|  |
| --- |
| **Smoking behavioral changes in current smokers and former smokers during COVID-19 pandemic restrictions.** |
| *Pamela Kidd1**, Dr Zoe Kopsaftis1, Adrian Easterman2, Donna Keatley1, Dr Jonathan Polasek1, Dr Zafar Usmani1* |
| *1First Affiliation Respiratory Medicine, The Queen Elizabeth Hospital, South Australia, Australia*  *2Second Affiliation* Biostatistics and Epidemiology, University of South Australia, Clinical and Health Sciences, South Australia, Australia  *3Third Affiliation*  *4Fourth Affiliation*  *5Fifth Affiliation* |
| **Introduction/Aim:**  The aim of the study is to describe the impact of COVID-19 pandemic restrictions on smoking behaviour in current or ex-smokers attending the Pulmonary Function Department, The Queen Elizabeth Hospital, from 11 March to 30September 2020.  **Method:**  With ethics approval, patients meeting inclusion criteria for the survey attending the Pulmonary Function Department at The Queen Elizabeth Hospital (TQEH) were approached in person on their visit or after by phone call, to participate in a survey developed to look at patients smoking, alcohol, food, and vaping habits before and during the pandemic. Additionally, anxiety, depression, boredom, and stress changes were recorded. Statistical analysis: Anova and Microsoft Excel used.    **Results:**  Of potential 665 patients, 310 surveys were accepted, 63 patients returned surveys - a representation of 9.5%. 48% male (40-81yrs), 52% female (21-82yrs), 38% current smokers at the time the survey accepted. Significant changes (p-values) in depression associated with changes in smoking (0.032) and food (0.022). Of the current smokers 62% registered a negative change to their anxiety compared to 51% for former smokers. 29% of current smokers increased their cigarette use, while 29% decreased, 42% had no change. Of the 63 patients, one current smoker stopped during restrictions, while 3 former smokers began again.  **Conclusion:**  While a bigger response would have shown more robust results, potentially in other areas such as anxiety and stress, this is a snapshot of the patients that attend the Pulmonary Function Department at TQEH. Many patients were unable to attend the clinic in person due to restrictions, and completing the survey in person may have yielded a better representation of patients with more severe respiratory disease.  The association of depression and smoking changes and food habit change is in line with current literature, and how COVID-19 restrictions exacerbated this in many patients.    **Key Words:** COVID-19, smoking behaviour, anxiety, depression.  **Nomination for New Investigator Award**  **Grant Support:** |