Contents

Subjects	Page
List of abbreviations	II
List of Figures	IV
List of Tables	V
• Introduction	1
Aim of the work	4
• Review of Literature	
◆ Chapter (1): Hazards of Smokin	g5
◆ Chapter (2): Smoking Cessation	44
♦ Chapter (3): Aversion Therapy	102
Subjects and Methods	120
• Results	128
• Discussion	139
• Summary	164
• Conclusion	168
• Recommendations	170
• References	171
Arabic Summary	

List of Abbreviations

AHCPR	Agency for Health Care Policy and Research		
CDC	Centers for Disease Control		
CIRNA	Center for Interdisciplinary Research on Nicotine Addiction		
CNS	Central nervous system		
CNST	Clinical Neuroscience Training Program		
COPD	Chronic obstructive pulmonary disease		
CVD	Cardiovascular disease		
DLCO	Diffusing capacity for carbon monoxide		
DM	Diabetes mellitus		
ECT	Electroconvulsive therapy		
FDA	Food and Drug Administration		
FEV1	Forced expiratory flow in one second		
FTND	Fagerstrom Test for Nicotine Dependence		
GATS	Global Adult Tobacco Survey		
HIS	Heaviness of Smoking Index		
HTN	Hypertension		
MDD	Major depressive disorder		

List of Abbreviations

MEKMethyl Ethyl KetoneMAOIMonoamine oxidase inhibitorsNRTNicotine replacement therapySIDSSudden infant death syndromeSPMAS-phenylmercapturic acidWHOWorld Health Organization

List of Figures

Brinernernernernerner		remenuementumentumement
No.	Figure	Page
<u>1</u>	Percentage of tobacco use among Egyptian populations.	8
<u>2</u>	Proportions of deaths attributed to tobacco use among the eight leading causes of death in the world.	12
<u>3</u>	Percentage of Egyptian workers exposed to secondhand smoke at work.	30
4	Outcome among the studied groups.	132
<u>5</u>	Relation between the outcome and nicotine dependence (smoking within 30 min.).	137

List of Tables

<u>No.</u>	<u>Table</u>	Page
<u>1</u>	Socio-demographic distribution and co- morbidities of the studied groups.	129
<u>2</u>	Smoking history of the studied groups.	130
<u>3</u>	Craving time and outcome of the studied groups.	131
<u>4</u>	Previous attempts to quit smoking.	133
<u>5</u>	Relations between the outcome and socio- demographic distribution and co-morbidity.	134
<u>6</u>	Relation between smoking history and the outcome.	135
7	Relation between craving time and the outcome.	136
8	Relation between the outcome and history of previous attempts to quit.	138



Introduction





Aim of the Work





Review of Literature





Chapter 1

Hazards of Smoking





Chapter 11

Smoking Cessation





Chapter 111

Aversion Therapy





Subjects and Methods





Results





Discussion





Summary

