Title of Intervention: A Computer-Generated, Tailored Feedback Smoking Cessation Intervention

Intervention Strategies: Individual Education

Purpose of the Intervention: To increase quitting rates among smokers

Population: Intervention 1: All smokers; Intervention 2: Smokers in stages of high and low readiness to quit

Setting: Homes throughout the Netherlands; home-based

Partners: None mentioned

Intervention Description:
- Individual Education:
    - In intervention 1, computer-generated letters included one of three types of information: 1) outcomes of quitting, 2) enhancing self-efficacy, 3) both self-efficacy enhancement and outcomes information.
    - In intervention 2, participants in each intervention group received the computer-generated letter tailored to the individual's stage of change, perceived outcomes, situational self-efficacy levels and smoking behavior. To personalize the letter, the researchers mentioned the name of the individual three times in each letter.

Theory: Social Cognitive Theory, Trans-theoretical Model

Resources Required:
- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Computer, printer
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Letters
- Evaluation: Questionnaires, bogus pipeline

Evaluation:
- Design: Randomized controlled trial
- Methods and Measures:
    - Questionnaires assessed gender, age, level of education, the number of cigarettes smoked and the number of years participants had smoked.
    - Questionnaires measured stage transition.
    - Questionnaires measured quit activities, point prevalence of quitting and continuous abstinence, 24-hour quit attempt in the last 12 months, perceived self-efficacy, intention to quit, perception of pros/cons of quitting and learned skills to quit smoking.
    - Fagerstrom Test for Nicotine Dependence assessed nicotine dependence.

Outcomes:
- Short Term Impact: Contemplators benefited the most from information from the self-efficacy and outcomes information, whereas preparers benefited the most from self-efficacy information.
- Long Term Impact: All three intervention conditions led to significantly more smokers who had engaged in 24-hour quit attempts.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Dijkstra, A., H. De Vries, et al. (1998). "Long-term effectiveness of computer-generated tailored feedback in smoking cessation." Health Educ Res 13(2): 207-14.

Dijkstra, A., H. De Vries, et al. (1998). "Tailored interventions to communicate stage-matched information to smokers in different motivational stages." J Consult Clin Psychol 66(3): 549-57