

Title of Intervention: A Smoking Cessation Program using Scheduled Smoking

Intervention Strategies: Individual Education, Group Education, Supportive Relationships

Purpose of the Intervention: To increase smoking cessation rates

Population: Adult smokers

Setting: The Behavioral Medicine Laboratory at University of Texas Medical Branch; health care facility-based

Partners: None mentioned

Intervention Description:

- Individual Education: Participants were treated in three small groups and exposed to the scheduled smoking and relapse prevention procedures. The smoking program included weekly treatment activities that were divided into three phases: baseline, cessation and relapse prevention. During the baseline week, participants recorded the time of day each cigarette was smoked and the number of waking hours. The cessation phase lasted several weeks. Each week smokers were provided with a printed schedule, listing a specific time of the day at which they could smoke. The schedule was to be attached to the outside of their cigarette pack. Participants were instructed to smoke only during the first five minutes of each interval. If an interval was missed, they were required to wait until the next available interval before smoking and missed cigarettes could not be accumulated for later use. Participants were required to carry only the appropriate number of cigarettes with them each day. The number of cigarettes permitted per day was reduced again until the participant was smoking no more than three cigarettes per day. Week five was the target quit date for all participants. Each session during weeks 2-5 also involved a cognitive behavioral intervention. The training involved a number of therapist-facilitated activities designed to counterbalance cigarette cravings with non-smoking thoughts and behaviors. Relapse prevention emphasized identification of environments in which a high risk of smoking (relapse) was anticipated, estimated the likelihood that these events would occur in the participant's near future and rehearsed non-smoking responses to be employed in those situations. Participants engaged in role playing of non-smoking skills as appropriate for their individual situation. The relapse prevention intervention involved activities such as assertion training, learning to more efficiently schedule their time, rehearsing expression of negative affect and training in conflict negotiation skills.
- Group Education: In addition, two of the group meetings also involved development of a walking/exercise intervention to enhance stress management skills and development of healthy eating habits to reduce the likelihood of weight gain following cessation. Each meeting involved the presentation and group discussion of didactic and written materials.
- Supportive Relationships: All participants initially participated in a one-hour individual discussion with a staff person in which they discussed their motivations for quitting. Participants were asked to return eight times in the weeks following their initial session.

Theory: Relapse prevention

Resources Required:

- Staff/Volunteers: Therapists, session leaders
- Training: Not mentioned
- Technology: Radio public service announcements
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Materials for smoking schedules, written materials
- Evaluation: Smoking logs

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:

- Smoking logs assessed participants' compliance with interval smoking.
- Self-reported surveys assessed cessation status.
- Expired carbon dioxide samples assessed smoking status.
- Face to face or telephone interviews with participants assessed smoking status.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: At all points of assessment, the intervention group had greater abstinence rates than the control group.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Cinciripini, P. M., L. G. Lapitsky, et al. (1994). "An evaluation of a multicomponent treatment program involving scheduled smoking and relapse prevention procedures: initial findings." *Addict Behav* 19(1): 13-22.