



RELAPSE CURVE IN A GROUP OF SMOKERS WHO SEEK PSYCHOLOGICAL TREATMENT FOR SMOKING CESSATION ACCORDING TO GENDER

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INTRODUCTION

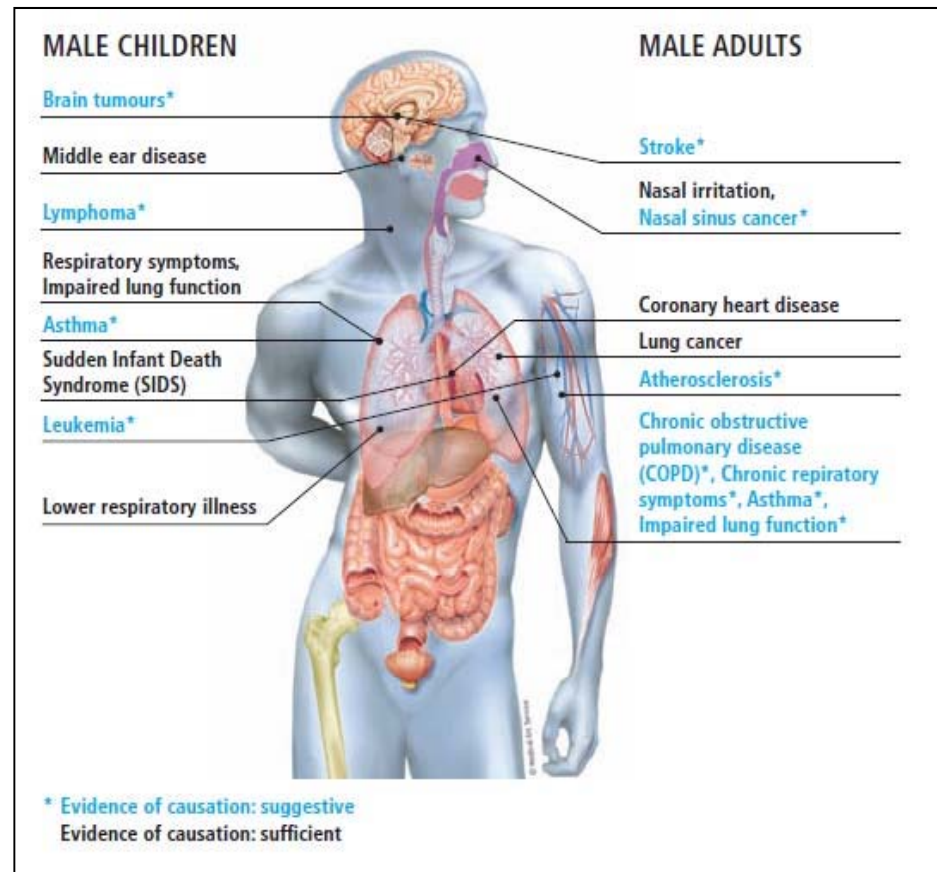
INTRODUCTION

- ✓ Smoking is the leading preventable cause of morbidity and mortality worldwide
- ✓ 5.000.000 people die in the world each year due to tobacco use



INTRODUCTION

- ✓ Smoking is related to physical health problems



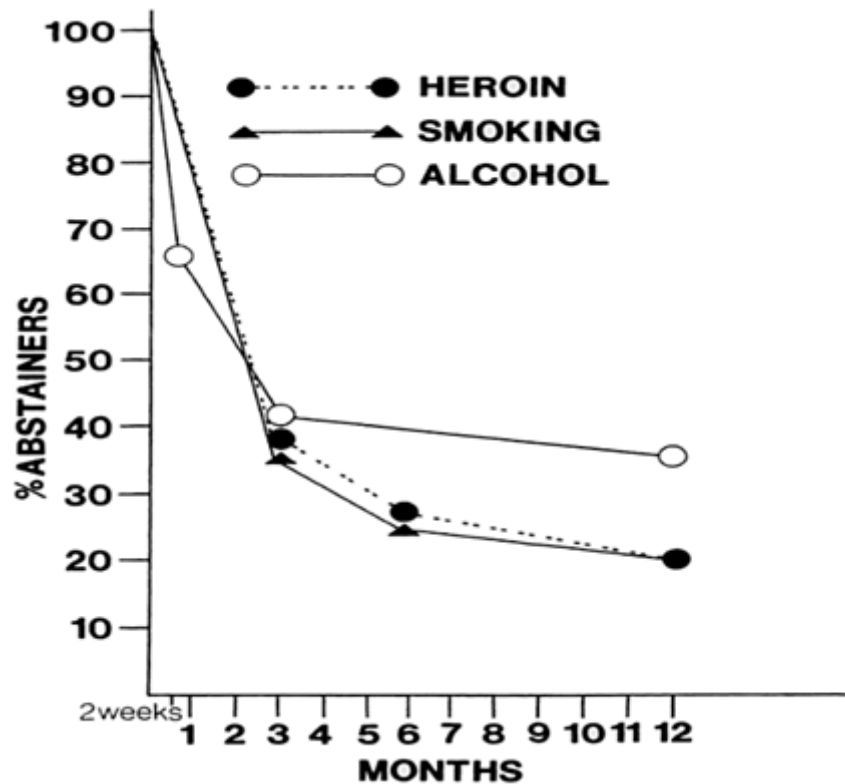
INTRODUCTION

- ✓ 70% of people who quit smoking relapse within 3 months
- ✓ 80%-85% of all attempts end in relapse within 1 year
- ✓ The risk of relapse remains at 10% yearly even after 30 years of abstinence



INTRODUCTION

RELAPSE CURVE (Hunt, Barnett, & Branch, 1974)



- ✓ 84 separate smoking treatment studies
- ✓ About two thirds of all relapses occurred within the first 90 days following treatment

WHY DO SMOKERS RELAPSE?

Shiffman et al. (1985):

- Meal time
- Alcohol
- Negative affect
- Social situations
- Boredom
- Possitive affect
- Substitute of food

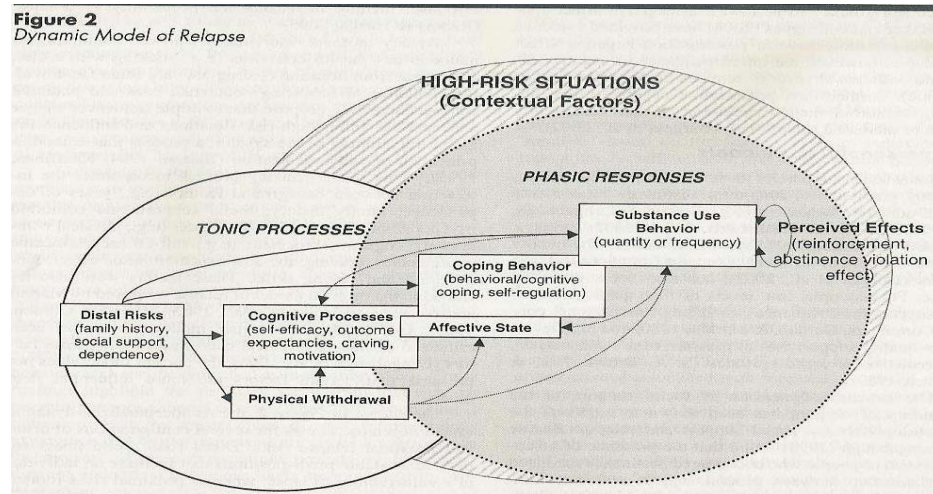
Shiffman (1989):

- Emotional disorder
- Working
- Social occasions
- Relaxation

WHY DO SMOKERS RELAPSE?

Marlatt, & Witkiewitz (2005):

- Intrapersonal: self-efficacy, outcome expectancies, craving, motivation, coping, emotional states
- Interpersonal: social and emotional support



WHY DO SMOKERS RELAPSE?

- High cigarette consumption
- High stress
- Low self-efficacy
- Low number of quit attempts
- Low social support
- High alcohol use
- Weight increase

GENDER DIFFERENCES IN SMOKING BEHAVIOUR

Women vs. men

- Mood management
- Weight and appetite control
- Smoke fewer cigarettes
- Inhale less deeply
- Brands with lower nicotine and tar
- More influence by non-nicotine stimuli associated with smoking
- Greater conditioned reinforcement

AIM

To analyze if there were differences in the relapse curve in men and women who quit smoking after receiving a cognitive behavioural treatment for smoking cessation

METHODS

METHODS

- SAMPLE: 266 participants who quit smoking at the end of a psychological treatment for smoking cessation
- Pretreatment assessment and informed consent
- The Smoking Cessation Program (Becoña, 2007)

THE SMOKING CESSATION PROGRAM (Becoña, 2007)

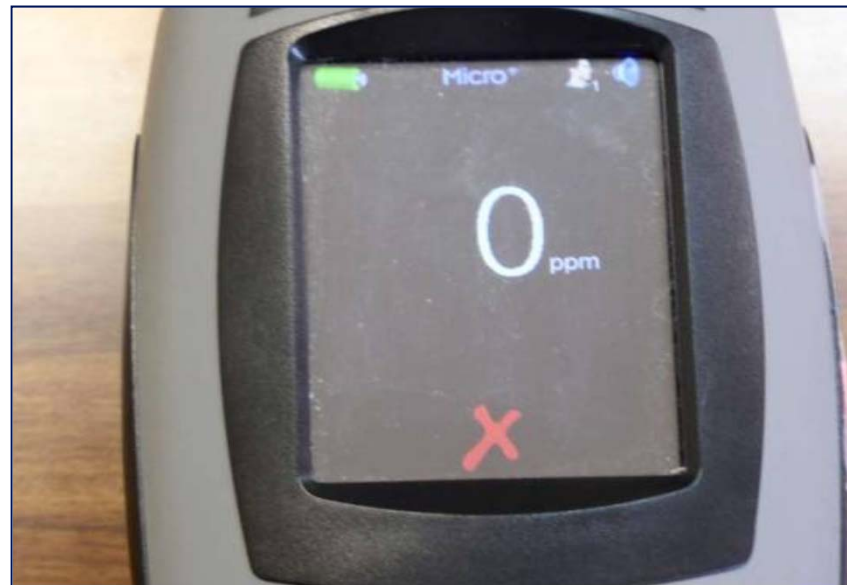
- ✓ 6 sessions in groups
- ✓ Treatment contract
- ✓ Self-report
- ✓ Graphic representation
- ✓ Information about tobacco
- ✓ Stimulus control
- ✓ Nicotine fading
- ✓ Activities for avoidance of withdrawal syndrome
- ✓ Physiological feedback (CO)
- ✓ Relapse-prevention strategies

| Día _____ | | | |
|---|------|--------------------|-----------|
|  PROGRAMA PARA DEIXAR DE FUMAR | | | |
| Cigarrillo | Hora | Placer (0 a 10) | Situación |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
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| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |



METHODS

- Assessment of smoking status at end of treatment and at 1, 3, 6, and 12 months follow-ups



METHODS

ABSTINENCE:

- Self-reported corroborated by CO
- Point-prevalence: 24h at the end of treatment, 7 days prior to 1, 3, 6 months follow-up, 30 days prior to the 12-month follow-up

RESULTS

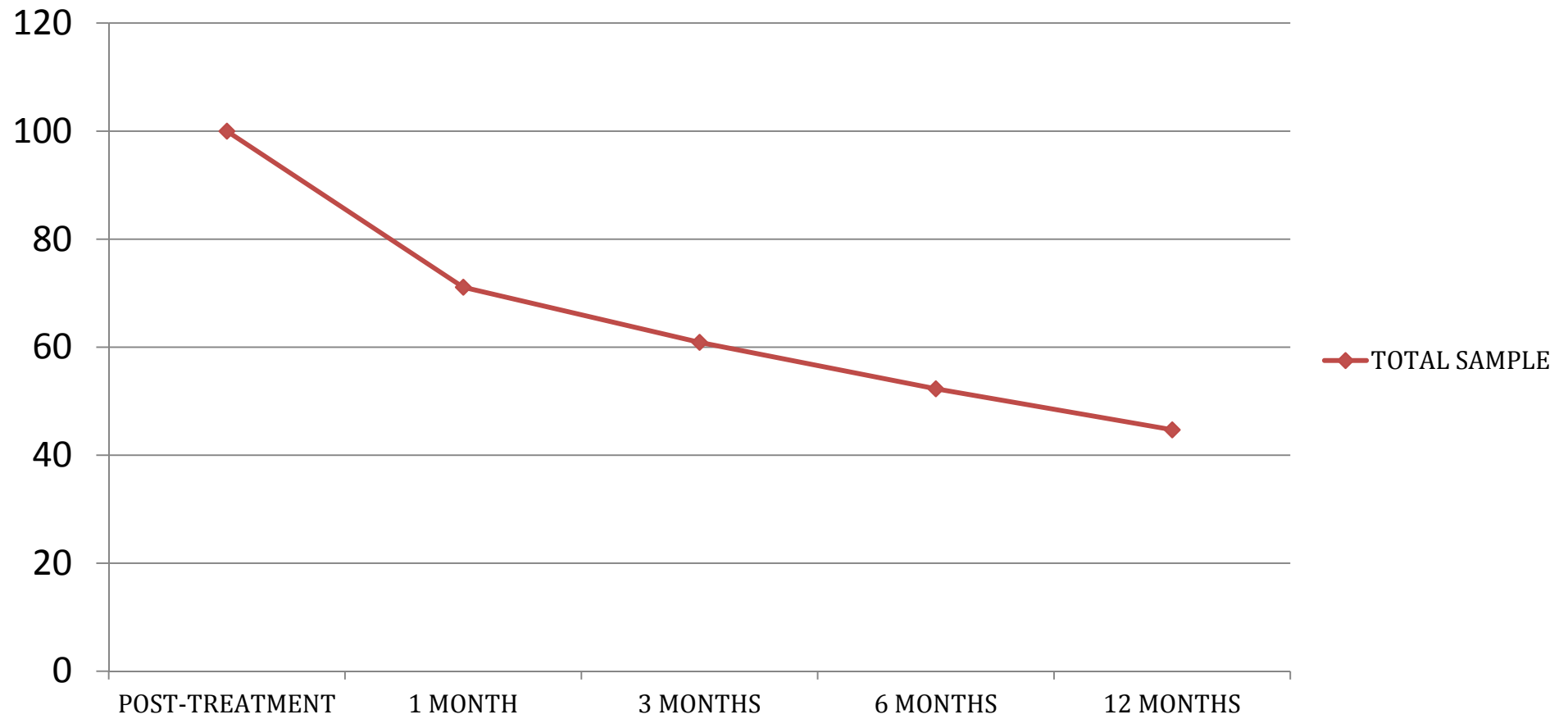
SOCIODEMOGRAPHICS AND TOBACCO USE

| | % |
|-------------------------|-------|
| GENDER | |
| Women | 59.77 |
| Men | 40.23 |
| MEAN AGE | 41.20 |
| CIG/DAY | 19.52 |
| QUIT BEFORE | 38.7 |
| FTND | |
| Dependent (≥ 6) | 37.2 |
| Non-dependent (< 6) | 62.8 |

RELAPSE

| | 1 Month | 3 Months | 6 Months | 12 Months |
|-------|---------|----------|----------|-----------|
| Men | 29.0 | 37.4 | 49.5 | 57.0 |
| Women | 29.1 | 40.3 | 46.5 | 54.1 |
| Total | 29.1 | 39.1 | 47.7 | 55.3 |

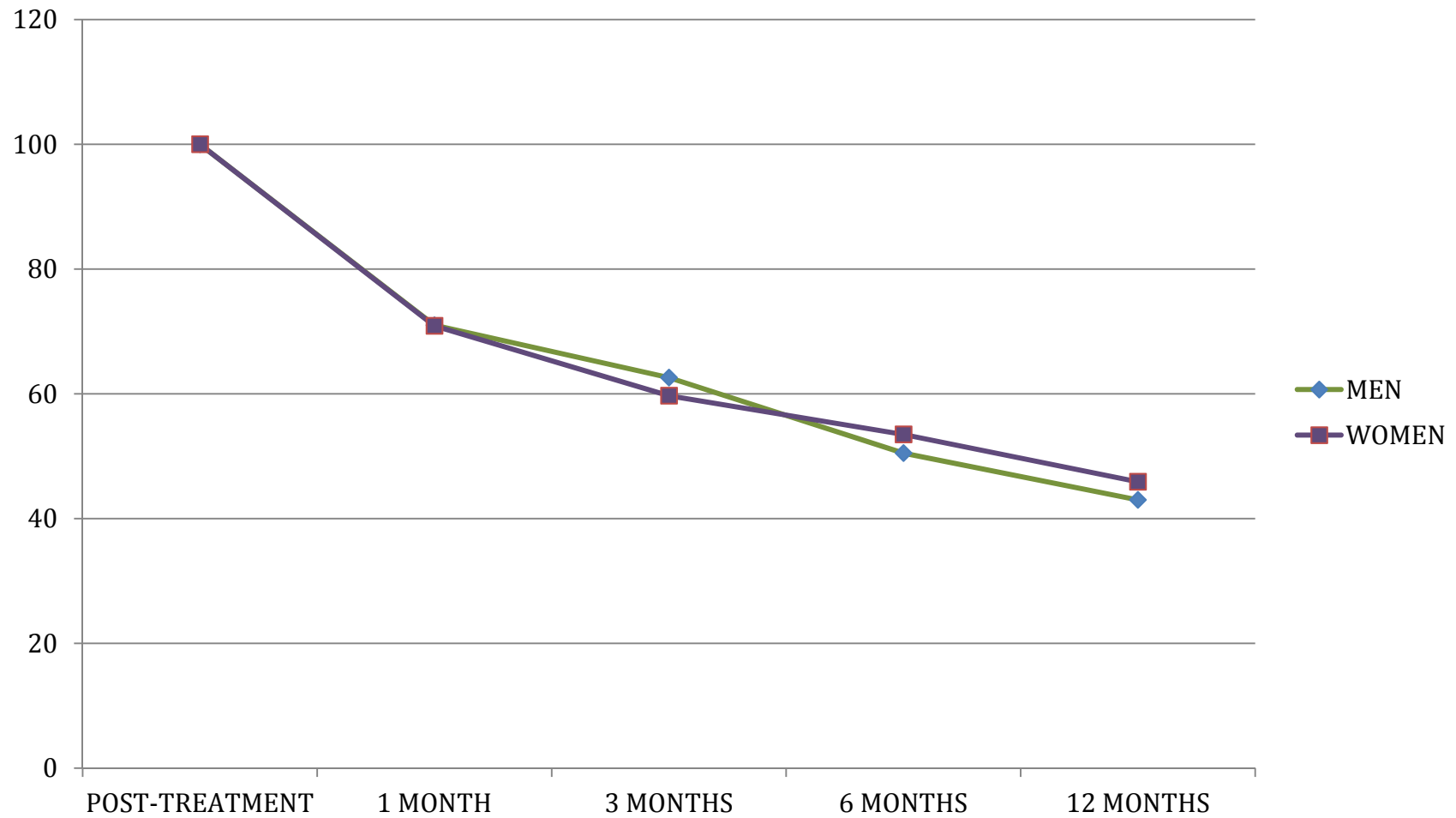
RELAPSE CURVE



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RELAPSE CURVE

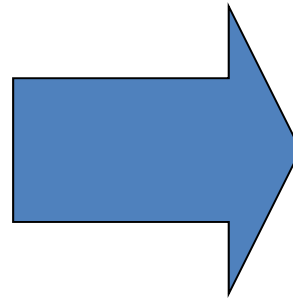


DISCUSSION

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No gender differences in relapse

DISCUSSION

➤ **No differences between men and women in quitting:**

- ✓ Caraballo et al., 2014
- ✓ Marqueta, Nerín, Jiménez-Muro, Gargallo, & Beamonte, 2013
- ✓ Pascual-Lledó et al., 2006

➤ **Men are more likely to quit than women:**

- ✓ Jiménez-Ruiz et al., 2014
- ✓ Monsó, Campbell, Tonnesen, Gustavson, & Morera, 2001

➤ **Men are less likely to relapse:**

- ✓ García-Rodríguez et al., 2013

DISCUSSION

- Type of smoking cessation treatment
 - ✓ Mood management strategies
 - ✓ Problem solving strategies
 - ✓ Exercise and nutrition components
 - ✓ Nicotine fading: no withdrawal

LIMITATIONS

- ✓ Results based on a clinical sample:
 - ✓ Higher nicotine dependence
 - ✓ Psychopathology
- ✓ Spanish sample

CONCLUSION

- The relapse curve shows a decrease in abstinence rates over time
- No differences according to gender in the smoking relapse process

FUNDING

- Ministerio de Economía y Competitividad (PSI2012-31196) y Fondo Europeo de Desarrollo Regional (FEDER)



THANK
YOU



Huala!

