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
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)
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.
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