ATTITUDES, SELF-EFFICACY, AND INTENTION RELATED TO SMOKING AFTER A CESSION INTERVENTION IN SPANISH COLLEGE STUDENTS. A PRAGMATIC RANDOMIZED TRIAL

Pardavila Belio M†; Canga Armayar N‡; Canga Armayar A†; Puyo Garriques M†; Puyo Garriques S‡; Rodríguez Cruz L‡
† Department of Community Nursing and Maternal & Child Health Care, University of Navarra, Pamplona, Navarra, Spain. ‡ Department of Nursing Care of the Adult Persons, University of Navarra, Pamplona, Navarra, Spain.

BACKGROUND:
Smoking cessation depends on several elements that have been identified through behavioral sciences as pathways of behavioral change. Concretely, the self-efficacy, the attitudes and the intentions related with smoking explained approximately 55% of the variance in smoking. While many studies have examined these variables as predictors of initiation or quitting on adolescent and young adult, has not been studied as smoking cessation intervention could change these aspects.

AIM:
To evaluate the changes in attitudes, self-efficacy and intention related to smoking after a nurse smoking cessation intervention aimed to college student smokers.

RESEARCH DESIGN AND METHODS:
Design: Single-blind, pragmatic randomized controlled trial which compares a multi-component intervention, tailored specifically to college students, with a brief advice session with a 6-month follow-up.
Setting and population: This study was conducted at the University of Navarra, Spain. The population consisted of students enrolled in either undergraduate or master’s programs for the 2013-2014 courses.
Study sample: Undergraduate or master’s students (age range=18-24 years) who had smoked an average of at least one cigarette a week within the last 6 months. Exclusion criterion was being a former smoker.
Intervention and control protocols:
• Intervention group: A multi-component intervention based on the Theory at Triadic Influence of Flay is developed. The intervention consisted of a 50-minute motivational interview conducted by a nurse and online self-help material. The follow-up included a reinforcing e-mail and group therapy.
• Control group: Brief advice (5-10 minutes) and a self-help pamphlet.

Measures:
• Standardized questionnaire: Demographic information, and their history of tobacco, including the Fageström Test of Nicotine Dependence (FTND).
• The scales to measuring attitudes, self-efficacy, and intention related to smoking of Texas Young Tobacco Survey was used, at beginning and at 6-month follow-up.

Statistical analysis:
• Baseline data: mean [standard deviation (SD)] and percentages (n, %)
• Compare the change in the mean: Student’s t-test

Analyses were performed using STATA version 11.1. Statistical significance was set at 5%.

Ethical consideration: The research protocol was reviewed and approved by the University of Navarra Research Ethics Committee (reference number 055/2013).

FINING:
Figure 1: Flow-chart of participants throughout the trial

Table 1: Principal baseline characteristics of participants by groups

<table>
<thead>
<tr>
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<th>Control group</th>
<th>Intervention group</th>
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</thead>
<tbody>
<tr>
<td>Age, mean (SD)</td>
<td>20.5 (1.7)</td>
<td>20.1 (1.7)</td>
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<tr>
<td>Female, n (%)</td>
<td>76 (62.3)</td>
<td>82 (61.7)</td>
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<tr>
<td>Daily cigarettes, mean (SD)</td>
<td>8.7 (5.2)</td>
<td>9.5 (6.1)</td>
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<tr>
<td>Years of smoking, mean (SD)</td>
<td>5.7 (2.4)</td>
<td>5.6 (2.3)</td>
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<tr>
<td>FTND, mean (SD)</td>
<td>2.4 (2.0)</td>
<td>2.0 (1.7)</td>
</tr>
<tr>
<td>Attitudes, mean (SD)</td>
<td>28.4 (4.3)</td>
<td>28.3 (4.5)</td>
</tr>
<tr>
<td>Self-efficacy, mean (SD)</td>
<td>8.9 (3.7)</td>
<td>8.9 (3.1)</td>
</tr>
<tr>
<td>Intention, mean (SD)</td>
<td>6.4 (1.8)</td>
<td>6.1 (1.6)</td>
</tr>
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Figure 2: Difference between groups in the mean of attitudes, self-efficacy and intentions related to smoking at 6-month (CI 95%)

CONCLUSION:
A multi-component intervention tailored to college students, and managed by a nurse, increases positively the self-efficacies perceptions to avoid smoking and the intentions to stop smoking. Furthermore, the finding of this study suggest that motivational interviews should be a good strategy to improve smoking cessation in college student.

REFERENCES:

CONTACT DETAILS: Marta Belio Pardavila; School of Nursing, University of Navarra, C/Pilar de Batres, 1, 31088 Pamplona - Spain; Tel: (+34) 948 42 56 45. E-mail: pmarp@unav.es.