

EVALUATING A COMMUNITY-BASED, GENDER-SPECIFIC SMOKING CESSATION INTERVENTION IN HELPING WOMAN SMOKERS TO QUIT

評估以社區為基礎的女性戒菸服務之成效

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BACKGROUND 背景

- In Hong Kong, the prevalence of female smokers (around 4%) remained the same in decades while that of male smokers significantly reduced.
在香港，幾十年來女性吸菸率維持在4%左右。相反，男性的吸菸率則有明顯減少。

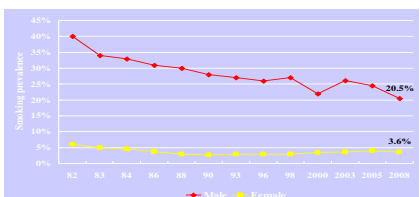


Figure 1: The smoking prevalence of male and female smokers from 1982 to 2008.
圖表1: 在1982年至2008年間，男性及女性之吸菸比率。

Reference:
1. Social Surveys Section. (2009). Thematic Household Survey, Report No.36: Pattern of Smoking, Hong Kong: Census and Statistics Department.

BACKGROUND 背景

- Previous studies showed that women had
以往的研究顯示，女性吸菸者在戒菸方面
 - Lower quit rate 有較低成功率 (21.9% vs. 28.4%)
 - Greater difficulty 遇到較大困難
 - Lower confidence 缺乏信心

Reference:
Chan SCC (2004). Gender difference in response to smoking cessation intervention by Smoking Cessation Health Centre. Unpublished manuscript, The University of Hong Kong.

BACKGROUND 背景

- Specific hazards of smoking to woman's health
吸菸對婦女特有的危害
 - Menstrual symptoms and disturbance
月經紊亂症狀
 - Increase chance of infertility
增加不育機會
 - Higher risk of cervical cancer
有較高患上子宮頸癌的風險
 - Miscarriage
流產
 - Retarded fetal growth
胎兒生長遲緩
 - Preterm delivery
早產

BACKGROUND 背景

- HKU initiated "Women smoking cessation project" in order to
香港大學護理學院推行「女性戒菸計劃」
 - publicize quitting in the community
在社區宣揚女性戒菸的重要性
 - provide face-to-face and/or telephone counseling to woman smokers who want to quit
並為女性吸菸者提供面談或電話輔導服務

AIMS OF THIS PRESENTATION 本報告的目的

- Share the experience of implementing “Women smoking cessation project”
分享推行「女性戒菸計劃」的經驗
- Evaluate the effectiveness of our smoking cessation counseling
評估我們提供的戒菸輔導服務之成效

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CONTENT OF THE PROJECT 計劃內容

- “Women smoking cessation project” included 3 phases.
「女性戒煙計劃」包括三個階段

Phase I 第一階段

- Found Women Against Tobacco Taskforce (WATT) since January 2007.
二零零七年成立女性反吸菸工作組
- Assess the learning needs, knowledge and attitude towards smoking cessation of volunteers and staff from WATT through questionnaires and focus group interviews.
透過問卷調查及小組面談評估女性反吸菸工作組的職員及義工對戒菸的學習需要、知識及態度。

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CONTENT OF THE PROJECT 計劃內容

Phase II 第二階段

- A gender-specific Smoking Cessation Counselling Training Programme were designed based on the results from phase I
依據第一階段的結果，設計「女性戒煙輔導」的訓練課程。
- 51 staff and volunteers from WATT received the training
51名女性反吸菸工作組的職員及義工已接受訓練。



Training on 23 October 06
二零零六年十月二十三日的訓練



Training on 2 November 09
二零零九年十一月二日的訓練

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CONTENT OF THE PROJECT 計劃內容

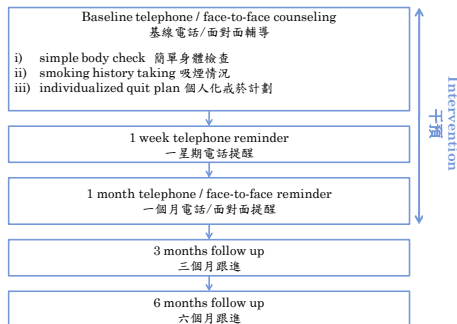
Phase III 第三階段

- It included the setting up of a smoking cessation centre and a telephone hotline to answer public inquiries on smoking cessation and recruit woman smokers.
成立了戒菸中心和開通了電話熱線：為公眾解答戒菸問題及從而招募女性吸煙者參加戒菸輔導服務。
- Starting from November 2006, we provided smoking cessation counseling for female smokers in Hong Kong. It is free of charge. The counseling is provided by a nurse counselors.
從2006年11月開始，我們為女性吸菸者提供戒菸輔導服務。輔導服務費用全免，而輔導服務均由資深護士負責。
- Eligibility 參加資格
 - Female 女性
 - Aged 15 years or above 15歲或以上
 - Smoke in the past month 在過去一個月內有吸菸

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CONTENT OF THE PROJECT 計劃內容

A flow diagram for Phase III 第三階段流程表



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CONTENT OF THE PROJECT 計劃內容

Publicity 宣傳方法



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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- From November 2006 to January 2011
由2006年11月至2011年1月，
 - Provided complete smoking cessation counseling to 380 woman smokers
為380名女性吸煙者提供戒菸輔導服務，並完成六個月的跟進。
- Woman smokers were mainly recruited from
女性吸煙者主要從以下途徑招募
 - Website 網站
 - Mass media report 大眾媒體報導

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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- Demographic data 基本資料 (N = 380)

Characteristics 特徵	Mean ± SD / n (%) 均數 ± 標準差 / 人數(%)
Age 年齡	34.9 ± 9.9
Marital status 婚姻狀況	
Single 單身	225 (59.2)
Married 已婚	155 (40.8)
Educational attainment 教育程度, missing=2	
No formal education to Primary 小學或以下	22 (5.8)
Secondary 中一至中五	248 (65.3)
Senior secondary or above 中六或以上	108 (28.4)
Occupation 職業, missing = 3	
Employed 受僱	255 (67.1)
Housewife 家庭主婦	76 (20.0)
Full-time student 全職學生	7 (1.8)
Others 其他	39 (10.3)

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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- Smoking profile 吸菸狀況 (N = 380):

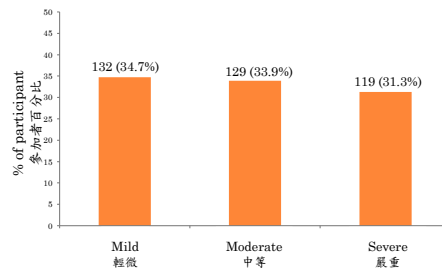
Characteristics 特徵	Mean ± SD 均數 ± 標準差
Age of starting smoking 開始吸菸年齡	18.0 ± 5.6
Years of smoking (At least one cigarette per day) 吸菸年數 (至少每天一支煙)	16.6 ± 8.5
Daily cigarette consumption 每日吸菸量	14.2 ± 8.4

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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- Fagerstrom test of Nicotine dependence
尼古丁依賴程度 (N = 380)

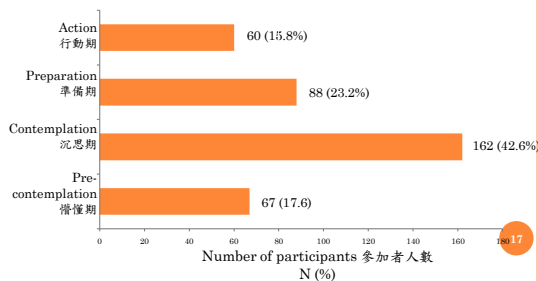


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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- Stage of readiness to quit 戒菸準備階段 (N = 380)



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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- Change in stage of readiness between baseline and 6-month follow up (N = 380)
戒菸準備階段在基線與六個月跟進之間的改變

	6-month follow-up 六個月跟進		
	Moved up 上升	No change 不變	Moved down 下降
Baseline Stage: 基線階段:	N(Row%)	N(Row%)	N(Row%)
Action 行動期	0(0)	42(70.0)	18(30.0)
Preparation 準備期	1(1.1)	52(59.1)	35(39.8)
Contemplation 沉思期	8(4.9)	107(66.0)	47(29.0)
Pre-contemplation 懵懂期	15(22.4)	52(77.6)	0(0)
Total 總計	24(6.4)	253(67.1)	100(26.5)

* Missing data in the 6-month follow up were counted as 'no change'.
六個月跟進的遺漏數據被算作為「不變」。

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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

- 6-month follow up 六個月跟進 (N = 380)

	N (%)
	人數 百分比
Successful follow up rate	313 (82.4)
成功跟進率	

- Smoking profile 吸煙情況

(N = 380, intention-to-treat analysis 意向性治療分析)

	N (%)
	人數 百分比
Reported quitting for 7-day	103 (27.1)
報告至少七天沒有吸煙	

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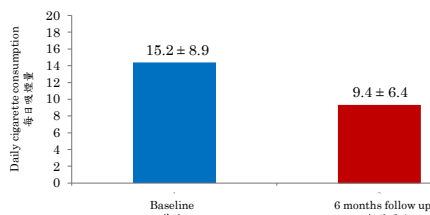
RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

For those who reported continued smoking

報告仍然吸煙的參加者 (N = 210)

- Daily cigarette consumption 每日吸煙量 (p<0.01, paired t-test)



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RESULTS OF SMOKING CESSATION COUNSELING

「女性戒菸輔導」的結果

Baseline predictors of reported quitting for 7-day at 6-month follow up (N=313)

六個月跟進戒煙率(至少七天沒有吸煙)的基線預測因素

Using Chi-square tests or t-tests followed by logistic regression to find the significant predictors
採用卡方檢驗或t-檢定以及邏輯回歸找出顯著的預測因素

Baseline Predictors: 基線預測因素:	Odds Ratio (95% CI) 比值比 (95%信賴區間)	P-value P-值
Did exercise in the past 1 month 過往一個月有做運動	2.88(1.12-4.64)	0.023
Daily Cigarette Consumption in past 30 days 過往三十天的每日吸菸量	0.91(0.86-0.97)	0.002

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CONCLUSIONS 結論

- “Women smoking cessation project” is the first of its kind in Hong Kong.
「女性戒菸計劃」是香港首個專為女性戒菸的計劃。

- This project gathered local women organizations to promote smoking cessation in the community.
計劃凝聚了本地女性組織的力量在社區推廣女性戒菸。

- A number of volunteers and staff in WATT were trained and they are capable of providing brief advice to female smokers in the community.
女性反吸菸工作組的職員及義工已接受訓練，他們有能力為地區女性吸菸者提供簡短的戒菸意見。

Reference:
1. Chan SCC. (2004). Gender difference in response to smoking cessation intervention by Smoking Cessation Health Centre. Unpublished manuscript, The University of Hong Kong.

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CONCLUSIONS 結論

- In line with previous studies^{1, 2}, results showed that physical exercise may assist in maintaining smoking cessation in women. Physical exercise can serve as a substitute behaviour during cessation. It also moderates mood changes, and thus attenuates nicotine withdrawal. Also, weight gain is minimised if smoking cessation is accompanied by a moderate increase in the level of physical activity².

跟以往的研究結果一致^{1, 2}，運動能幫助戒菸期間的女性，例如：在戒煙期間，運動能替代吸煙行為，并緩和情緒，從而減輕尼古丁戒斷的徵狀。同時，適當的運動能減低戒煙後體重增加的機會。

1. Marcus B. H., Albrecht A. E., Niaura R. S., Taylor E. R., Simkin, L. R., Feder, S. I., Abrams, D. B., & Thompson, P. D. (1995). Exercise enhances the maintenance of smoking cessation in women. *Addictive Behaviours*, 20(1), 87-92.

2. Kawachi I., Troisi R. J., Botnitsky, A. G., Coakley, E. H., & Colditz, G. A. (1999). Can physical activity minimise weight gain in women after smoking cessation? *American Journal of Public Health*, 86(7), 999-1004.

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CONCLUSIONS 結論

- Our finding of the close association between nicotine dependency and successful quitting reinforced the predominant view, which was that maintenance of smoking behaviour in adults is strongly controlled by addiction¹.
- 本研究顯示，尼古丁的依賴程度跟成功戒煙有很大關係：尼古丁的依賴程度越低戒煙就越容易成功。

1. World Health Organisation, International statistical classification of diseases and related health problems, 10th revision. Vol I. Geneva, Switzerland: World Health Organisation, 1993.

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CONCLUSIONS 結論

- Our service achieved a higher quit rate (27.1%) than a previous local smoking cessation clinic in HK (21.9%)¹.
對比以前在本地戒菸中心的成績，我們的服務取得了較高戒菸率 (27.1% vs. 21.9%)¹。
- Those who did not quit at 6 months follow up significantly reduced daily cigarette consumption
在六個月跟進時繼續吸煙的參加者明顯減少每日吸煙量。
- In order to understand the sustained effect of the intervention, we are doing 3-year follow up on our participants.
為了了解干預的持續效果，我們現對參加者進行三年期的跟進。

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Reference:
1. Chan SCC. (2004). Gender difference in response to smoking cessation intervention by Smoking Cessation Health Centre. Unpublished manuscript, The University of Hong Kong.

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- Women Against Tobacco Taskforce
女性反吸煙工作組成員
- Nurse Counselors 護士輔導員：
 - Ms. Anita Chan 陳弄年女士
 - Ms. Helen Poon 潘珮瑩女士

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Thank you!
谢谢

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