

Tabaco, Álcool e Outras Substâncias Psicoativas

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How do Stress and Assertiveness Affect Smokers After an Acute Coronary Syndrome?

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Objectives: To analyse the evolution of perceived stress and assertiveness over time, and to identify differences in perceived stress and assertiveness scores reported between smokers and ex-smokers 12 months after an acute coronary syndrome.

Methods: This is a longitudinal study which followed 110 patients who smoked and suffered an acute coronary syndrome from hospitalization to 12 months after clinical discharge. The Perceived Stress Scale and the Portuguese Assertiveness Scale were administered to assess perceived stress and assertiveness at baseline (Time 1), six months (Time 2) and twelve months (Time 3) after clinical discharge.

Results: Perceived stress scores have decreased over time, whereas assertiveness scores have increased. Participants who were smokers at Time 3 reported significant higher perceived stress scores at Time 2 and Time 3, and lower significant assertiveness scores at Time 3 than ex-smokers.

Conclusions: Findings suggest that perceived stress and lack of assertiveness to cope with social pressure are more common in smokers than ex-smokers, which may be contributing to maintain smoking dependence over time after an acute coronary syndrome.

Palavras-chave: Smoking dependence; Acute coronary syndrome; Longitudinal study

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