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**Introduction:** Most of the smokers remain as active smokers and do not aware of their nicotine dependence (ND) level. ND is an important reason for smoking addiction.

**Objectives:** The study measured the prevalence of smoking and ND among adult males and their difficulties to quit smoking.

**Methodology:** A cross-sectional study was conducted among 296 males aged 18 years and above from Felda Bukit Goh at Kuantan, Malaysia in 2015. Socio-economic status, history of smoking, quit attempt and reasons for failing to quit were explored by using a self-administered questionnaire. Level of ND was assessed by validated Malay version of Fagerstrom Test for ND questionnaire. Multivariate analysis on relationship among socio-economic status and current smoking status, level of ND was done.

**Results:** The prevalence of current smokers was 61.1% and the prevalence of low and moderate to high ND level was 76.2 % and 23.8 % respectively. Among them, 54.1% of smokers tried to quit smoking ranging from 1 to 30 times. Forty eight percent of those attempted to quit were self-motivated and their main reason for failure to quit was addiction (71.9%). Smokers with monthly household income of RM2000-2999 was independently associated with moderate to high ND with adjusted OR=4.73 (95% CI 1.83-12.18) compared to those with income less than RM2000.

**Conclusion:** Despite high prevalence of smoking, majority of smokers have low ND. Addiction was the main reason for failure to quit. Household income was a contributing factor for moderate to high ND. The finding provides hope for the success of smoking cessation programme if it is to be done in this locality.

## **‘I CAN’T PRAY’ – THE SPIRITUAL NEEDS OF MALAYSIAN MUSLIM PATIENTS SUFFERING FROM DEPRESSION**

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**Introduction:** The mainstay of treatment of depression relies on pharmacological and psychological treatments. On top of that, evidence also recognizes the vital role of spirituality for human wellness which leads to growing interest in its utilization to treat depression. However, research on spirituality among Muslims in relation to depression is relatively scarce.

**Objective:** The aim of this study is to explore the understanding of spirituality among Muslim patients with depression, and to explore their spiritual needs.

**Methodology:** This is a qualitative study conducted on 10 depressed Muslim patients at the UKM Medical Centre. Purposive sampling was done to ensure diversity of subjects. Individual in-depth interviews were conducted using semi-structured questionnaire guidelines. The data were transcribed verbatim and analysed using a thematic approach.

**Result:** Out of 10 patients, almost all of them expressed spiritual needs. Two major themes emerged in relation to the spiritual needs which are (i) religious needs; need for worship, religious knowledge and guidance, religious reminders, and (ii) existential needs; need for calmness, sensitivity and empathy, self-discipline, certainty, hope, physical help, ventilate and meaning of illness. These needs are essential for patients during the time of crisis.

**Conclusion:** The majority of patients expressed spiritual needs which are required during the process of recovery and this provides an opportunity to incorporate spiritual approaches in the treatment of depression. However, more studies are needed to demonstrate its scientific basis and to design an effective psycho-spiritual treatment modality so that the ‘holistic’ or ‘bio-psychosocial-spiritual’ treatment can be integrated by health care professionals to those in need.