

Evaluation of Graduate Dissertations in the Nursing Field on Smoking Addiction/Cessation in Türkiye

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Abstract

Background: Health problems caused by smoking addiction are increasing day by day. Nurses are required to plan and implement the necessary initiatives within the scope of health protection and development.

Aim: In this study, it is aimed to examine the graduate dissertations on "smoking addiction/cessation" in the nursing field in Türkiye.

Methods: In this descriptive study, answers were sought to questions such as the type of thesis, the year it was published, the department it was made by, the title and purpose, the method, the result, and the recommendations of the theses made in the field of nursing on smoking addiction/cessation. Within the aim of the research, 28 theses were examined and the results were presented as numbers and percentages.

Results: The study included 18 master's dissertations and 10 philosophy of doctorate dissertations, which were granted access by authors at the National Dissertation Center of Higher Education Institution. It was determined that the titles of dissertations were inclusive of the aim and results of the study; 73.60% of master's dissertations were descriptive and 75% of doctorate dissertations were randomized controlled experimental studies. It was determined that the studies were conducted predominantly on nurses/nursing students; mainly socio-demographic data forms, questionnaire forms, and scales were used in data collection.

Conclusion: The majority of graduate dissertations in the field of nursing consisted of master's dissertations (64.29%), and descriptive type research method was mainly used (50%). Mostly, nurses/nursing students were selected as samples in the dissertations. Therefore, it is recommended to increase the number of randomized controlled experimental studies regarding smoking addiction/cessation with samples out of nurses/nursing students and conduct studies with different and broad groups.

Keywords: Smoking addiction, smoking cessation, nursing, graduate dissertation

Introduction

Substance abuse is one of the most important problems of our age,^{1,2} and it is known that the use of addictive substances is increasing rapidly in our country as well as in the world. Substance abuse negatively affects many people in the world and in our country, biopsychosocially, and this situation becomes a priority situation in terms of public health.¹ Smoking addiction, which is a preventable public health problem, ranks first among the problems that cause mortality and morbidity.³ In addition, it is known that smoking causes the death of an estimated 7 million people worldwide annually,³ as well as negatively affecting well-being and quality of life.⁴ In addition, 7 out of 10 adults want to quit smoking. It is stated that 55.1% of smokers in 2018 attempted to quit smoking in the past year. However, only 7.5% of those who attempted to quit smoking were successful.³ The most effective method of quitting smoking includes individual care and attention followed by the help and advice of a healthcare professional. In addition, it is stated that nursing interventions can be effective in smoking cessation as nurses have an important role in emphasizing the potential benefits of smoking cessation by giving advice and/or counseling.^{5,6} In our country, nurses have important roles in the development and protection of the health of the individual, family, group, and society, improvement in case of illness, and increasing the quality of life in the nursing regulation.⁷ It is very important for the interdisciplinary team to work together in the prevention of addictions and the treatment process, and the nurse has important roles and responsibilities in the team.⁸ It is thought that the effectiveness

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of nursing interventions applied to smokers will also positively affect the outcome of these roles and responsibilities. One of the working areas of psychiatric nursing is alcohol addiction and substance abuse. The job description for the alcohol-substance addiction center nurses in the "Regulation on Amending the Nursing Regulation" published in 2011 in this field is as follows: "Alcohol-substance addiction center nurses make the physical and psychosocial diagnosis of patients and their families who apply to the hospital due to the desire to quit alcohol, psychoactive substances, or other addictive substances or withdrawal syndrome." In addition, it is seen in the same regulation that the nurses of the alcohol and substance addiction center are given a wide range of duties, powers, and responsibilities such as "taking a role in public information activities and providing training and consultancy services on the protection and development of mental health".^{8,9} Since smoking is the most important cause of preventable diseases and premature deaths,¹⁰ the importance of smoking cessation efforts in society cannot be denied. Therefore, it should be noted that scientific research studies on this subject will guide the studies aimed at protecting the society and publications prepared for scientific purposes benefit from previous studies.¹¹ In addition, it is known that nurses who work with the society in smoking cessation can undertake important tasks for a smoke-free society.¹² It is reported that there are many articles investigating the effect of nursing interventions on smoking cessation.⁵ However, no study has been found in our country that shows the topics and effectiveness levels of master's and doctoral dissertations on this subject. In addition, it is known that the topics that the dissertations in the field of nursing care about over the years and the results obtained from these dissertations play an important role in terms of future research.¹³ For this reason, it is estimated that this study will be useful in revealing the current situation in smoking addiction /cessation in master's and doctoral dissertations in the field of nursing. In addition, it is thought that this study will provide scientific guidance to nurses, graduate and doctoral students, and thesis advisors who will work on this subject later on.

Purpose of the Research

In this research, it is aimed to present together the subjects that are emphasized in these dissertations and the effectiveness levels of the applied methods by evaluating the postgraduate dissertations on smoking addiction and smoking cessation in the field of nursing between 1989 and 2020. For this purpose, answers were sought to the following questions about postgraduate dissertations in nursing in our country regarding smoking addiction/cessation:

1. What is the numerical distribution of the dissertations according to the years and the department studied?
2. At which educational level (master's, doctorate) and for what purpose were the studies mostly conducted?
3. What is the research and data collection type of the study? What is the sample group of the study?
4. What are the results and recommendations of the studies carried out?

Method

Aim and type of the research

The results of the study are limited to 28 theses. The lack of access permission for some theses on smoking addiction/smoking cessation

and the inability to reach the authors of the theses can be considered as a limitation of the study.

This research was carried out as a descriptive study in order to examine the dissertations made in the field of nursing and guide new studies on the subject of "smoking addiction/smoking cessation" registered on the National Thesis Center of the Higher Education Institution from 1989 to 2020.

Population and Sample of the Research

Population of the research consists of 38 graduate dissertations (28 master's and 10 doctoral theses) made in the field of nursing and "smoking addiction/smoking cessation" from January 1, 1989 to April 1, 2020, and registered in the national thesis center page of the Higher Education Institution. Sample calculation was not used in the research. All of the theses to which access was allowed were included in the research. In this context, it was tried to reach the contact addresses of the executives since there was an access barrier to 8 master's theses and 1 doctoral thesis. An e-mail was sent to the coordinators whose contact address was reached, but positive feedback was received from only 1 doctoral thesis coordinator and the thesis was included in the study.

In addition, although 2 master's theses are registered in the name of nursing on the national thesis center page of the Council of Higher Education, a total of 10 master's theses were not included in the study, since they were registered in the midwifery department when the content of the theses was examined. For this reason, the sample of the research consists of 28 graduate dissertations, 18 of which are master's theses and 10 of which are doctoral theses, conducted in the field of nursing.

Data Collection

The "Simple scan" option on the National Thesis Center page of the Higher Education Institution (<https://tez.yok.gov.tr/UlusalTezMerkezi/>) was selected for data collection. The graduate dissertations in the field of nursing were examined by writing "smoking, smoking cessation, smoking and nursing, and smoking cessation and nursing" both separately and together in the keywords section. The data were collected through a form created by the researcher in line with the literature¹² and the purpose of the research. In this study, answers were sought to questions such as the type of theses, the year they were published, which department they were made by, the title and purpose, method, result, and suggestions made.

Evaluation of Data

Frequency analyses were used in the evaluation of the data obtained in the study. Number and percentage were used in the data analysis of this study, in which 28 theses were examined.

Ethical Aspect of Research

The theses, which were given access by the authors, were included in the research on the national thesis center page of the Council of Higher Education. Eight master's theses without access permission were not included in the study.

Results

Of the theses within the scope of the study; 35.7% are doctoral theses, and 64.3% of the theses are master thesis. The distribution of dissertations included in the study by years and departments is given in Table 1.

It has been observed that the vast majority (64.28%) of the graduate dissertations handled within the scope of the study were prepared between the years 2011 and 2020. In this context, it is seen that 80% of doctorate theses and 55.55% of master's theses were completed between these years. In addition, it was determined that the majority of doctoral theses on cigarette addiction were carried out by the Department of Public Health Nursing (40%) and Psychiatric Nursing (30%), and when we examined the master's theses, it was determined that they were predominantly conducted by the Department of Nursing (55.6%).

Table 2 shows the distribution of doctoral theses according to their purposes. It was determined that the effects of scale development and psychoeducation, health belief model and transtheoretical model, motivational interview, acceptance- and determination-based counseling and aromatherapy on smoking cessation, prevention, and mental health and quality of life were investigated in doctoral theses.

Table 3 shows the distribution of master's theses according to their purposes. It is seen that master's theses were prepared in order to evaluate the factors affecting cigarette addiction and to evaluate subjects such as the personality traits, birth type and birth weight, beliefs, attitudes, behaviors, anxiety, depression, perception, and problem-solving in pregnant women, those with chronic diseases, adolescents, nursing students and nurses, and individuals with substance addiction.

Table 1. Distribution of Theses by Year and Departments (N=28)

Descriptive Features	Doctoral Theses		Master Theses	
	n	%	n	%
Year of the thesis				
1989-2000	-	-	1	5.55
2001-2010	2	20	7	38.90
2011-2020	8	80	10	55.55
Employee department				
Public Health Nursing	4	40.00	2	11.10
Child Health and Diseases Nursing	1	10.00	1	5.55
Obstetrics-Gynecology Nursing	1	10.00	2	11.10
Psychiatric Nursing	3	30.00	1	5.55
Department of Nursing	1	10.00	10	55.60
Internal Medicine Nursing	-	-	1	5.55
Surgical Diseases Nursing	-	-	1	5.55
Total	10	100	18	100

Table 2. Distribution of the Doctoral Theses Included in the Study by Purpose (N=10)

Purpose of the Thesis
Examining the smoking cessation status of nurses with a psychoeducational program ¹⁴
Realizing the validity and reliability of the Decision Balance Scale in Turkish society and evaluating the effectiveness of the developed program ¹⁵
Adapting 3 scales developed for smoking adults into Turkish and determining the effect of education on smoking cessation behavior ¹⁶
Determining and comparing the effects of the Transtheoretic Model and Health Belief Model-based training given to nurses for smoking cessation ¹⁷
Determining the effects of follow-up and counseling on smoking cessation in addition to routine follow-ups during the treatment ¹⁸
Determining the effect of smoking cessation education given using the Transtheoretic Model on the parent's change stage ¹⁹
Investigation of the effect of home nursing interventions on smoking cessation according to the Transtheoretic Model in patients with chronic obstructive pulmonary disease ²⁰
To determine the effect of motivational interviewing method applied to smokers with acute coronary syndrome on smoking cessation, self-efficacy-sufficiency, and anxiety levels ²¹
Examining the impact of acceptance- and commitment-based counseling on quality of life and smoking cessation ²²
Evaluating the effect of aromatherapy on university students' smoking habits ²³

Table 4 contains information about the methods of the theses included in the study. It was observed that 60% of the sample in doctoral theses consisted of nurses (20%), adults with smoking addiction (20%), and individuals with chronic diseases (20%). It was observed that 73.33% of socio-demographic data forms, questionnaires, and scales were used as data collection tools. It was seen that 75% of randomized controlled experimental research type was chosen. In the master's theses, it was understood that 44.50% of the sample consisted of nurses (22.25%), women, and pregnant women (22.25%). It was seen that 94.70% socio-demographic data forms, questionnaires, and scales were used as data collection tools. It was determined that 73.60% descriptive research type was chosen.

Table 5 shows the results of the theses included in the study and the information about the suggestions presented. It is seen that the methods used in the doctoral theses within the scope of the study have effects on quitting smoking and reducing the desire to use it. When we look at the suggestions of doctoral theses, it has been determined that there are suggestions such as including the method used in formal education and in-service training, using it in health center routines, making follow-ups after smoking cessation more frequently and for a longer period of time, and conducting randomized controlled studies with large sample groups over a large period of time in different studies and cultures.

According to the results of the master's theses, it was observed that the level of readiness to quit smoking is low in individuals over the

Table 3. Distribution of the Master's Theses Taken into the Study by Purpose (N=18)

Purpose of the Thesis
To determine the smoking status of pregnant women and their effects on the specified variables ²⁴
To determine the factors and approaches affecting smoking in nurses ²⁵
To determine smoking and personality traits in nursing students ²⁶
To determine the beliefs, attitudes, and behaviors of nursing students toward smoking ²⁷
To determine smoking behaviors and knowledge levels of pregnant women ²⁸
To examine the effect of smoking cessation program for pregnant women on smoking cessation behaviors ²⁹
To determine readiness to quit smoking and factors associated with readiness ³⁰
To determine to what extent nurses' smoking or non-smoking affects their anxiety ³¹
To examine the effect of parental attitudes on smoking perceptions ³²
To examine the effect of motivational interviewing on smoking cessation ³³
To evaluate the effect of problem solving skills on hopelessness and suicide ³⁴
To examine the factors affecting smoking during pregnancy and postpartum period ³⁵
To examine smoking/tobacco use behaviors and affecting factors in individuals with diabetes ³⁶
To determine and evaluate smoking, depression, and premenstrual syndrome status in midwives and nurses ³⁷
To determine the factors affecting the smoking cessation status of university students and the effect of peer education ³⁸
To determine the relationship between burnout and smoking status in nurses ³⁹
To examine the effect of perceived social support level and parent-adolescent relationship on smoking ⁴⁰
To evaluate the factors affecting students' smoking behaviors ⁴¹

age of 18. It was understood that motivational interviewing affects smoking cessation rates and willingness to quit. It was observed that 31.7% of health workers smoke; this rate varies between 31.5% and 54.4% for nurses, 20% of health department students are addicted to cigarettes, and 29.2% of nursing students are smokers. It was observed that smoking rates increase as the grade level increases in nursing students. In addition, it was observed that 24% of the pregnant women smoked before pregnancy, and 56% of the smoking mothers quit smoking during their pregnancy. It was determined that 61.2% of the pregnant women were not asked whether they smoked during prenatal follow-ups, 73.6% were not informed about the harms of smoking during prenatal follow-ups, and 72.9% were not given any advice on quitting smoking during prenatal follow-ups.

Table 4. Information on the Methods of the Theses Included in the Study (N=28)

Descriptive Features	Doctoral Theses		Master Theses	
	n	%	n	%
Research type*				
Methodological	2	16.67	-	-
Action research	1	8.33	1	5.30
Descriptive	-	-	14	73.60
Cross-sectional	-	-	3	15.80
Randomized controlled experimental	9	75.00	1	5.30
Sample				
Nurses	2	20.00	4	22.25
Nursing students	1	10.00	2	11.10
Primary school students	-	-	1	5.55
Primary school students and parents	1	10.00	-	-
High school students	-	-	1	5.55
University students	-	-	2	11.10
Parents	1	10.00	-	-
Women/Pregnant women	1	10.00	4	22.25
Individuals with chronic illness	2	20.00	2	11.10
Adults with a smoking addiction	2	20.00	1	5.55
Individuals with alcohol and substance addiction	-	-	1	5.55
Data collecting*				
Socio-demographic data form, questionnaire and scales	11	73.33	18	94.70
Carbon monoxide measurement	2	13.33	1	5.30
Urine cotinine measurement	1	6.67		
Spirometric measurement	1	6.67		

*More than one method, questionnaire and data collection tools were used in the studies. For this reason, the calculations were made taking into account the answers given.

When we look at the suggestions coming out of the master's theses, there are suggestions that cigarette advertisements should be banned, campaigns to prevent cigarette addiction should be made, smoking in hospitals should be banned, and taxes on cigarettes should be increased. In addition, it is reported that an effective training program should be organized for nurses and nursing students that will increase their coping skills in smoking cessation, smoking should not be avoided in the presence of patients, and the working conditions of nurses should be improved. In order to evaluate the smoking behavior in studies on pregnant women, there are suggestions such as including it in antenatal care routine, planning trainings for women and their families on this subject, evaluating the results of

Table 5. Results of the Theses Included in the Study and Information on the Suggestions Presented (N=28)

Results	Suggestion*
While the psychoeducational program is effective in reducing and quitting smoking addiction, the effectiveness of the training program decreases in follow-up measurements. ¹⁴	Supporting nurses with psychoeducational programs, increasing the frequency of follow-up measurements, and ensuring the continuity of these programs
Social cognitive learning-based intervention program reduces the perceptions of benefit toward smoking and the rate of smoking attempts, and increases the perceptions of harm toward smoking. ¹⁵	Inclusion and use of this program in the primary education curriculum, development of appropriate education programs, and more studies must be done on this subject in the future
Training with the TTM increases the desire and attempt to quit smoking and decreases the number of cigarettes smoked per day in follow-up measurements. ¹⁶	Using TTM as a measurement tool in behavior change programs, conducting randomized controlled studies with large samples over a large period of time
The trainings based on the Health Belief Model and the TTM have an impact on both the forward movement between the stages and the follow-up measurements. ¹⁷	Working in larger and different groups on this subject, including them in the nursing education and in-service training process
It was determined that the intervention applied in smoking cessation was 1.5 times more successful. ¹⁸	Frequent interviews should be made, both on the phone and face-to-face
Trainings based on the TTM reduce nicotine addiction. ¹⁹	Working in larger and different groups, multidisciplinary and coordinated work
The TTM positively affects individuals' perceptions, smoking addiction/quitting rates, and lung capacity. ²⁰	The use of this model in care for people with COPD, conducting different studies on this group of patients, and including them in nursing education
Motivational interviewing affects individuals' perceptions positively, increases smoking cessation rates, and decreases addiction levels. ²¹	Increasing these interventions, taking socio-demographic variables into account in their implementation, conducting studies with larger samples
Acceptance and commitment-based interventions positively affect smoking cessation, nicotine addiction, and quality of life. ²²	Conducting research in an interventional design with large samples and control groups in different cultures that determines the effectiveness of such studies
Aromatherapy reduces the desire to smoke. ²³	Increasing the number of such practices, conducting studies with different sample groups, introducing them, and including them in routine practices
Smoking does not affect pregnancy weight gain and complications. ²⁴	Effective health education and campaigns to prevent smoking addiction
50.1% of the nurses smoke, this rate is 74.8% in their families, and the reason for the start is wannabe-like and environmental factors. ²⁵	Nurses not to smoke in the presence of patients, increase their coping skills, prohibit smoking in hospitals
Nursing students are mildly dependent and 29.2% smoke, smoking differs according to some personality traits. ²⁶	Organizing stress coping and development programs, repeating the work with shorter scales
As the grade level of nursing students increases, the rate of smoking increases and 74.5% of them try to quit smoking. ²⁷	Increasing these types of studies, helping students gain coping skills, increasing cigarette taxes
The rate of smoking before pregnancy is 24% and 6.8% during pregnancy. Smoking behavior in prenatal care was not asked to 67.3% of the pregnant women. ²⁸	Including the issue of smoking in the prenatal care routine, planning trainings, and researches on this subject for women and their families
It has been determined that health workers have deficiencies in smoking during pregnancy follow-up. The intervention program is effective in smoking cessation. ²⁹	Preparing and combining pregnancy-specific smoking cessation programs with prenatal routine and conducting research with larger groups
The level of readiness to quit smoking is low in individuals over the age of 18. ³⁰	Conducting programs and research in different sample groups
14.8% of the nurses applied for psychiatric help, 54.4% smoked, and 56.8% reported that they were not satisfied with smoking. ³¹	Establishing a guidance-counseling unit for nurses, providing physical and mental health training, arranging working areas
While parental attitudes affect children's perceptions of benefit toward smoking, they do not affect their perceptions of harm. ³²	Planning training programs on this subject, working in different regions and cultures, developing adolescents' self-efficacy
Motivational interviewing affects smoking cessation rates and willingness to quit. ³³	Implementation of motivational interviews, conducting studies in larger and different sample groups

(Continued)

Table 5. Results of the Theses Included in the Study and Information on the Suggestions Presented (N = 28) (Continued)

Results	Suggestion*
In individuals with substance addiction, socio-demographic characteristics affect problem-solving skills, suicide probability, depression, and hopelessness level. ³⁴	In this regard, conducting training organization and practice of nurses, in-service training for nurses, increasing the number of Alcohol and Drug Addicts Treatment and Research Centers
The support of health personnel about smoking during pregnancy is low. ³⁵	Carrying out studies aimed at supporting pregnant women in quitting smoking and protecting fetus and newborn from second- and third-hand smoking
44.6% of individuals with diabetes quit smoking, 19.3% reduce the amount, and 36% continue to smoke. ³⁶	Giving smoking cessation counseling to these individuals and raising awareness of both diabetics and healthcare professionals
31.7% of healthcare professionals smoke and 47.8% experience premenstrual syndrome. ³⁷	Providing health workers with awareness trainings about smoking in the early period
Peer education reduces nicotine addiction and positive perceptions about smoking, while increasing negative perceptions. ³⁸	Establishment and dissemination of counseling units for university students
31.5% of the nurses smoke, and there is a positive relationship between addiction and burnout levels. ³⁹	Improving working conditions and development of effective intervention programs to reduce smoking rates
Adolescents with a good parent-adolescent relationship and a high level of social support reported less smoking. ⁴⁰	Parents being role models for their children about smoking, keeping their relationships positive, not breaking their cooperation with the school
20% of health department students are addicted to cigarettes, and the reasons for trying cigarettes for the first time are curiosity, wantonness, sadness, and not coping with stress. ⁴¹	Organizing training seminars to keep away from smoking and other harmful habits and increasing social and sports activities in universities
TTM, Transtheoretic Model, COPD, chronic obstructive pulmonary disorder.	

these trainings, planning researches on the effects of smoking during pregnancy on maternal, fetal, and newborn health, and re-studying such studies with different and larger groups and with different analysis methods.

Discussion

It is emphasized that the quality of evidence of nursing practices on smoking addiction/cessation is moderate and more research is needed to clarify this level of evidence.⁶ In addition, the American Nurses Association states that patient education and preventive health interventions on this subject should be a part of nursing practices and that positive results on smoking addiction are important for nursing.^{42,43} It is known that the nurse has an important role in the prevention of addictive substance use and in getting rid of addiction, not only for the individual but also for the family and social environment.⁴⁴ For these reasons, it is thought that smoking addiction/cessation⁴⁵ should be among the priority issues in nursing research. In parallel with this, it is seen that 50% of the registered doctoral nursing researches and 27.85% of the postgraduate studies on smoking addiction/quitting were conducted in 2017 and later on the page of the National Thesis Center of the Council of Higher Education. This situation makes us think that the tendency of nurses to work on smoking addiction,^{6,46} which is an important public health problem in our country as well as in the world, has increased more in the last 3 years. It is emphasized that nursing practices are effective in quitting smoking and reducing addiction.⁶ It is stated that continuous evaluation of this situation is necessary for evidence-based practice; because nurses are the most crowded health service provider group in the world, it is thought that this issue should be a part of patient education and preventive health nursing practices, and positive results on cigarette addiction are important for nursing.^{42,43} For this

reason, it is assumed that the interest in the issue of smoking addiction has increased. (Table 1)

It has been reported that priority research areas for nursing range from nursing roles and functions, quality of care, educational content and quality, to improving lifelong health, well-being and quality of life, and giving priority to vulnerable groups.⁴⁵ When we examine the purpose (Tables 2 and 3), results, and recommendations (Table 5) of the doctoral and master's dissertations on smoking addiction/cessation in the field of nursing, which are registered on the national thesis center page of the Higher Education Institution, it is seen that they are oriented to the priorities specified in the literature. It is seen that the recommendations of doctoral dissertations are in the direction of improving nursing curricula and contributing to nursing practices. It is noteworthy that the proposals of the master's dissertations are aimed at the campaigns and political arrangements to be carried out at the national level.

Table 4 shows the information on the method section of doctoral and master's dissertations. It was determined that the descriptive study method (73.60%) was mainly used in the master's dissertations (Table 4). This type of study is a type of research that examines the distribution of the condition or diseases in the society according to the characteristics of person, place, and time. With this type of research, hypotheses specific to the risk factors and causes of discomfort in the community can be derived. This type of research is a resource for healthcare planners and practitioners on how preventive and educational programs can be effective.⁴⁷ Such descriptive studies are also very important as they lay the groundwork for analytical studies.⁴⁸ In doctoral dissertations, the type of randomized experimental study (75%) was preferred. Evidence-based nursing is defined as the nurse's evaluation of the results

of scientific research in order to provide the best care, according to the situation, preferences, and appropriateness of resources. Randomized controlled trials are the main source of evidence for the feasibility of an intervention. This resource is second-level evidence for decision-making in nursing practice and forms the basis for systematic reviews and meta-analyses, which are accepted as first-level evidence.⁴⁹

Limitations of the Research

The results of the study are limited to 28 theses. The lack of access permission for some theses on smoking addiction/smoking cessation and the inability to reach the authors of the theses can be considered as a limitation of the study.

Conclusion

In this study, which was carried out to examine the dissertations on smoking addiction/cessation in the field of nursing, it has been observed that the dissertations on smoking addiction/cessation in the field of nursing have been focused on in recent years, the majority of dissertations were master's dissertations, and the majority of doctoral dissertations were prepared by public health nursing and psychiatric nursing departments, that descriptive studies were conducted as a research type, and scales and questionnaires were frequently applied to nurses. Descriptive studies are important in terms of determining the dimensions of the problem and risk factors. In descriptive studies, it has been reported that cigarette addiction is affected by the attitudes of nurses and health workers in addition to individuals' mood, coping skills, and their relations with their parents and peers. It is important to consider these findings during the planning of randomized controlled studies in order to develop evidence-based applications to solve the problem. In addition, it is thought that randomized controlled studies should be conducted in graduate dissertations. It is seen that the majority of such studies on smoking cessation are carried out by psychiatry and public health nursing. Since the protection of public health is the responsibility of all nursing departments, it is recommended that all nursing departments conduct such studies in this regard. In addition, the effectiveness of the transtheoretical model was tested in randomized controlled studies. It is thought that different models of nursing should be dealt with in studies in this field. In addition, it is assumed that using various data collection tools in different groups and conducting studies that reveal the biological effects of interventions will contribute to clarifying the level of evidence of nursing practices on this subject. As in other countries, it is seen that the number of doctoral dissertations is insufficient in Türkiye. It is recommended to increase randomized controlled studies that can provide evidence for the field of application and to carry out studies to reflect the practices that have been proven to be effective in randomized controlled studies conducted by nurses in this field to improve public health.

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