

ROLE OF FAMILY MEMBERS IN A FAMILY-FOCUSED SMOKING CESSATION INTERVENTION FOR ASIAN AMERICANS

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Background

- Prevalence rate of smoking remains high among Asian American males with limited English Proficiency.
- Including family members in smoking cessation interventions has produced promising outcomes (Tsoh et al., 2015).
- Mechanism through which family members influence smoking cessation is not well understood.

Objective

- To describe the role of family members in a family-focused smoking cessation intervention, as perceived by smokers and family members.

Methods

- Data source: 2 smoking cessation intervention trials
 - Single group pilot (n=188)
 - Ongoing RCT (n=60)
- Intervention design
 - Lay health worker outreach involving both smokers and family members
 - 2 small group educational sessions
 - 2 follow-up phone calls

Sample Intervention Material



我們為何要關心吸煙的問題？

- 華人的吸煙率是世界最高之一
- 吸煙會導致肺癌
- 肺癌是華裔成年男女的頭號殺手

華裔男士
3人有1人

一般人口
6人有1人

Tại Sao Chúng Ta Nên Quan Tâm Đến Vấn Đề Hút Thuốc Lá?

- Người Việt là một trong những sắc dân có tỷ lệ hút thuốc lá cao nhất thế giới
- Tại miền Bắc California, cứ mỗi 4 người đàn ông Việt Nam thì có 1 người hút thuốc lá, so với tổng số đàn ông thì cứ mỗi 10 người thì mới có 1 người hút thuốc lá mà thôi
- Khói thuốc lá gây ung thư phổi và những bệnh khác cho cả người hút và người không hút thuốc
- Ung thư phổi là nguyên nhân gây tử vong hàng đầu cho người lớn Việt Nam đàn ông lẫn đàn bà

Why Should We Care About Smoking?

- Vietnamese have one of the highest smoking rates in the world
- In Northern California, 1 in 4 Vietnamese men smoke, compared to only 1 in 10 men in the general population
- Cigarette smoke causes lung cancer and other diseases in both smokers and non-smokers
- Lung cancer is the #1 killer for Vietnamese adult males and females



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Study Sample (N = 248)

- 124 male smokers, 124 family members (92% female)
 - 98% foreign born
 - 96% limited English proficient
 - 47% <HS education

Data Analysis

- Participants' comments collected from an open-ended question in follow-up phone surveys
 - *“Any other comments such as the program activity that you like the most, liked the least, or disliked?”*
- Participants answered in native language, and staff translated and recorded responses in English
- Qualitative Content Analysis
- Computer-assisted coding with ATLAS.ti

Results

- 4 main themes
 - 2 from smokers
 - 1 from family members
 - 1 shared theme from both smokers and family members
- The themes highlight family involvement through:
 - Various forms of support
 - Presence and participation

Theme 1: Family members' **happiness** was smokers' **motivation** to quit smoking.

*“Smokers **know that their families will be happy** if they quit smoking. I hope I will quit smoking as soon as possible.”*
(Smoker)

*“When I quit smoking, I found that **my wife and children were happy.**”* (Smoker)

*“...smokers felt **the joy of their family members** when they quit smoking.”* (Smoker)

Theme 2: Reminders from family members helped the smokers in their quit attempts

“After attending the project, my daughter always reminds me...she created a saving box, and whenever I smoked, I had to put money into the saving box.” (Smoker)

“Family members helped remind me of the harm of smoking...My wife learned about the harms of smoking so she reminded me to quit at home.” (Smoker)

Theme 3: Encouragement and **engagement** from family members were used to support smokers in cessation efforts.

*“I attended the educational sessions **so that I could learn how to encourage him to quit.**” (Family)*

*“Attending the educational sessions gave family members and smokers the **chance to understand each other.** It gave me more strength, so I could **encourage my husband** to quit smoking easily.” (Family)*

*“Having a family member join was helpful, **and together we did the Action Plan** to reduce and quit smoking”. (Family)*

Theme 4: Participation of the family members in the intervention **initiated** discussion about smoking

*“The **family members joined us** in the project, and it helped us **discuss and exchange ideas** to help me quit smoking.”*
(Smoker)

*“If the smoker and another family member **joined in the project together**, they would **spread the word and talk with each other** to help the smoker quit.”* (Family)

Summary

Family members facilitate smoking cessation by:

- Enhancing smokers' motivation through achieving family harmony
- Supporting quit attempts with regular reminders
- Offering support through encouragement and engagement
- Initiating conversations between smokers and family members

Conclusion

- Learned that family members play various important roles in support smoking cessation.
- Further studies should examine ways to integrate successful roles of family in intervention design.

Acknowledgements

This research was supported by grants from:

- Tobacco-Related Disease Research Program (TRDRP)
- TRDRP Cornelius Hopper Diversity Award Supplement
- National Institute on Drug Abuse
- National Cancer Institute



Acknowledgements

The authors wish to express their gratitude to the following for their valuable contributions in developing and implementing the project:



Elaine Chan

Ginny Gildengorin

Ching Wong

Khanh Le

Bang Nguyen

Stephen McPhee



Joyce Cheng

Joanne Chan

Angela Sun



Thao Nguyen



Anthony Nguyen



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