

Acceptability of a quitline intervention for smoking cessation for patients with severe mental disorders at hospital discharge: The 061 Quit-Mental Study

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Introduction

- Up to 75% of inpatients with mental disorders smoke, and their life expectancy is decreased by up to 20 years.
- In Spain, smoking is banned indoors and outdoors in hospitals including psychiatric units since 2011.
- Hospitalized patients without support after discharge quickly return to pre-hospitalization levels of tobacco use.
- The “061 Quit-Mental Study” is a randomized controlled trial (RCT) to test an innovative quitline for smokers with mental disorders.
- This RCT is single-blinded, with 2:1 assignment for Intervention:Control, and carried out in six hospitals of Barcelona.

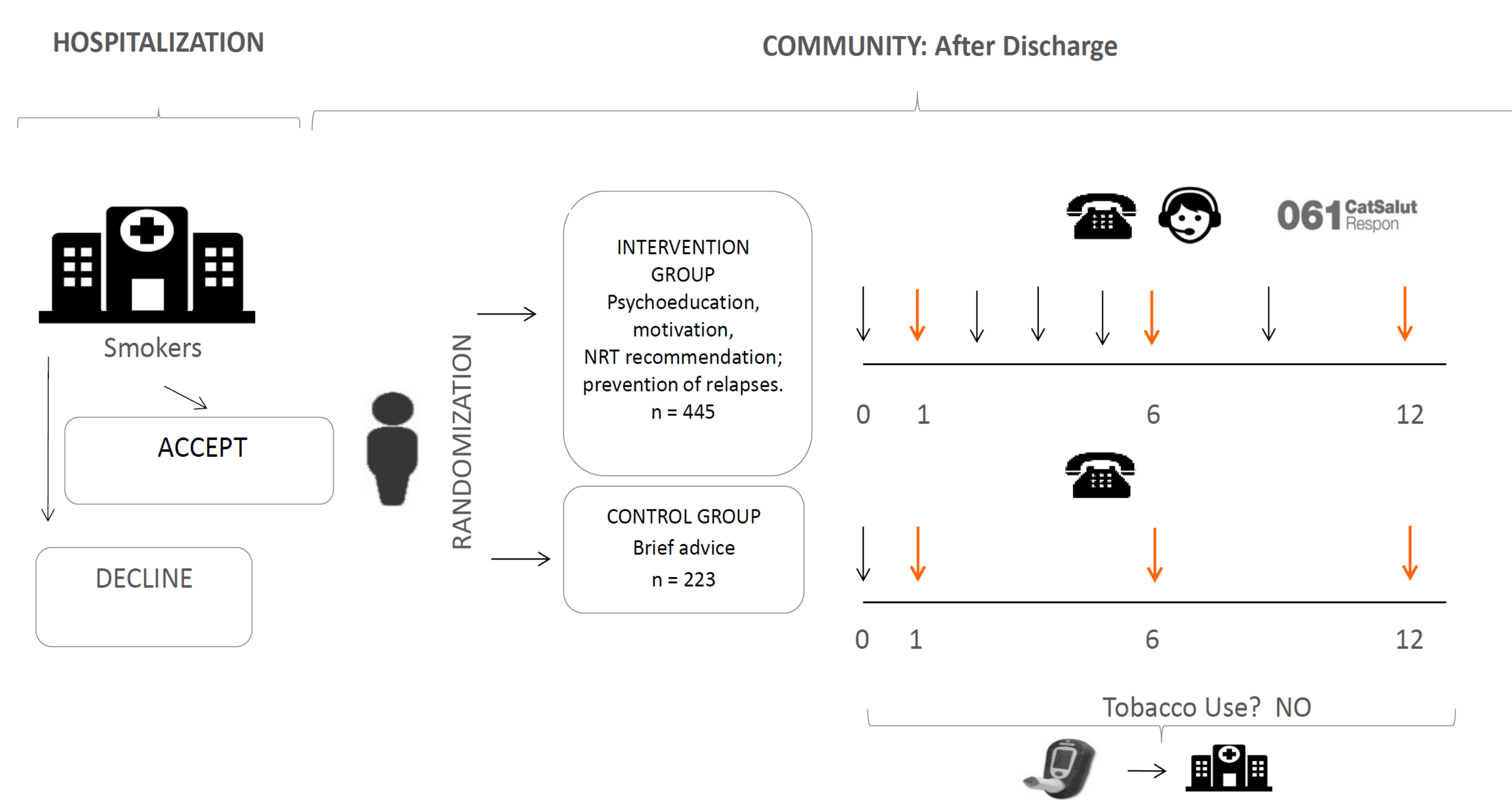
Objective

This work examines the **acceptability** of this intervention and compares the **characteristics of patients accepting and rejecting** the intervention.

Methods

- Smokers are informed during their hospital stay about this RCT (posters, leaflets and sessions).
- Eligible participants are:
 - smokers
 - 18-76 years old
 - with a telephone number
 - discharged to community
- Variables compared between those who accepted/declined are analyzed in figure 2 and 3.
- Calculation of frequencies and percentages. Bivariate analysis (Chi square).

Fig 1. Flow chart of the 061 Quit-Mental Study



Results

Main reasons for rejecting: 1st: no willingness to quit.

2nd: not keen on phone-interventions.

3rd: using tobacco as a perception of self-medication.

Among all rejections: Only 1% of patients were reluctant to give their phone number.

Fig 2. Sociodemographic characteristics of patients who accepted and declined participation

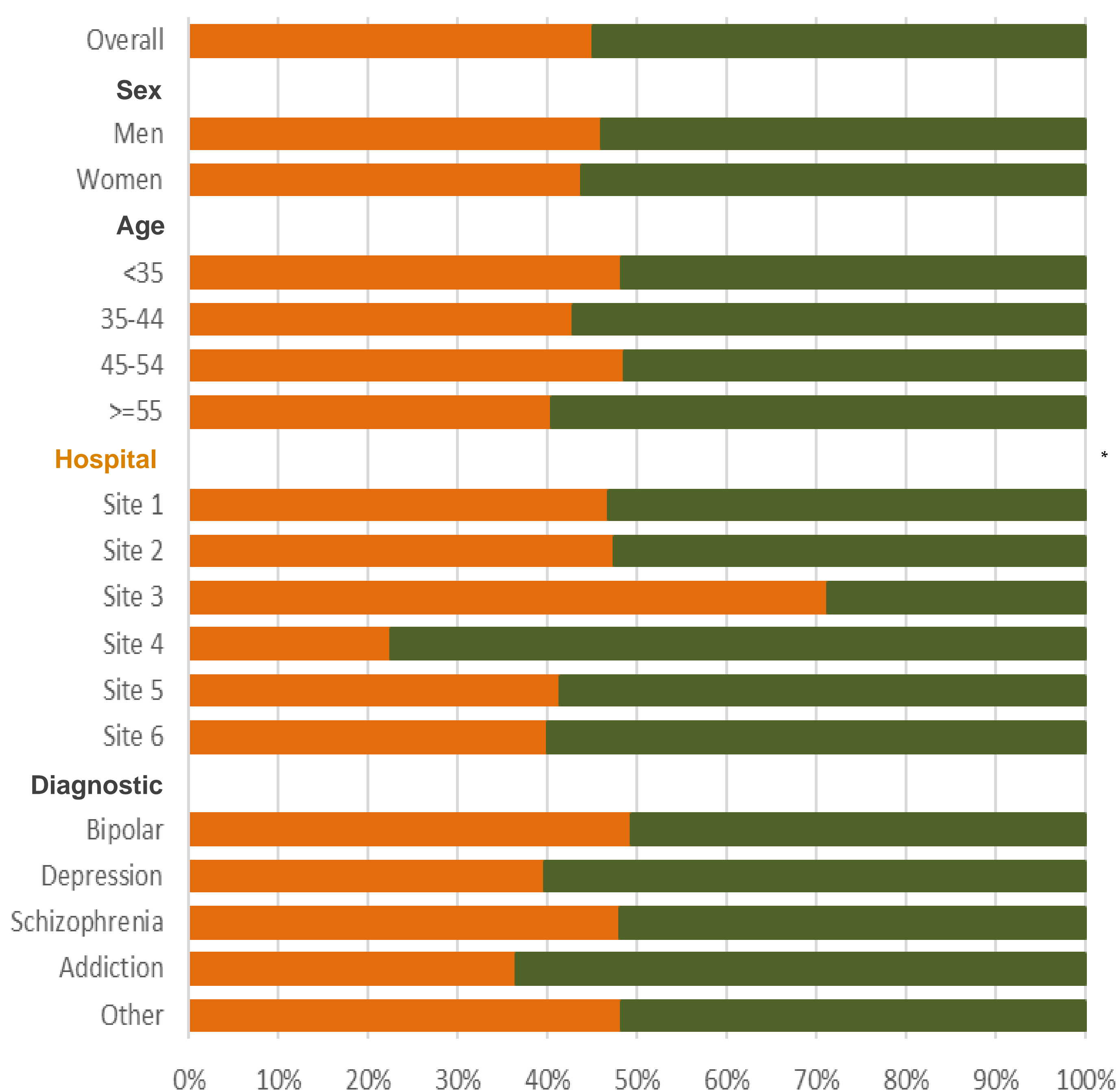
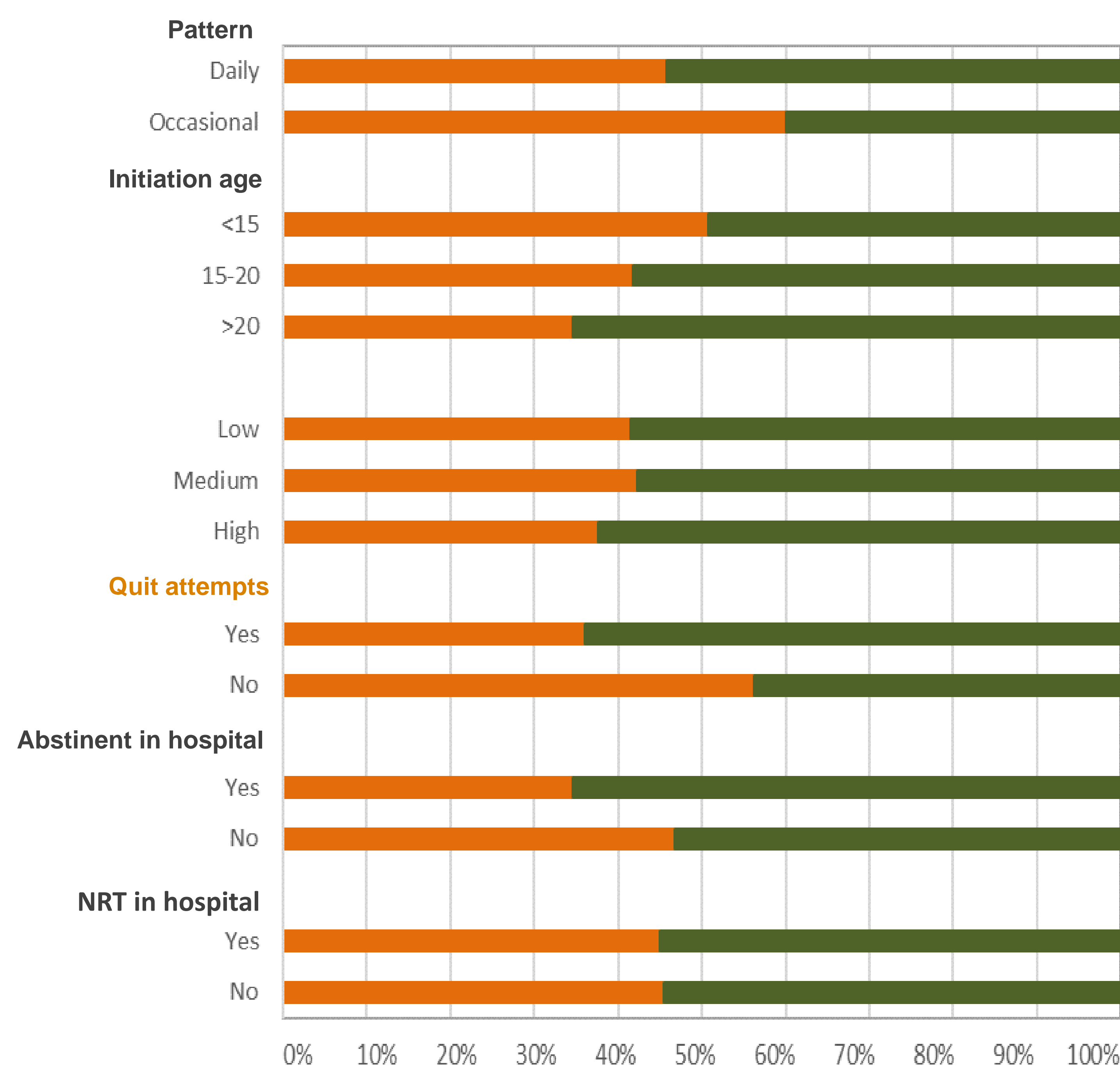


Fig 3. Smoking pattern characteristics of patients who accepted and declined participation



Declined Accepted * p < 0.001

Conclusions

- Patients that made past-year's quit attempts were more likely to participate in the study.
- Phone-interventions to help quit smoking are well accepted by patients with severe mental disorders.

Declaration of competing interest: All authors declare that no conflicts of interests exist. Clinical Trial Registration Details: ClinicalTrials.gov Identifier: NCT03230955

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