

Effects of Motivational Interviewing on Smoking Cessation among Patients with Heart Disease

Thesis

*Submitted in Partial Fulfillment for the Requirements of Doctorate in
Nursing Science
(Psychiatric Mental Health Nursing)*

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آثار المقابلات التحفيزية على الإقلاع عن التدخين بين مرضي القلب

رسالة مقدمة

توطئة للحصول على درجة الدكتوراة فى علوم التمريض
(التمريض النفسى والصحة النفسية)

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Dedicated to

**TO MY MOTHER AND MY FATHER
WHO HELPED ME TO GROW SENSITIVE TO
THE NEEDS OF THE PEOPLE AROUND US**

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AND ENCOURAGEMENT TO THE
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**TO MY LOVELY CHILDREN
NORHAN & ISLAM**

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GLOSSARY OF TERMS

Motivational Interviewing:	Motivational interviewing has been described as a communication style, a set of techniques that can be used as a fall-back option when resistance is encountered, as well as a technique that can be integrated with other approaches (i.e. prelude to another intervention) while it may also be used in such a way that it is considered an adaptation of motivational interviewing. A way to improve a person's motivation to change, and their ability to actually make a change, by talking with them about their mixed feelings, and helping them to work through those to make a change. (Miller & Rollnick, 2002).
Addiction:	Compulsive drug use, with loss of control, the development of dependence, continued use despite negative consequences, and specific withdrawal symptoms when the drug is removed. “Addiction is a primary, chronic disease characterized by impaired control over the use of a psychoactive substance and/or behaviour. Clinically, the manifestations occur along biological, psychological, social and spiritual dimensions. Common features of addiction are: change in mood, relief from negative emotions, provision of pleasure, preoccupation with use of substance(s) or ritualistic behaviour(s); and continued use of substance(s) and/or engagement in behaviour(s) despite adverse physical, psychological and/or social consequences (Canadian Society of Addiction Medicine, 2008).

Nicotine Addiction	An addiction to the drug nicotine, found in various tobacco products such as cigarettes, cigars, cigarillos and chewing tobacco. Nicotine addiction is a chronic disease. (Fiore, et al., 2008).
Nicotine Replacement Therapy:	Medications that contain nicotine and are used to assist smokers to quit by gradually reducing nicotine doses, thus controlling withdrawal symptoms. The following four nicotine replacement therapy products are approved by Health Canada: nicotine patch, nicotine gum, nicotine inhaler and nicotine lozenge. (Allison, Higgins, 2010).
Second-hand Smoke:	The smoke emitted from the end of a cigarette, pipe, or cigar and smoke exhaled by a smoker. Also known as side-stream smoke or environmental tobacco smoke. (Canadian Cancer Society, 2007a).
Tobacco Control:	The comprehensive management of tobacco-related issues so that an environment encourages a smoke-free lifestyle through prevention, protection and facilitation of smoking cessation. Helwick (2010).
Withdrawal	A variety of behavioral, affective, cognitive and physiological symptoms, usually transient, which occur after use of an addictive drug is reduced or stopped.
Cessation	Also called 'quitting' the goal of treatment to help people achieve abstinence from smoking or other tobacco use, also used to describe the process of changing the behavior. (Allsop, 2008).
Relaxation/ breathing:	An intervention strategy in which clients are trained in relaxation techniques. Interventions using meditation and breathing exercises fit this category. This category should be distinguished from the category of problem solving, which includes a much wider range of stress-reduction/management strategies (Winstanley, Woodward, & Walker, 1995).

LIST OF ABBREVIATIONS

H F:	Heart failure
MI:	Motivational Interviewing:
ND:	Nicotine Dependence
NRM:	Nicotine Replacement Medications
NRT:	Nicotine Replacement therapy
MI:	Myocardial infarction
MET:	Motivation enhancement therapy
CBT:	Cognitive behavioral treatment
FTND:	Fagerstrom Text for Nicotine Dependence
DBS:	Decisional Balance Scale
MISTS:	Motivational Interviewing Supervision Training Scale
PTSD:	POST traumatic stress disorder
AVE:	Abstinence violation effect
LES:	Lower oesophageal sphincter

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