

Effect of Smoking Relapse among Employees of a Transportation Company in Taiwan : Findings of a Workplace Smoking Cessation

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Purpose:

According to the statistics from health promotion administration, ministry of health welfare, lung cancer is the first cause of death in 2017. Smoking is the leading cause of preventable death in Taiwan. The purpose of this study was to understand the smoking relapse status after receiving a smoking cessation course among employees of a transportation company in Taiwan.

Methods:

The study sample consisted of 120 employees from a transportation company in Kaohsiung city, Taiwan. The data was collected by mailed questionnaires and telephone follow-up, and there were 76 questionnaires returned the response rate was 63%. This study describes the correlation between mining designs, transection (cross-sectional) structure of the way. A structured questionnaire is used to collect case data the a transportation company in Taiwan.

Results:

The influence factors of the demographic characteristics on the success rate of smoking cessation for three months are more significant. 62.1% of those who had successfully quit smoking in the third month indicated that smoking cessation was successful. The study highlighted significant differences in overall satisfaction ($t = 4.67, p < .05$), which included education level, living with a smoker, antismoking attitude, emphasizing the health problem of smokers and other colleague smoking in work site. The degree of nicotine dependence and side effects of treatment were significant related to smoking relapse. Those who failed to quit smoking were mostly nicotine dependent (27.4%). Smoking condition and the value of the breath carbon monoxide(CO)level of more than 10 ppm were significantly correlated to resuming smoking.

Conclusion:

It is recommended to implement a completely non-smoking workplace . The government should strictly enforce workplace regulations. Strengthening education of employees' health, making them more determined to quit smoking. In conclusions, it is hoped that results of this study will provide to build up a friendly workplace environment.

Keyword: smoking relapse, transportation company, smoking cessation

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