

HEALTH OF MOTHERS IN RELATION TO HOUSEHOLD SMOKING EXPOSURE IN SLOVAKIA

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Background and Aims: According to the WHO, there are over 700 million children worldwide exposed to secondhand smoke and there is also a significant population of pregnant women and young women exposed to passive smoking in the world. Only a few studies specifically examine the association of living with smokers and maternal physical and mental health. The aim was to assess the physical and mental health of non-smoking mothers in relation to household smoking in Slovakia similar to a previous study we conducted using data from the USA.

Methods: A sample of 230 mothers with at least one child was surveyed at the OB/Gyn Department of Comenius University Faculty of Medicine. The Medical Outcomes Short Form-12 (SF-12) and its Mental Component (MCS) and Physical Component (PCS) Scale, were used to assess the mental and physical health of mothers. Bivariable and multivariable statistical analyses were performed (multiple linear regression).

Results: The average age of mothers was 30.75 ± 5 years (range of 14 - 46 years), 22 % of mothers were pregnant, 66 % were never-smokers, 29 % were ex-smokers, 5 % were smokers (95 % non-smokers); 47.35 % of non-smoking mothers live in households with at least one adult smoker. The presence of an adult smoker in a household was significantly negatively associated with the mother's MCS score in bivariable analysis. Adjusting for age, education, occupation and marital status in multiple linear regression analysis, the presence of a smoking partner in the household is independently associated with decreases of MCS, i.e. worse mental health ($\beta = -3.13$; $p=0.02$). The association with PCS score was not significant.

Conclusions: Living with smokers had a negative influence especially on the mental health of non-smoking mothers in our sample. Future goals are to complete the sample and to enroll more pregnant women into the study.