

Effects of concurrent substance use disorder and mental illness on smoking cessation outcomes in an addiction service treatment setting



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Specific Aims

- a) To examine the effects of co-occurring SUD and MI status on the smoking cessation among 'hard-to-treat' participants in an outpatient addiction treatment service, and
- b) To determine the extent to which co-occurring SUD and MI is predictive of smoking cessation when accounting for sociodemographics, smoking history, smoking cessation pharmacotherapy.

Program components:

1. Behavioural counseling: 8 weeks of weekly, structured, syllabus-based group followed by up to 18 weeks of support.

2. Pharmacotherapy: Up to 26 weeks of no-cost combinations of Nicotine Replacement Therapy (i.e., gum, patch, lozenge, inhaler) and oral medications (varenicline, bupropion) tailored to patients needs.

Main Results

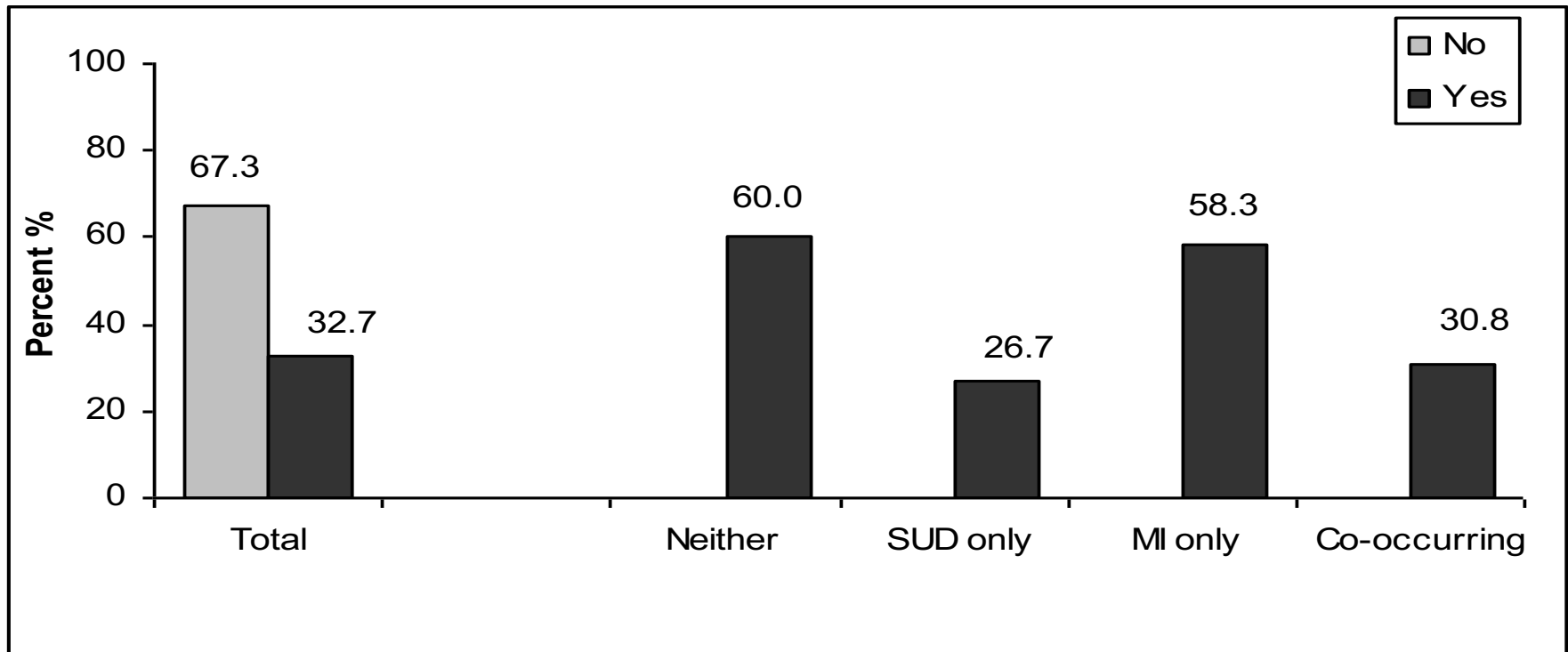


Fig 1. Smoking cessation outcomes^a by history of substance use disorder (SUD) only, Mental Illness (MI) only, and co-occurring disorder (N= 202)^b.

Note.

^a Smoking cessation outcomes are based on 7-day point prevalence of abstinence based on self report and verified by expired carbon monoxide (CO) readings ($CO \leq 8\text{ppm}$).

^b The sample was based on an intent-to-treat analysis (N = 202). Among program completers (n = 152) 43% of individuals achieved smoking abstinence

Conclusions

- A co-occurring history of SUD and MI is an important predictor of failed smoking cessation.
- However an intensive, tailored approach to smoking cessation appears to be promising for this population.
- Future studies may need to further address the nature of tobacco dependence treatment in settings where other SUD's and MI's are managed in order to achieve optimal outcomes



Tobacco Dependence Clinic TEAM

Addiction Nurses: Dawn Turner, Barb McKillip, Michelle Danda, Catherine Hanley

A&D Counsellors: Trevor Walsh, Sheila O'Grady, Lindsay Killam, Grant Chow

Physician: Milan Khara

Respiratory Therapist: Marvin Wesenberg

Manager: Mary Marlow

Research Support: Zim Okoli, Paul Stanley, Ellen Hsieh

Pharmacy: Celia Dos Santos