

## The impact of socioeconomic changes and chronic stress on nicotine consumption patterns

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**PROBLEM.STATEMENT** The full-scale war in Ukraine is accompanied by pronounced socio-demographic changes in society and an increase in the stress level of the country's civilian population. What influence these changes have on the nature of nicotine consumption in unmotivated smokers. **METHODOLOGY.** A telephone survey of 60 people was conducted, of whom 40 were users of electronic nicotine delivery systems (ENDS) and 20 were smokers of traditional cigarettes. **RESULTS.** Three out of four respondents emphasized the impact of the war on their nicotine use/smoking. The average number of cigarettes smoked daily increased significantly: from  $21.1 \pm 2.1$  to  $26.3 \pm 1.7$  cigarettes. Against the background of increased general motivation and the perception of the majority of respondents of ENDS as an effective means of assistance in smoking cessation, it is paradoxical that every second person during the war returned to traditional smoking. In addition to stress as the main trigger of relapse, the main reasons cited include increased "nicotine hunger" and the high cost of electronic devices/consumables. From our point of view, the trend of increasing use of self-twists made of cheap loose tobacco and special paper for traditional smoking is alarming. **CONCLUSION.** The above data demonstrate that the position of rejection of the strategy of reduced risk in relation to smoking adopted by the state, in conditions of socio-economic instability and chronic stress, potentiates not only the return of dependent smokers to traditional tobacco use, but also contributes to the formation of a new cohort of nicotine users who use self-mixed tobacco for self-circles, often without filters. This cohort include shadow smokers, with unmonitored levels of nicotine consumption and toxic components in the smoke. All of this can have a negative impact on the health of the nation.

### Biography

Olga Sribna, Ukraine, is a public health specialist focused on behavioral health and the socioeconomic determinants of addiction. Her research explores how economic shifts and chronic stress influence nicotine use patterns, aiming to inform targeted prevention and intervention strategies.

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