

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? <ul style="list-style-type: none"> • 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 style="list-style-type: none"> • 70% of people who smoke want to quit • Quitting smoking can be hard, but you can do it! 	Desirability score: ____ Applicable score: ____ Acceptable score: ____
3) Types of help available <ul style="list-style-type: none"> • Doctors and other Health Providers • Medications • Counseling 	Desirability score: ____ Applicable score: ____ Acceptable score: ____
4) Helpful Resources <ul style="list-style-type: none"> • 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



For pregnancy



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

Thinking about Quitting?

To improve mental health



For a healthy heart



To reduce the risk of cancer



For healthier lungs



For your family



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Pamphlets for Men

Thinking about Quitting?



To improve mental health



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, but you can do it!



Types of help available:



Doctors and other Health Providers



Medicines for quitting



Counseling

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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

