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Aim(s): The study investigates the level of Pann dependence and finds factors affecting Paan (smokeless or chewing tobacco) dependence among Bangladeshi women.

Method(s): 190 Bangladeshi women using Paan for more than six months were participated. Data was analyzed using descriptive analysis, t-test, ANOVA and Stepwise Regression.

Result(s): The mean duration of using Paan was 11.67±9.76 years with 77.4% daily users, having the most common started Paan motive by invitation of family and relative. The mean Paan dependence scores of positive dependence motive (PDM, 29.75±9.83) and secondary dependence motive (SDM, 54.96±17.86) were significantly higher in subgroups of older age (F=6.08, p<.001 and F=10.44, p<.001, respectively), no education (t=7.67, p<.001 and t=8.51, p<.001), lower SES (F=9.49, p<.001 and F=7.88, p=.001), daily users (t=10.08, p<.001 and t=9.92, p<.001), longer duration of using (F=3.90, p=0.010 and F=3.24, p=.023), five or more per day (t=-9.45, p<.001 and t=-9.01, p<.001), reason of the first Paan use(F=6.00, p<.001 and F=7.96, p<.001) and no intention for Paan cessation (t=4.27, p<.001 and t=4.95, p<.001). The mean SDM score was also significantly higher in subgroups who started using Paan in older age (F=4.21, p=.016) and were unemployed (t=2.28, p=.026). The regression model for PDM and SDM was significant (F=15.10, p<.001 and F=10.91, p<.001) in total 45.2% and 54.8% explanatory power with affected variables; daily user(β=9.93, p<.001 and β=13.26, p=.002), reason starting the first Paan (β=-5.41, p=.014 and β=-10.30, p=.007) and no education (β=6.31, p=.001 and β=8.63, p=.022). SDM was also affected by Paan use duration (β=-8.44, p=.024)

Conclusion(s): To reduce Paan dependence, the reason starting the first Paan, frequency and duration of using Paan needs to be controlled, and also required to check Paan dependence regularly. Furthermore, to develop Paan cessation interventions, the socio-economic characteristics of participants should be considered.

Keywords: Chewing tobacco; Tobacco dependence, Bangladeshi Women

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