



Short communication

Religiosity, social support, and smoking cessation among urban African American smokers[☆]

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Abstract

This study examined the relationship between religiosity, social support, and gender on smoking cessation among a sample of 498 urban African American smokers using the nicotine patch. Smoking status and social support were assessed at baseline, week 4, and month 6, while religiosity was assessed only at baseline. Logistic regression analyses indicated that neither baseline religiosity, social support, nor the interaction between baseline social support and gender predicted quitting at month 6. However, a significant positive association was found between females' social support at week 4 and their week 4 (OR=1.41, CI=1.11–1.78) quitting. Additionally, a significant positive association was found between males' social support at month 6 and their month 6 quitting (OR=1.50, CI=1.05–2.15). Our findings highlight the importance of social support during an active quit attempt for African American males and

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females and have implications for public health and medical interventions for African American smokers.

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1. Introduction

Identifying variables that positively impact the success or failure of smoking cessation interventions among African American smokers is needed. While the relationships between religiosity, social support and motivation to quit are well documented among African American smokers (Krause & Van Tran, 1989; Romano, Bloom, & Syme, 1991; Stillman, Bone, Rand, Levine, & Becker, 1993), little is known about how religiosity and social support impact smoking cessation among those actively engaged in the quitting process. The present study examined whether baseline levels of religiosity and social support were predictive of quitting at month 6 and explored the concurrent associations between social support and quitting at week 4 and month 6 among urban African Americans using the nicotine patch. We hypothesized that: (1) higher religiosity and social support at baseline would be positively associated with quitting at month 6, and; (2) social support at week 4 and month 6 would be positively associated with the likelihood of quitting at each of these time points. Additionally, given previous relationships found between gender, social support, and smoking (Lacey et al., 1993; Romano et al., 1991), we further hypothesized that social support at baseline, week 4, and month 6 would be positively associated with the likelihood of quitting for women, but not for men.

2. Method

2.1. Participants

The present analyses are based on data collected in a completed randomized trial comparing the effects of culturally targeted versus standard care materials on quitting among 500 African American smokers using the nicotine patch (Ahluwalia, Richter, Mayo, & Resnicow, 1999). Participants were recruited through provider and self-referral from a single hospital. Inclusion criteria included being African American and more than 18 years of age, smoking more than seven cigarettes per day, wanting to quit within the next 6 months, weighing more than 100 lb, and having a home address, phone, and access to a VCR. Of the 500 participants randomized, four participants were excluded because of missing data. Of those enrolled, 168 (34%) did not return at week 4 and an additional 4 (1%) were lost to follow-up at 6 months.

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