

## Adherence to Pharmacological Smoking Cessation Interventions among Male Smokers in Abha; Saudi Arabia

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### ABSTRACT

**Study design:** descriptive cross-sectional study.

**Aim:** To assess adherence to pharmacological smoking cessation interventions among male smokers in Abha Smoking Cessation clinic, kingdom of Saudi Arabia.

**Methodology:** A descriptive cross-sectional study was conducted at Abha Smoking Cessation clinic, Southern of Saudi Arabia. The study targeted all the clinic attendants during 2019 G Male smokers who had the first dose on smoking cessation medication were included. Data were collected from participants using electronic questionnaire developed by the researchers after intensive literature review. The questionnaire was sent to the patients electronically to fill and resend again. The data collected were smoker's demographic data, smoking data, prescribed medications, and adherence to medications.

**Results:** A total of 304 male smokers attending the clinic completed the survey questionnaire. Male participants ages ranged from 15-85 years old with mean age of  $39.5 \pm 12.8$  years old. Exact of 50% of the participants were married and 54.3% had university level of education. Nearly 66% of the adherent smokers to the given medication were on Varenicline 1 mg and 65.3% of adherent smokers were on Varenicline 0.5 mg compared to 55.3% and 60.7% among non-adherent group  $P=0.078$ . About 89% adherent participants succeeded to quit smoking compared to 25.7% of non-adherent group with reported statistical significance  $P=0.001$ .

**Conclusions:** In conclusion, one out of each three smokers were adherent to the prescribed medication. Smoking duration, having a smoker friend, perceived drug benefit, and drug side effects were the main motivators behind non-adherence.

**Keywords:** Smoking cessation, Medication, Adherence, Determinants, Male, Quitter, Compliance, Drugs

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