

Swiss TPH



Swiss Tropical and Public Health Institute
Schweizerisches Tropen- und Public Health-Institut
Institut Tropical et de Santé Publique Suisse

Associated Institute of the University of Basel

Epidemiology and Public Health
Chronic Disease Epidemiology

Smoking Cessation in Workplace Settings

**Determinants of Quit Rates in a Group Behaviour
Therapy Programme in Switzerland (2006–2012)**

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Nichtrauchen ist auch Chefsache



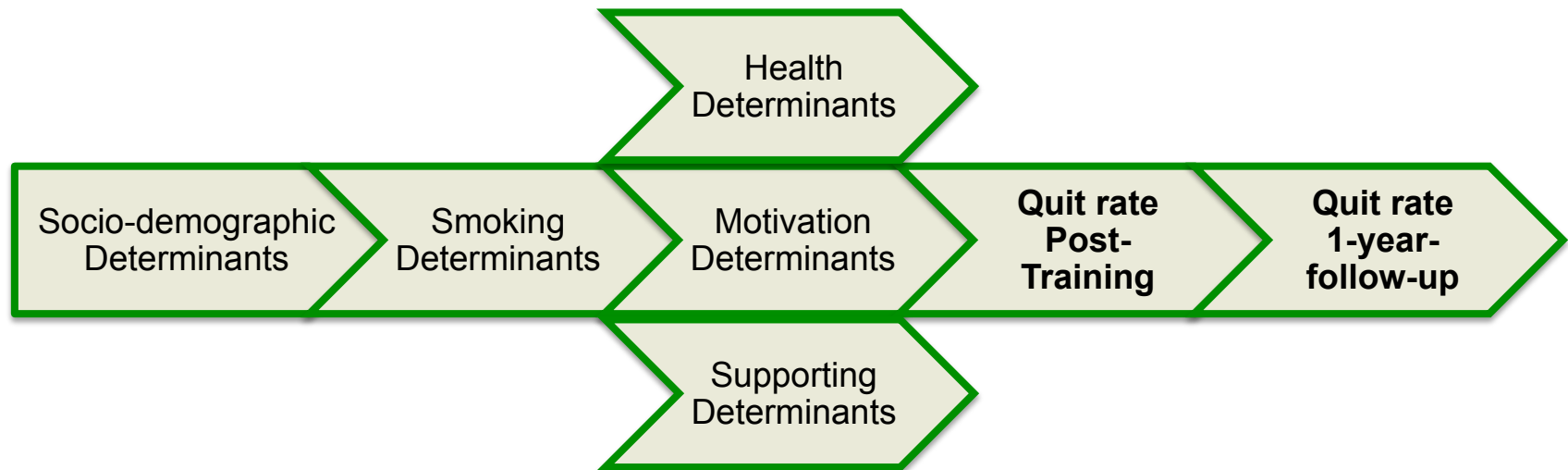
Enterprise Smoke-free

- **Smoking cessation training** at workplace
- **Cognitive behavioural group therapy** (540 minutes contact time)
- Individual proactive **telephone counselling** (up to 3)
- Developed with **IFT Institut für Therapieforschung** in Munich
- Implemented **nationally** by **Lungenliga beider Basel**



Aim

- Identify **factors restraining participants from quitting**
- Investigate association of **smoking quit rates (QR)** with perceived **withdrawal symptoms** and **weight change**



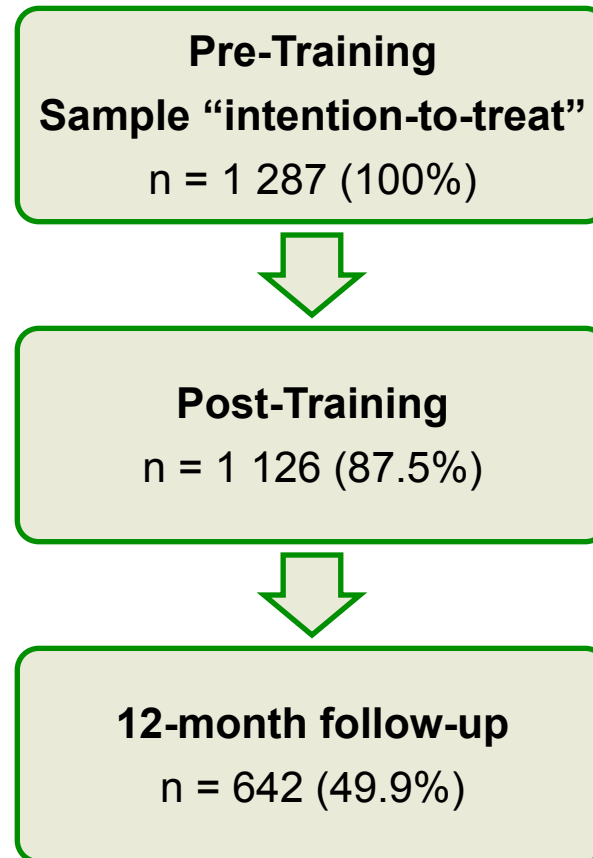
Methods

- Three **anonymised questionnaires** (pre- and post-intervention; 12-months follow-up)
- Assessed **determinants** of post-intervention and 12-months QR (according to the Russel-standard)
- **Logistic regression** models (forward-stepwise selection)



Nichtrauchen ist Programm

Study Population



Characteristics of participants in Enterprise Smoke-free

Gender (women)	42.3%
Age (year) (mean & standard deviation SD)	40.0 (10.7)
German as mother tongue	62.0%
Number of years smoked (mean & SD)	20.1 (10.4)
Body mass index (kg/m²) (mean & SD)	24.8 (4.4)
Cigarettes per day (mean & SD)	18.7 (8.1)
First cigarette after waking up within 30 min.	58.6%
Last smoke stop attempt >1 year ago	56.0%
Motivation to stop smoking within 30 days	86.1%
Withdrawal symptoms (mean & SD)	1.9 (1.6)
Use of pharmacotherapy	32.9%
Weight gain at end of training	40.8%
Weight gain at 12 months follow-up	51.8%

Results

	Quit rate Post-training	Quit rate 12-months follow-up
All (n=1 287)	72.4% (ITT) to 83.7%	18.6% (ITT) to 37.4%

POST-INTERVENTION self-reported continuous abstinence rate

n=897	Odds ratio	p-value	95% confidence interval	
Gender (male)	1.86	0.002	1.25	2.78
Cigarette after wake-up (>60 min.)	2.02	0.024	1.09	3.72
Depressed *	0.52	0.006	0.32	0.83
Nervousness *	0.60	0.014	0.40	0.90
Sleep problems *	2.40	0.003	1.35	4.25
Weight gain	2.76	0.000	1.75	4.35

Model adjusted for gender, age, language, work function, factors related to smoking behaviour and stage of motivation, body mass index, weight change and * withdrawal symptoms. Training attendance, cost and time account and use of nicotine replacement or pharmacological therapy were considered as effect modifiers.

12-MONTHS FOLLOW-UP self-reported continuous abstinence rate

n=467	Odds ratio	p-value	95% confidence interval	
Gender (male)	1.65	0.026	1.06	2.57
Over 20 cigarettes per day	0.52	0.038	0.28	0.96
Weight gain Post-intervention	0.60	0.032	0.37	0.96
Weight gain 12-months follow-up	8.50	0.000	5.23	13.79
High BMI *	0.72	0.378	0.35	1.49

Model adjusted for gender, age, language, work function, factors related to smoking behaviour and stage of motivation, * body mass index, weight change and withdrawal symptoms. Training attendance, cost and time account and use of nicotine replacement or pharmacological therapy were considered as effect modifiers.

Conclusion

- Women, overweight persons, heavy smokers, and participants with nervousness and depressive mood as withdrawal symptoms need special attention
- Weight gain & sleeping problems seem to be a marker of smoking cessation
- Nicotine addiction should be treated as a disease
- Personalized therapy as further optimization





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