



Research Article

Predictors for Successful Smoking Cessation in Korean Adults



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SUMMARY

Purpose: A better understanding of the factors contributing to smoking cessation would be of substantial benefit to public health. The purpose of this study was to identify significant predictors of successful smoking cessation in the Korean population.

Methods: We compared 1,181 successful quitters with 940 current smokers who made a recent attempt to quit but failed in the past 12 months using the fourth Korea National Health and Nutrition Examination Survey. We examined the relationship of sociodemographic, behavioral and environmental characteristics, comorbid conditions, and quitting methods to successful smoking cessation.

Results: Older age, female, being married, having higher education, having a lower level of stress, having smoked 20 or more cigarettes per day, and one's own will for quitting have been identified as significant determinants of successful cessation. Frequency of alcohol consumption and trying numerous quitting methods was inversely related to stopping smoking.

Conclusion: This study suggests that cessation programs need to take a holistic approach and should consider these factors in setting up.

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Introduction

Smoking is one of the main public health problems and the key mechanisms underlying social inequalities in health (Chandola, Head, & Bartley, 2004). Despite antismoking legislation and increasing public awareness of the adverse impact of smoking on health, only about 54% of Korean smokers would like to quit (Lee & Seo, 2007). Encouraging smokers to quit smoking is an important health policy in many countries including Korea. Thus, a better understanding of the factors contributing to smoking cessation would be of substantial public health benefit.

Several studies have addressed factors associated with successful smoking cessation. However, many studies examining factors associated with smoking cessation have been limited to specific populations, such as smokers who participated in a stop-smoking intervention (Borrelli, Spring, Niaura, Hitsman, & Papandonatos, 2001; Foulds et al., 2006; Hyland et al., 2004; Hymowitz et al., 1997; Monso, Campbell, Tonnesen, Gustavsson, & Morera, 2001) or adolescents/young adults (Ariza-Cardenal & Nebot-Adell, 2002; Paavola, Vartiainen, & Puska, 2001; Rose, Chassin, Presson, & Sherman, 1996). Previous findings on participants in a stop-smoking intervention may be limited in its

generalizability because the majority of smokers who quit do so without formal intervention (Fiore et al., 1990).

To our knowledge there are a few studies that have examined several aspects of smokers' characteristics to determine the predictors of successful smoking cessation in general populations (Hyland et al., 2006; Lee & Kahende, 2007; Zhou et al., 2009). Numerous studies have addressed the impact of individual socio-demographic characteristics or smoking-related behaviors on smoking cessation (Broms, Silventonien, Lahelma, Koskenvuo & Kaprio, 2004; Chandola et al., 2004; Dawson, 2000; Degenhardt & Hall, 2001; Honjo, Tsutsumi, Kawachi, & Kawakami, 2006; Lindstrom & Janson, 2007; Monso et al., 2001; Park, 2006; Wetter et al., 2005; Zimmerman, Warheit, Ulbrich, & Auth, 1990). The limitation of these studies is that they have not taken a holistic approach where smokers' sociodemographic, behavioral, and environmental factors, comorbidity and the methods used to quit smoking are examined together.

In a study done in Danish population, successful smoking cessation was associated with older age, high social status, low prior tobacco consumption, motivation to stop smoking, and having a nonsmoking spouse/cohabitant (Osler & Prescott, 1998). In another study in the U.S. population, successful quitters were more likely to be aged 35 years or older, married or living with a partner, non-Hispanic White, having at least a college education, having rules against smoking in their homes and workplaces, and being less likely to have switched to light cigarettes (Lee & Kahende, 2007). Factors associated with successful smoking cessation can

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be differently found depending on study population and method. Furthermore, there may be a restriction to adopt findings from one population to another population because smoking cessation is influenced by social and cultural notion (Lee & Seo, 2007).

As an antismoking policy becomes more widespread in Korea and other countries, there is a need to examine factors that impact on outcomes in more detail with a representative sample. In this study, we focused on identifying significant predictors of successful smoking cessation using a large representative sample of Korean population.

Methods

Study design

This was a secondary data analysis study that investigated predictors of successful smoking cessation in Korean using the data from the Fourth Korea National Health and Nutrition Examination Survey (KNHANES VI-3) conducted by Korea Centers for Disease Control and Prevention (KCDC) in 2009. Permission to use the data set was granted by KCDC after reviewing the proposal of this study. The data set was downloaded from the KCDC website (<http://knhanes.cdc.go.kr>) free of charge.

Setting and sample

The KNHANES VI-3 is consisted of three main questionnaires: Health Interview Survey, Nutrition Survey, and Health Examination survey. We extracted data from the Health Interview Survey (HIS) that contained a response of approximately 10,078 participants. The HIS provides a multitude of information on health status and health-related behaviors such as physical activity, cigarette smoking, and alcohol use as well as sociodemographic data. The response rate for the KNHANES VI-3 survey was 82.8% (KCDC, 2010).

The sample of this study included adults who were aged 18 years or older and answered questions about smoking. We compared successful quitters with current smokers who had a recent attempt to quit but failed for the past 12 months. The successful quitters were defined as those who reported that they had smoked at least 100 cigarettes in their life, do not smoke currently, and have quit smoking for more than 12 consecutive months. The current smokers who had a recent attempt to quit but failed were defined as those who reported that they had smoked at least 100 cigarettes in their life, do smoke currently, and had stopped smoking for more than 1 day but failed during the past 12 months. Figure 1 illustrated the screening process for selecting recent

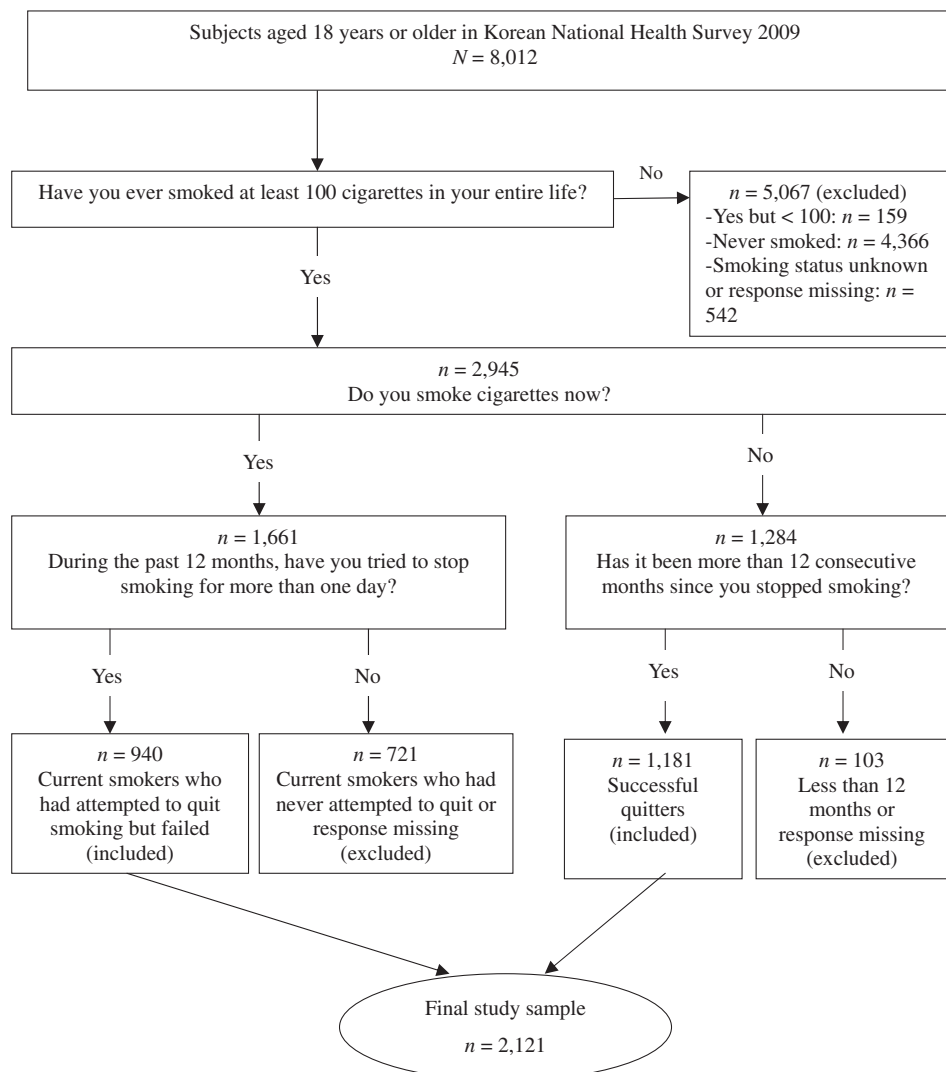


Figure 1. Screening process used to select the study sample.

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