

Intentions to quit smoking change over short periods of time

John R. Hughes^{a,*}, Josue P. Keely^{a,1}, Karl O. Fagerstrom^b, Peter W. Callas^c

^a*Departments of Psychiatry, Psychology and Family Practice, University of Vermont,
Burlington, VT, United States*

^b*Fagerstrom Consulting, Helsingborg, Sweden*

^c*Department of Mathematics and Statistics, University of Vermont, Burlington, VT, United States*

Abstract

To assess the stability of intention to quit smoking, 115 US and Swedish smokers were randomized to complete Stage of Change (SOC) or ladder scales of intentions to quit at either 0, 7, 14 and 30 days or at 0 and 30 days in the absence of intervention. The four-assessment group had more progression in intention to quit than the two-assessment group. Depending on the measure, 12–17% of smokers changed their intention to quit over 7 days, 15–25% changed over 14 days and 17–34% changed over 30 days. Results were similar in Swedish and US participants and replicate the results of prior studies. We conclude intention to quit often spontaneously changes over short periods of time, especially with repeated testing.

© 2004 Elsevier Ltd. All rights reserved.

Keywords: Stability of intentions; Smoking; Stage of change

1. Theory

The major aim of many tobacco control interventions is to increase intentions to stop smoking (Dunn, Deroo, & Rivara, 2001; Spencer, Pagell, Hallion, & Adams, 2002).

* Corresponding author. University of Vermont, Department of Psychiatry, Ira Allen School, 38 Fletcher Place, Burlington, VT 05401-1419, United States. Tel.: +1 802 656 9610; fax: +1 802 656 9628.

E-mail address: john.hughes@uvm.edu (J.R. Hughes).

¹ Josue Keely is now with Visum LLC, Whiting, VT.

Whether the intention to stop smoking changes little over time or fluctuates from week to week or day to day is unknown. When no programmed intervention occurs, intention to quit does change substantially over 3- to 12-month periods (Martin, Velicer, & Fava, 1996; Morera et al., 1998). However, only two studies have reported changes in intentions over short periods of time. Among Australian smokers who were not thinking of quitting in the next 2 weeks, 16–17% changed this intention at 2-week retest (Donovan, Jones, D'Arcy, Holman, & Corti, 1998). Among European smokers, 15–24% of participants changed their intentions over an 8-day period (Etter & Sutton, 2002). Also, among US smokers, 41% endorsed a statement that “my motivation to quit changes from one day to the next” and 51% stated they did not plan their last quit attempt more than 1 week in advance (Werner, Lovering, & Herzog, 2004). Because knowing the stability of intentions is important to interpreting studies of intentions to quit and because US and non-US smokers differ in intentions to stop smoking (Etter, Perneger, & Ronchi, 1997), we tested the stability of intentions to quit smoking over very short periods of time in US and Swedish smokers. Also, oftentimes intentions to stop smoking are measured on more than one occasion. Repeated measurement of health behaviors may itself change health behavior (Clifford & Maisto, 2000); thus, we also tested whether repeated queries about intentions over short periods of time might change intentions.

Although our main focus was on stability, we also collected data on two other questions about intentions; i.e., the concordance across intention measures and how well intentions predict actual quitting behavior. Our sample size was too small to provide adequate tests on these two issues but given the paucity of data (Etter & Perneger, 1999; Farkas et al., 1996; Sciamanna, Hoch, Duke, Fogle, & Ford, 2000), we report our data on these issues as well.

The most widely used conceptual framework for examining intentions to quit is the stage of change (SOC) paradigm (Prochaska & DiClemente, 1983). This framework states smokers can be classified based on the combination of their intentions to quit over the next 1 and 6 months and on whether they have recently made a quit attempt. The evidence for this framework has been reviewed in several articles (Farkas et al., 1996; Sciamanna et al., 2000; Sharpe & Gilbert, 1998; Spencer et al., 2002; Weinstein, Rothman, & Sutton, 1998). Another paradigm is to base ratings on a continuous or ordinal scale of self-reported plans to, intentions to, expectations to, preparation for, thoughts about or serious plans to stop smoking with or without a reference to a given future time period. The evidence for these measures is less well-developed (Biener & Abrams, 1991; Carpenter, Hughes, Solomon, & Callas, 2004; Sciamanna et al., 2000; Spencer et al., 2002).

2. Methods

2.1. Study design

US and Swedish smokers were randomized to complete measures of intentions to quit smoking at baseline and 7, 14, and 30 days later (four-visit group) or just at baseline and 30 days later (two-visit group). There was no intervention and smokers were not taking part in

Download English Version:

<https://daneshyari.com/en/article/10444023>

Download Persian Version:

<https://daneshyari.com/article/10444023>

[Daneshyari.com](https://daneshyari.com)