

Title of Intervention: A School-based Adolescent Smoking Cessation Program

Intervention Strategies: Group Education

Purpose of the Intervention: To help teens quit smoking

Population: Students interested in quitting

Setting: A large public high school in Baltimore City; school-based

Partners: Biomedical analysis company, school districts

Intervention Description:

- Group Education: The curriculum included eight sessions taught over eight weeks. Session one consisted of introductions and team-building skills. Session two consisted of self identification of personal smoking habits and perceived barriers to quitting. Session three was devoted to individual and group problem solving to develop strategies for quitting. Sessions four and five were devoted to practicing these solutions. Session six focused on mental and physical preparedness to quit smoking and was highlighted with a quit ceremony. Sessions seven and eight were devoted to prevention of relapse and dealing with withdrawal symptoms.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Curriculum teacher
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom and school health center
- Budget: Not mentioned
- Intervention: Education materials
- Evaluation: Materials for saliva and carbon monoxide tests, questionnaires including Fagerstrom Tolerance questionnaire, external laboratory

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Questionnaires assessed demographic information and smoking history.
 - Modified Fagerstrom Tolerance questionnaires measured nicotine dependence.
 - Saliva tests measured cotinine levels.
 - Exhaled carbon monoxide tests determined smoking status.

Outcomes:

- Short Term Impact: Average self-efficacy scores significantly improved among those who quit smoking. The intervention group also had a greater number of people who attempted to quit smoking as compared to the control group.
- Long Term Impact: Participants in the intervention group were more likely to have quit smoking. Saliva cotinine levels for individual quitters dropped dramatically. There was a greater reduction in daily smoking in the intervention group as compared to the control group.

Maintenance: Not mentioned

Lessons Learned: Smokers who are motivated to quit are more likely to succeed when they receive the intervention immediately after enrollment instead of waiting. A school-based program is more likely to succeed when offered early in the school year.

Citation(s):

Adelman, W. P., A. K. Duggan, et al. (2001). "Effectiveness of a high school smoking cessation program." *Pediatrics* 107(4): E50.