

# The overlooked majority: Insights into sociodemographic, health, and tobacco use profiles of hospitalized smokers in Malaysia

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**Track: Malaysian Government**

**Theme: Smoking Cessation**

## ABSTRACT

**Introduction:** Hospitalized smokers are often overlooked in cessation efforts, despite hospitalization presenting a potential teachable moment. **Materials and Methods:** A cross-sectional study was conducted with smokers admitted to medical and cardiology wards in Hospital Tengku Ampuan Afzan (October 2022–October 2023) using universal sampling. Data were collected via the DASS-21, Fagerström Test for Nicotine Dependence (FTND), and Transtheoretical Model (TTM). Results: Among 488 participants, the median age was 50 years. Illicit cigarette use was prevalent (55.5%). Although 71.7% had attempted to quit, only 8.3% had tried pharmacotherapy. Most participants (78.5%) expressed readiness to quit within the next month. Conclusion: Hospitalized smokers exhibit high motivation to quit, but access to cessation support is limited. Structured, hospital-based services are urgently needed.

Keywords: Sociodemographic, Tobacco Use, Hospitalized Smokers, Malaysia, Smoking Cessation.