

**Title of Intervention:** Personalized Written Feedback for Smoking Cessation

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To increase smoking cessation rates

**Population:** Residents who smoke at least 10 cigarettes per day

**Setting:** Homes in Galicia, Spain; home-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: One week before the start of the intervention, participants were mailed a letter explaining the characteristics of the program. They also received instructions on how to record cigarette consumption on the designated self-monitoring forms for 7 days prior to intervention treatment as well as instructions on how to graphically represent cigarette consumption. The standard condition group received the first of six weekly packets through the mail. Each shipment included a pamphlet with new strategies to stop smoking, a personalized letter of introduction with instructions for the tasks to be carried out during the week and self-monitoring and evaluation forms to be mailed back at the end of the week. The feedback intervention group received the same 6-week program by mail, plus two additional one-page shipments. The first additional shipment was mailed between the 3rd and 4th weeks of the intervention, and the second shipment between the 5th and 6th weeks.

**Theory:** Transtheoretical Stages of Change Model

**Resources Required:**

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Participant's homes
- Budget: Not mentioned
- Intervention: Mailings, instructions, self-monitoring forms, weekly packet materials, one-page shipments
- Evaluation: Questionnaires, trained interviewers, carbon monoxide detector

**Evaluation:**

- Design: Randomized clinical trial
- Methods and Measures:
  - Baseline self-administered questionnaires assessed demographics and cigarette consumption.
  - Fagerstrom Test for Nicotine Dependence assessed the level of nicotine addiction.
  - Smokerlyzer EC50 expired carbon monoxide indicators distinguished non-smokers from smokers.
  - Letters or telephone interviews determined the status of the smoker.
  - Home interviews and carbon monoxide tests confirmed smoking cessation.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: There was a significant reduction in the number of cigarettes smoked daily among continuing smokers under both experimental conditions.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Becona, E. and F. L. Vazquez (2001). "Effectiveness of personalized written feedback through a mail intervention for smoking cessation: a randomized-controlled trial in Spanish smokers." *J Consult Clin Psychol* 69(1): 33-40.