

**ASSESSMENT OF REHABILITATION AND SMOKING CESSATION STRATEGIES
IN PATIENTS WITH PSYCHIATRIC DISORDERS
(INTERVENTIONAL STUDY)**

Submitted By

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A Thesis Submitted in Partial Fulfillment
Of
The Requirement for the Doctor of Philosophy Degree
In
Environmental Sciences

Department of Environmental Medical Sciences
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List of abbreviation

MHR RTP : Mental health residential rehabilitation

NRT : Nicotine replacement therapy

PD : Psychiatric disorder

SUD : Substance abuse disorder

CDTQ : cut down to quit

DA : Dopamine

NACHRs : Nicotine acetylcholin receptor

VTA : Ventral tegmental area

Ach : Acetylcholine

GLu : Glutamine

NE : Norepinephrine

5HT : Serotonin

EOPs : Endogenous opioid peptides

GABA : γ -aminobutyric acid

NIDA : National institute on drug abuse

MAO : Monoamine oxidase

DSM-V : Diagnostic and statistical manual of mental health

WHO : World health organization

MDD : Major depressive disorder

CB T : Cognitive behavioral therapy

FDA : Food and drug administration

OTC : Over the counter

MENA's : middle east and north Africa

SMI :Sever mental illness

RCT : Randomized control trial

HHS : Health and human services

CNS : Central nervous system

PDRSS: Psychiatric disability rehabilitation and support smoking cessation

PTSD : Post traumatic stress disorder

REMS : Rapid eye movement sleep

ETC : EasternTobacco Company

NICE : National institute for health and clinical excellence

SMI : Sever mental illness

BPRS: Brief psychiatric rating scale

BASIS-24 : Behavior and Symptom Identification Scale-24

CESDS : Community epidemiological studies depression scale

OCD : Obsessive-compulsive disorder

OECD: Organization for economic and co-operative

CF :Cystic fibros

ILD :Interstitial lung disease

GYTS :Global youth tobacco Survey

ABSTRACT

BACKGROUND: Tobacco use disorder associated with most respiratory and psychiatric disorders smoking ultimately destroy a person's life, smoking cessation can have immediate health benefits.

AIM OF THE WORK: assessment of rehabilitation and smoking cessation program and evaluate the improvement of the patients after following the rehabilitation program.

PATIENTS AND METHODS: This is interventional study was carried on 120 patients collected from the private psychiatric clinics as a convenient sample selection

RESULTS: After one year of actual rehabilitation, there was an improvement in clinical picture of psychiatric patient

CONCLUSION: psychiatric disorders patients responded positively to smoking cessation program

RECOMENDATION: strict regulation should be adopted to prevent mal usage of smoking that lead to dependence and abuse also recommend that future policies should encourage further research into adverse health effects of smoking and the benefits of rehabilitation and smoking cessation.

KEY WORD: (smoking, abuse, cessation, rehabilitation)