# Responses to Information Pamphlets to Enhance Tobacco Treatment Engagement by Psychiatric Inpatients

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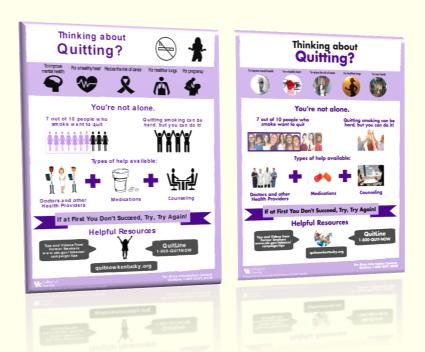


# **Background**

- People living with mental illnesses (PMI) experience greater rates of tobacco-use and lower rates of tobacco cessation.
- The higher tobacco-use and lower cessation rates among PMI may be due to the unavailability of relevant health information that accounts for their lower health literacy levels.
- Mental health providers (MHP) may require tailored resources to assist their patients to engage in and adhere to tobacco treatment (TT).

# **Objectives**

• The objective of our study was to develop and evaluate tailored tobacco cessation pamphlets for psychiatric inpatients to encourage engagement in tobacco treatment after discharge.





# **Target participants**

## 16 Inpatients from Eastern State Hospital (Current Smokers)

- 4 patients with psychotic disorders (schizophrenia or schizoaffective)
- 4 patients with Depressive Disorders
- 4 patients with Anxiety Disorders
- 4 patients with Substance Use Disorders

## 16 Inpatient Mental Health Providers

- 4 Advanced Practice Providers (2 Physicians, 2 APRN's)
- 4 Social Workers
- 4 Psychologists
- 4 Registered Nurses

## Intervention description

- Purposive sampling of currently tobacco using patients (have used any tobacco products in the past 30 days) and inpatient mental health care providers
- Mix-methods approach
  - Semi-structured face-to-face
     Interviews (30mins-1hr)
  - Desirability, applicability, and acceptability rating scales for specific pamphlet components (on scale of 0 'do not include' to 4 'definitely include')

Components	Rank ('0' being do not include to 4 ' Definitely include'
1) Thinking about Quitting?  To improve mental health For a healthy heart Reduce the risk of cancer For healthier lungs For pregnancy/For your family	Desirability score Applicable score: Acceptable score:
2) You're not alone.	
<ul> <li>70% of people who smoke want to quit</li> <li>Quitting smoking can be hard, but you can do it!</li> </ul>	Desirability score Applicable score: Acceptable score:
Types of help available     Doctors and other Health Providers     Medications     Counseling	Desirability score Applicable score: Acceptable score:
Helpful Resources     Tips and Videos from Former Smokers     Quitnowkentucky.org     QuitLine 1-800-QUIT-NOW	Desirability score Applicable score: Acceptable score:
5) Color	Desirability score Applicable score: Acceptable score:
6) Gender-specificity	Desirability score Applicable score: Acceptable score:
7) Design (cartoon versus photos)	Desirability score Applicable score: Acceptable score:
8) Any other information?	

# Pamphlets for Women

### Thinking about **Quitting?**





To improve mental health

For a healthy heart Reduce the risk of cancer

For healthier lungs

To improve mental health

For a healthy heart

To reduce the risk of cancer

Thinking about

**Quitting?** 

For healthier lungs



For your family









#### You're not alone.

7 out of 10 people who smoke want to quit



Quitting smoking can be hard, but you can do it!



Types of help available:



**Doctors and other** 

**Health Providers** 









Medications

Counseling

If at First You Don't Succeed, Try, Try Again!

#### **Helpful Resources**

Tips and Videos From Former Smokers www.cdc.gov/tobacco/ campaign/tips



QuitLine 1-800-QUIT-NOW

quitnowkentucky.org



For More Information Contact QuitLine 1-800-QUIT NOW



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Doctors and other **Health Providers** 

Medications

Counselina

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quitnowkentucky.org



For More Information Contact: QuitLine 1-800-QUIT NOW

# Pamphlets for Men

## Thinking about **Quitting?**





For a healthy heart

To reduce the risk of cancer

For healthier lungs

For your family









#### You're not alone.

70% of people who smoke want to quit



Quitting smoking can be hard,







**Doctors and other Health Providers** 



A B **Medicines for** quitting



Counseling

If at First You Don't Succeed, Try, Try Again!

#### **Helpful Resources**

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## Thinking about **Quitting?**

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## Results

- Four Interviews completed (female inpatients with schizoaffective, anxiety, major depressive and bipolar disorder).
- Three participants liked the cartoon version compared to the "real life" version.
- Three did not mind whether the pamphlets were gender specific or not.



## Results contd...

- Medications in the center of the pamphlet suggest that it is the core of tobacco treatment.
  - Replacing medications with counseling as the center of treatment line may be more appealing.
- Having information on community based tobacco treatment resources is important.
  - Participants suggested making the pamphlet a fridge magnet
- Participants placed emphasis on health care providers meeting them where they were in their tobacco cessation journey, not to pressure them into engaging in tobacco treatment.

# **Discussion**

- Pamphlets seem to be an appealing method of supporting engagement in tobacco treatment.
- Involving both patients and providers in the development of pamphlets can ensure their acceptability by the target audience.
- Data is ongoing, however future research can test how the pamphlets enhance tobacco treatment engagement after discharge.



# Final Q & A

