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ARE FACTORS THAT PROMOTE QUIT ATTEMPTS ON FIRST VISIT PREDICTS SUCCESS AT 1-MONTH, 3-MONTH AND 6-MONTH FOLLOW-UP BETWEEN SMOKERS TREATED WITH STANDARD SMOKING CESSATION PROGRAMME AND THE MODIFIED UK STANDARD TREATMENT PLAN?

ABSTRACT

Background: Factors contributing to successful quitting are dynamics in nature and difficult to predict. This study attempted to identify factors that promote quit attempts at first visit able to predict success rates among smokers treated with standard smoking cessation treatment programme and the modified UK Standard Treatment Plan from NHS Centre for Smoking Cessation and Training (NCSCT).

Methods: This was a double arms cluster-randomised control trial with follow-up to 6-months. All 19 public hospitals in Malaysia that offered quit smoking services (QSS) were

randomised into intervention (n=10) and control (n=9) groups. The smokers were required to complete self-administered questionnaires on their first visit and were followed up at 4-week, 3-month and 6-month. The health staff in the intervention group were trained with the UK adapted training module to treat smokers (n = 330) and the control group continued with the standard treatment programme (n = 172). The association between both groups were analysed using univariate analysis. Multiple logistic regression backward elimination was carried out to assess the repeated measures treatment effect of quitting.

Results: There was no significant difference between intervention and control group in most demographic and characteristics of smoking habits such as mean age, education level, marital status, perceived health problem and age started smoking. However, there were significant differences on the first cigarette of the day (P=0.05a), urges to smoke (0.020a), methods of quitting (0.018a) and CO level at base line (0.0234d). Interestingly, there was no significant difference on their motivations and confident levels to quit smoking between both groups even though the control group reported they were more worried about their future health (p = 0.030a), concerned about the effect of cigarettes smoke to their family (p <0.0001a), smoking is expensive (p=0.001a), family wanting them to stop smoking (p <0.0001a), family nagging (p=0.001a), ashamed to be a smoker (p <0.0001a), had a family who had quitted successfully (p = 0.017a) and friends encouragement to quit (p = 0.002a). The intervention group showed higher success rates with carbon-monoxide validated at 4-week (p = 0.013a), 3-month (p <0.0001a) and 6-month follow-up (p <0.0001a).

Conclusions: Factors that promote quit attempts at first visit may not predict successful quitting at 4-week, 3-month and 6-month follow-up.

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Keywords

Smoking cessation; Clinic attendees, Factors predict success, Success rates.

Biography

Associate Professor Dr Wee Lei Hum is currently attach with the Faculty of Health Sciences, National University of Malaysia. Her main areas of expertise are in health promotion, health behaviour and smoking cessation. She leads the Health Education Master's degree program in UKM. Prior to joining the University, she served the Ministry of Health Malaysia for 23 years in developing policies and strategies for health promotion programmes. She served as consultant to health projects, authored numerous peer reviewed publications and presented research papers both locally and internationally. She is an elected panel member of the Malaysia Medical Research Ethics Committee.

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