarette smoking history, demographic characteristics and epidemiological characteristics, underlying diseases, outcomes and intensive care during the hospitalization period. Registration of patients' information was based on the information registered in the national system of MCMC (Medical Care Monitoring Center) and the data was extracted from this system based on manual review. The cigarette smoking status of patients was separately analyzed based on their cares during the hospitalization period in 4 grades. Statistical analysis was executed using SAS version 9.1.

Results: The present study was on 3548 people aged 20-90 years that 2057 were men and 1491 were women. The range of length of stay in hospital was 1-68 and average was 6 days. The frequency distribution of invasive mechanical ventilation and death increased in old age, and the death rate was significantly higher than other age groups, especially in people aged 80 years and older. (25.7% of men and 11.9% of women). Also, the risk of severe disease leading to aggressive mechanical ventilation and death was higher in men than in women. In both male and female ex-

smokers, the risk of invasive mechanical ventilation and death was increased. The risk of developing invasive ventilatory disease and death in the presence of certain diseases such as congestive heart failure, chronic lung diseases, liver diseases, diabetes, solid cancers, leukemia, increased significantly.

Conclusions: The present study showed that being a former cigarette smoker can be effective in contracting the severe type of covid-19 disease or even death. Also, being older and male can increase the mentioned risk. Having a previous history of underlying diseases can also cause a greater need for care in the case of Covid-19 during hospitalization.

Keywords: COVID-19, Infectious Disease, Smoking, Risk Factors, Cigarette

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Article code: stinth1-00410002

Relationship between Attention Deficit-Hyperactivity Disorder and substance abuse among college students in southeastern Iran

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Abstract

Individuals with a diagnosis of attention deficit hyperactivity disorder (ADHD) are more likely to struggle with substance abuse disorders. College students are more prone to and at risk of substance abuse. However, further research is needed to better find the relation between ADHD and Substance abuse. This study aims to investigate the association between ADHD and substance abuse among college students in southeastern Iran. This is a cross-sectional study, and 235 student's faculty members were randomly sampled at the Bam University of Medical Sciences in 2022. Three questionnaire checklists were designed for the demographical parameters, the adult ADHD rating scales, and opioid and stimulant abuse. Stimulant abuse was more common than opioid abuse, with 8% of college students admitting to having consumed alcohol at some point in their lifetimes. Opium, heroin, and ecstasy were the three most common drugs among students. Attention-deficit symptoms, impulsive symptoms, and the ADHD index were found to be present in 42%, 44%, and 43.4 % of the sample, respectively. Students who used substances exhibited higher levels of attention deficit and impulsivity than other students. There is a statistically significant link between having sex, going to college, having ADHD symptoms, and using drugs. The high incidence of attention deficit and impulsive symptoms among college students may play a role in encouraging and sustaining substance abuse and lowering academic performance. College students, particularly medical students, must undergo screening, diagnosis, and therapy for ADHD symptoms to avoid the severe repercussions of this condition.

Keywords: Attention Deficit Hyperactivity Disorder, ADHD, Substance Abuse, College Students, Iran.

Article code: stinth1-03640284

Investigating the microbial contamination of unpackaged cigarettes (bulk) in Bandar Abbas city

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Abstract

Background: The distribution of cigarettes in bulk depends on various factors, including economic, cultural issues, etc. One of the problems that may arise in this field is the contamination of cigarettes due to being removed from the package and contact with contaminated hands during distribution. Due to the contact of many hands, the cigarette filter is more exposed to pollution and this pollution can be transferred to the mouth of the user. This study was designed and implemented in order to evaluate the microbial contamination of the consumer due to cigarette filter contamination.

Methods: The current research is a cross-sectional descriptive-analytical study and the research community is different sellers of bulk cigarettes in Bandar Abbas city. The city of Bandar Abbas was divided into different neighborhoods. Then cigarette samples were obtained from different sellers (peddlers and supermarkets). the microbial quality of the filters of these cigarettes was evaluated by Ultersnap U microbial load measuring device. In accordance with laboratory procedures, positive and negative controls were performed using part (# CK25) of the ATP positive control kit for ATP testing devices. In addition, in order to ensure the source of contamination, the results from bulk cigarettes were compared with cigarettes packaged under sterile conditions. They were out of the package, compared. To express the index of microbial contamination, based on the defined scale of the device, a number below 10 RLU indicates cleanliness, 11 to 29 is at the warning limit, and greater than 30 indicates contamination.

Results: The prevalence of microbial contamination was 2.3% among standard packaged cigarettes and 46.2% among unpackaged cigarettes. Among the tested samples, there were 17.3

percent (n=9) of uncontaminated samples, 36.5 percent of contaminated samples (n=19), and 46.2 percent (n=24) of contaminated samples.

Conclusions: The percentage of cases of contaminated cigarette filters (compared to safe and warning cases) supplied by hand shops was 50%, 47.1% in stalls and 25% in supermarkets. The percentage of infected cases supplied by illiterate people was 75%, diploma 45.8%, sub-diploma 23.5%, and bachelor's suppliers 0%. Among the contaminated cases, 31.3% were supplied by people under 30 years old, 45.5% by people aged 31 to 45 years, and 28.6% by people over 45 years old. Education level of cigarette suppliers was [15.4% illiterate (n=8)], [46.2% diploma (n=24)], [32.7% sub-diploma (n=17)] and [5.8% bachelor's degree (n=3)]. The distribution of cigarette supply place was (26.9% (n=14) vendors, 65.4% stalls (n=34) and 7.7% (n=4) supermarkets).

Keywords: Microbial Contamination, Cigarette, Bandar Abbas.

Article code: stinth1-03640285

Tobacco & its environmental impacts

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Abstract

Tobacco has a significant impact on land and agriculture due to its sensitive nature and the extensive resources required for its cultivation. Some of the key effects of tobacco on land and agriculture include. Tobacco is a heavy consumer of nutrients, requiring six times more potassium than most other crops. As a result, the soil becomes depleted of essential nutrients, rendering it unsuitable for the growth of other plants. Tobacco is a delicate plant that necessitates constant tending, making it prone to growing as a monoculture. This can lead to soil erosion and degradation, further impacting land productivity. Tobacco farming often involves clearing forests for the cultivation of tobacco plants, leading to deforestation. This not only results in the loss of biodiversity and habitats but also contributes to climate change. Tobacco manufacturing is extremely water-intensive, so significant amounts of water are used for treatment, making inks and dyes for packaging, and tobacco pulp processing. Water consumption Used during manufacturing is about 3000-5500 cubic metric/million Cigarettes. Tobacco farming requires substantial amounts of water, up to eight times more than crops like tomatoes or potatoes. This can lead to water pollution and depletion of water resources. Tobacco cultivation involves the use of various chemicals, such as pesticides, fertilizers, and growth regulators. These chemicals can contaminate drinking water sources and harm aquatic ecosystems. Overall, tobacco farming has a devastating impact on land and agriculture, leading to soil depletion, deforestation, water pollution, and the displacement of other crops and agricultural activities. The environmental costs related to tobacco encompass various stages, including deforestation, water and soil pollution, and carbon emissions. These costs arise from the chemicals used in tobacco preparation, energy consumption, and the impact of manufacturing and distributing tobacco products. According to the World Health Organization (WHO), the tobacco industry annually costs the world

over 8 million human lives, 600 million trees, 200,000 hectares of land, 22 billion tons of water, and 84 million tons of CO2. The industry's carbon footprint is equivalent to one-fifth of the CO2 produced by the commercial sector, contributing to global warming. Additionally, the manufacturing process alone results in the deposition of millions of tons of solid and chemical wastes, further exacerbating environmental damage. Tobacco smoke is a complex mixture of chemicals that contains more than 7,000 compounds, including at least 69 known carcinogens and many toxic chemicals. The physiochemical composition of tobacco smoke includes carbon monoxide, hydrogen cyanide, benzene, formaldehyde, nicotine, phenol, polycyclic aromatic hydrocarbons (PAHs), and tobacco-specific nitrosamines (TSNAs). The concentration of these constituents varies depending on the cigarette design and the chemical nature of the product. The most abundant aromatic compounds in mainstream smoke generated from full-flavored cigarettes are benzene, total xylenes, styrene, and ethylbenzene. Carbonyl compounds, including ketones and aldehydes, are also present in tobacco smoke and are studied because of their reactivity and levels. The chemical composition of mainstream and side stream smoke is similar, but the concentration of many constituents is higher in side stream smoke. Nicotine, the second most abundant constituent of tobacco smoke, is responsible for the addictive properties of tobacco and represents a major source of TSNAs. Although nicotine is relatively harmless, it is the carbon monoxide, tar, and other toxic chemicals in tobacco smoke that cause serious damage to health. CO2 equivalent emission is 0.55-0.75 metric tons/million Cigarettes. Third-hand smoke (THS) refers to the residual tobacco smoke pollutants that remain on surfaces and in dust after tobacco has been smoked. It is composed of toxic chemicals, including carcinogens and heavy metals, that can re-emerge into the air or interact with other compounds in the environment to form secondary pollutants. THS is a persistent contamination that can cause significant health risks to children, hospitality industry workers, and others exposed to it. Key aspects of third-hand smoke pollution include. THS occurs when tobacco smoke reacts with nitrous acid, a common component of indoor air, to form carcinogens. The nicotine in tobacco smoke also remains on surfaces for days and weeks, allowing the carcinogens to continue being created over time. THS can persist in indoor environments for years, posing a continuous health risk to occupants. People can be exposed to THS through direct contact with contaminated surfaces, such as walls, furniture, and clothing, or by inhaling airborne

particles. THS contains 26 listed compounds known by the state of California to cause cancer, birth defects, or other reproductive harm. Exposure to THS has been linked to increased risks of cancer, respiratory issues, and other health problems. To mitigate the risks associated with third-hand smoke pollution, it is essential to implement strong smoke-free policies, environmental protections, and consumer protection laws. Additionally, remediation and disposal strategies should be developed to address THS-contaminated environments. Ost-consumer waste from tobacco products, such as cigarette butts, e-cigarettes, and heated tobacco products, poses significant environmental hazards. Cigarette butts, in particular, are considered the largest amount of waste from tobacco products and are known to be environmental hazards, containing toxic chemicals and non-biodegradable plastic. E-cigarettes and heated tobacco products also contribute to hazardous waste generation, with various compounds and chemical content, including lead, which can exceed regulatory thresholds. The waste from these products ends up in the environment, polluting the air, water, and soil, and posing risks to human health and ecosystems. The tobacco industry's manufacturing and distribution processes also contribute to environmental pollution, including deforestation, air and water pollution, and carbon emissions. Addressing the environmental impact of tobacco post-consumer waste requires effective policies, waste management strategies, and public awareness to mitigate the harm caused by these products to the environment and human health. Environmental mal facts are; Fact 1:4.5 trillion cigarette butts are disposed of/Yr, Fact 2: 600 million trees are chopped down /Yr, Fact 3: One car produces 4 million times less than a tobacco factory, Fact 4: Tobacco manufacturers use 4 miles of paper / hr.

Keywords: Tobacco, Environmental Impacts.

4th National and
1st International congress on
Tobacco and Health
2023 February 22-24

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of Medical Sciences

چهارمین کنگره ملی و اولین کنگره بین المللی
دخانیات و سلامت
۵-۳ اسفندماه ۱۴۰۱

چهارمین
کنگره ملی و
اولین کنگره بین المللی
دخانیات و سلامت

دانشگاه علوم پزشکی و خدمات بهداشتی درمانی هرمزگان

4th National and
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زمان برگزاری : ۳ تا ۵ اسفند ماه ۱۴۰۱

22-24 FEBRUARY 2023

آخرین مهلت دریافت مقاله: ۳۰ آذر ماه ۱۴۰۱ تمدید شد
اعلام نتایج داوری: ۳۰ دی ماه ۱۴۰۱
نوع برگزاری : حضوری و آنلاین (با امتیاز بازآموزی)

محورهای کنگره:

اپیدمیولوژی و الگوی مصرف دخانیات
دخانیات و بیماری ها
دخانیات و بیماری Covid19
دخانیات و خانواده
دخانیات و قوانین
دخانیات و محیط کار
. تناسب شغلی
. بیماریهای شغلی
. سیگاریهای غیر فعال
دخانیات و اقتصاد
راهکارهای پیشگیری و ترک دخانیات
دخانیات و بیماریهای دهان و دندان

آدرس دبیرخانه:
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دانشگاه علوم پزشکی و
خدمات بهداشتی درمانی هرمزگان
دخانیات و سلامت
همزمان با چهارمین کنگره ملی و اولین کنگره بین المللی دخانیات و سلامت
دومین جشنواره هنری
دخانیات و سلامت
مهلت ارسال آثار
۲۰ بهمن ۱۴۰۱
۵-۳ اسفند ۱۴۰۱
زمان برگزاری جشنواره
جشنواره در سه سطح دانش‌آموزی، دانشجویی
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محورهای جشنواره:
• اپیدمیولوژی و الگوی مصرف دخانیات
• دخانیات و بیماری ها
• دخانیات و بیماری COVID-19
• دخانیات و خانواده
• دخانیات و قوانین
• دخانیات و محیط کار
• راهکارهای پیشگیری و ترک دخانیات
• دخانیات و بیماری های دهان و دندان
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مرکز رشد فناوری سلامت دانشگاه علوم پزشکی هرمزگان با همکاری
پارک علم و فناوری هرمزگان برگزار می کند

رویداد ایده شو دخانیات و سلامت

مخاطبین رویداد: اعضای هیئت علمی، دانشجویان و
کارمندان دانشگاه علوم پزشکی و دانش آموزان
مقاطع متوسطه اول و دوم استان هرمزگان

محورهای رویداد

ایده های نوآورانه ترک یا کنترل
مصرف در حیطه های
دارو و مکمل ها
تجهیزات پزشکی
فناوری اطلاعات
عوامل ژنتیکی

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رقابت نهایی ایده های منتخب:
۵ اسفند ماه ۱۴۰۱

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جهت کسب اطلاعات بیشتر:
۰۷۶-۳۱۲۸۱۶۳۵

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چهارمین کنگره ملی و اولین کنگره بین المللی

دخانیات و سلامت

۳-۵ اسفندماه ۱۴۰۱

گردآوری و تدوین: الهه خسروی- هانیه صادقی

دانشگاه علوم پزشکی و خدمات بهداشتی درمانی هرمزگان

چهارمین کنگره ملی و اولین کنگره بین المللی

دخانیات و سلامت

گردآوری و تدوین: الهه خسروی- هانیه صادقی

دانشگاه علوم پزشکی
وخدمات بهداشتی درمانی هرمزگان

۵-۳ اسفند ماه ۱۴۰۱
بندرعباس