STOP Lite

SMOKING CESSATION FOR LIGHT SMOKERS.

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Prevention and Treatment in Clinical Health Laboratory

UTEP Psychology Department

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NEED FOR INTERVENTION WITH LIGHT

- Light smokers \(\leq 10\) cpd (LS)
  - often progress to regular use (e.g., young adults)
  - may maintain light/intermittent smoking (e.g., Hispanics)

- Lifetime health consequences to LS
- LS are group amenable to psycho-social intervention:
  - Lesser nicotine addiction/urge to smoke compared to heavier smokers
  - LS often do not require nor desire NRT

Fiore et al., 2008; Bjartveit & Tverdal, 2005; Moran, Wechsler, & Rigotti, 2004; Owen, Kent, Wakefield, & Roberts, 1995; Sargent, Mott, & Stevent, 1998; Kandel & Chen, 2000; Zhu, Pulvers, Zhuang, & Baezconde-Garbanati, 2007; Park et al., 2006; Wellman, DiFranza, & Wood, 2006; Sayette, Martin, Wertz, Shiffman, & Perrott, 2001; Cinciripini et al., 2005; Cooper et al., 2004; Ramsay & Hoffman, 2004; Levinson, Pérez-Stable, Espinoza, Flores, & Byers, 2004
## STOPLITE METHODS

<table>
<thead>
<tr>
<th></th>
<th>StopLite 1</th>
<th>StopLite 2</th>
<th>StopLite 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
<td>UTEP/Health Center</td>
<td>UTEP/Health Center</td>
<td>CSV, ACS, and UTEP</td>
</tr>
<tr>
<td><strong>N</strong></td>
<td>250</td>
<td>111</td>
<td>Anticipated 250</td>
</tr>
<tr>
<td><strong>Demographic</strong></td>
<td>Young Adults</td>
<td>Young Adults</td>
<td>Community (all ages)</td>
</tr>
<tr>
<td><strong>Design</strong></td>
<td>No Control Group</td>
<td>No Control Group</td>
<td>Randomized Delayed Control Group</td>
</tr>
<tr>
<td><strong>Inclusion Criteria</strong></td>
<td>Students, 1/cpm - 10cpd</td>
<td>Students, 1/cpm - 10cpd</td>
<td>1/cpm - 10cpd</td>
</tr>
<tr>
<td><strong>Follow-Up</strong></td>
<td>1, 3 Months</td>
<td>1, 3 Months</td>
<td>3 Months</td>
</tr>
<tr>
<td><strong>Data Collection</strong></td>
<td>Complete</td>
<td>Complete</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

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PSYCHOLOGICAL ASSESSMENT AND INTERVENTION

- Fagerström Test of Nicotine Dependence (FTND)
- Bedfont Scientific EC50 – Micro III Smokerlyzer (CO feedback)
- Transtheoretical Stage of Change Measure (Motivation to quit)
- Decisional Balance measures as an adjunct to Motivational Enhancement

Heatherton, Kozlowski, Frecker, & Fagerström, 1991; Bedfont, 2006; DiClemente & Velasquez, 2002; DiClemente et al., 1991; Velicer, DiClemente, Prochaska, & Brandenburg, 1985; Cooper et al., in preparation; Prochaska, Velicer, DiClemente, & Fava, 1988
INTERVENTION METHODS

- CO feedback (personalized information)
- Motivational enhancement
  - Elicit Pros and Cons to smoking and quitting
  - Boost the benefits of quitting
  - Tip the scales
- Triggers to smoke
  - Recognize personal triggers
  - AVEC (AVoid, Escape, Cope)
- Health education (verbal/written)

Borrelli et al., 2005; Herman & Fahnlander, 2003; Whyte, Watson, & McIntosh, 2006; Rodríguez, Johnson, Venegas, & Cooper, 2006
## RESULTS

<table>
<thead>
<tr>
<th></th>
<th>StopLite 1</th>
<th>StopLite 2</th>
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<tbody>
<tr>
<td>% Hispanic</td>
<td>80</td>
<td>93</td>
</tr>
<tr>
<td>% Female</td>
<td>47</td>
<td>37</td>
</tr>
<tr>
<td>Mean CO</td>
<td>3.40</td>
<td>4.25</td>
</tr>
<tr>
<td>Mean FTND</td>
<td>1.20</td>
<td>1.08</td>
</tr>
<tr>
<td>% &gt; Motivation</td>
<td>24</td>
<td>28</td>
</tr>
<tr>
<td>% Quit</td>
<td>15</td>
<td>13</td>
</tr>
</tbody>
</table>
STOPLITE: DISCUSSION

- Majority of smokers encountered were light smokers
  - Greater than 80% in both studies
  - Highlights need for further LS intervention

- Quit rates in StopLite similar to rates found in brief cessation studies

- High satisfaction with program by participants; staff report it is un-intrusive

Fiore et al., 2008; Hollis, Lichtenstein, Vogt, Stevens, & Biglan, 1993
FUTURE DIRECTIONS

- Examine impact of StopLite program in the Paso del Norte Community
  - StopLite 3 data collection ongoing and highly successful
  - Results shortly
- StopLite 4 planned after StopLite 3:
  - Adjustment to reading level
  - Continued community recruitment
- Community/UTEP differences
ACKNOWLEDGEMENTS

- A Smoke Free Paso del Norte: An initiative of the Paso del Norte Health Foundation
- The members of the PATCH Lab
- Dr. Michael Kelly
- Nora Hernandez
- Centro San Vicente
- American Cancer Society
- UTEP Student Health Center
THANK YOU-

○ What questions do you have?

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REFERENCES


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