

1. Titre du résumé : **Mindfulness state and tobacco consumption during the COVID-19 lockdown among hospital workers.**

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5. Liens d'intérêt : **Aucun lien d'intérêt.**

6. Abstract: 293 words

Introduction:

Since 2014 in France, tobacco control has been stepped up with the establishment of national plans. In 2019, 30.4% of French people aged 18-75 reported smoking and 24% with daily consumption. Mindfulness has been theoretically and empirically associated with psychological well-being. Structural and functional brain changes have been observed in the brains of people with a long-term traditional mindfulness practice. Unfortunately mindfulness is not a common practice among health care professionals.

Objectif:

This poster studies the associations between the state of mindfulness and changes in certain health behaviors such as smoking during the period of the COVID-19 health crisis. The aim of this work is to develop new strategies for the fight against smoking.

Methodes:

An online anonymous survey was proposed by mail to the staff of the University Hospital of Nice and Sainte-Marie psychiatric hospital in France from May 18 to June 6, 2020 assessing changes in daily habits, state of mindfulness, psychological distress and changes in substance use, including smoking.

Resultats:

A total of 702 respondents (80.3% female) filled out the survey. 20.7% of participants use tobacco and 16.1% associate multiple use with alcohol. Overall, most of the tobacco users reported increased nicotine dependence with an increased fagerstrom score of 24.4% after the beginning of the COVID-19 lockdown. Significant results of a lower mindfulness score were found in the population of smokers. We have identified a low state of mindfulness as a risk factor for increased tobacco consumption among hospital staff. Since the COVID-19 crisis, hospital staff expressed more psychological distress, tobacco craving and showed lower state of mindfulness.

Conclusion:

In the face of this pandemic, health promotion strategies adopting new physio-relaxing methods and promoting the practice of mindfulness are shown to decrease tobacco consumption.