IS MOTIVATIONAL INTERVIEW EFFECTIVE TO SMOKING CESSION IN YOUNG ADULTS? A SYSTEMATIC REVIEW AND META-ANALYSIS

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OBJECTIVE: To evaluate the effectiveness of a motivational interview to promote the smoking cessation in young adults.

STUDY PROTOCOL:
- A systematic review and meta-analysis followed the PRISMA statement (1).
- Search strategy: Studies will be selected from five international databases (PubMed, CINAHL, PsycINFO (OVID), ISI Web of Knowledge, and Cochrane Plus). The reference list of identified studies will be also examined. The following keywords will be used: smok*, tobacco, cessation, quitting, “motivational interview”, and “young adult”. The main terms will be combined using “AND” and synonyms terms with “OR”. The search will be limited to articles that will be written in English or Spanish. No data restrictions will be applied.
- Study Selection:
  1. Types of studies: Eligible study designs will be include:
     - Randomized controlled trials (RCT): Studies in which young adult were randomized to either the intervention or the control arm of the experiment, or randomized to receive different interventions.
     - Quasi-randomized trials (QRT): Studies in which young adult were allocated without formal randomization. We assessed the sensitivity of our conclusions to the inclusion of evidence from non-randomized studies.
  2. Type of participants: young adult aged 18-24, who were regular or social smokers. We defined smoker as a “young person who smokes an average of at least one cigarette a week” (2). Trials that focused on college students who smoked less than this were excluded. Also, RCT or QRT, which targeted at adult populations (>24 years old), non-college students’ young adults were excluded.
  3. Type of interventions: intervention of Motivational Interview. The control arm of the study should have no intervention or information on stop smoking “brief intervention”. Studies designed to prevent tobacco use will be excluded.
  4. Type of outcome measures: the primary outcome will be the incidence of smoking cessation at three months minimum follow-up. Other secondary results as relapse data will be not included in the review. Data regarding losses in the follow-up will be collected and analyzed with intention to treat analysis.
- Data Extraction: The selection of studies will be carried out by two researchers. For studies in which there will be some sort of disagreement, other researcher will be consulted.
- Data analysis: The outcome measure will be the incidence of smoking cessation at three months minimum follow-up. Subjects lost to follow up will be regarded as smokers. Where appropriate, we will perform meta-analysis using a random effect model. Frequencies and proportions will be extracted from individual papers and the Relative Risk (RR) will be calculated. To assess statistical heterogeneity between summary data and a trial level Cochran’s Q statistical, I2 statistics and between-study variance (τ2) will be used. Publication bias will be assessed using Begg’s Correlation Model and Egger Regression Model.

CLINICAL RELEVANCE: The results from this systematic review and meta-analysis could highlight the importance of implementing the motivational interview at smoking cessation programs in young adults. This type of intervention could have significant clinical implications regarding smoking prevalence, and they could have an effect on the future health of young adults.

Accessed November 15, 2013

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