

The Development of Informational Pamphlets to Enhance Participation in Tobacco Cessation Treatment in the Psychiatric Patient Population



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INTRODUCTION

- 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).
- The objective of our study was to develop tailored tobacco cessation resources for PMI and TT brochures for MHP.

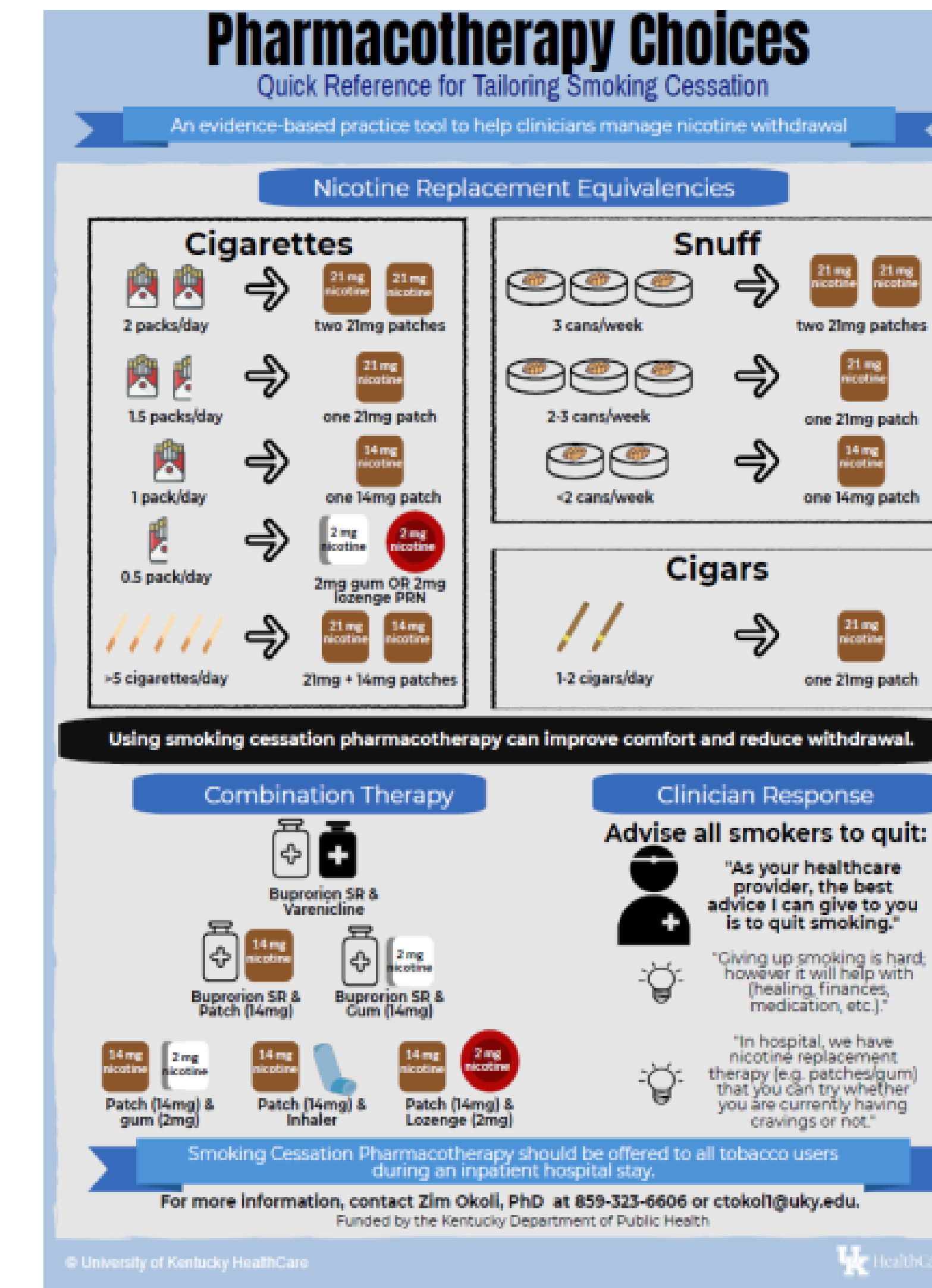
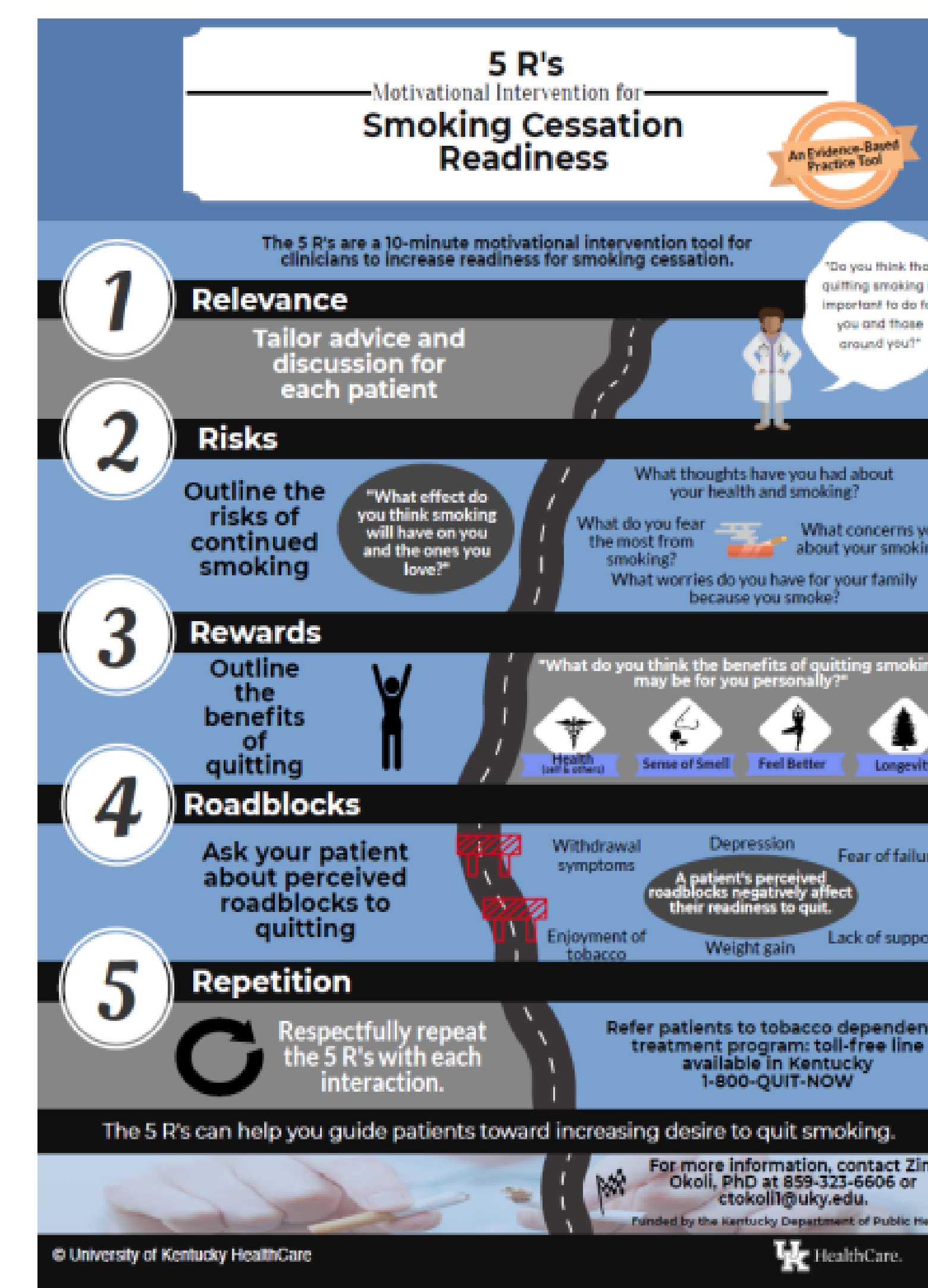
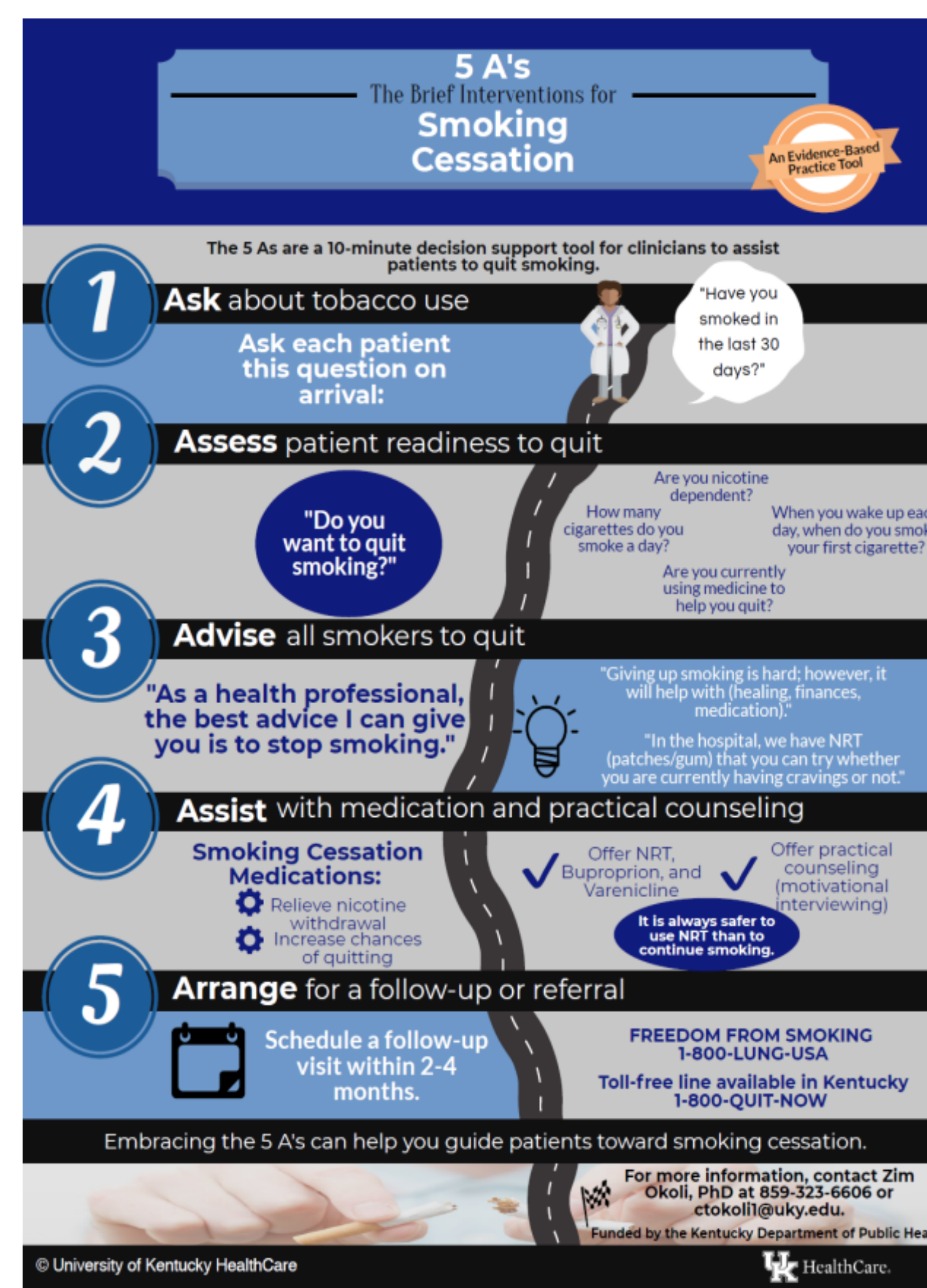
PAMPHLETS FOR PMI



METHODS

- Templates for the pamphlets were selected based on an internet review of existing TT health information resources obtained from google images and selected internet search strategies.
- Pamphlets were subsequently developed using Piktochart with feedback from content experts. The pamphlets also listed resources that were relevant to tobacco cessation for PMI.

BROCHURES FOR MHP



RESULTS

- PMI pamphlets were developed with consideration of low literacy levels, gender-specific concerns, and the high tobacco use relapse rate among PMI, and provided both state and federal tobacco cessation resources.
- MHP treatment brochures were developed with consideration of brief evidence-based practices, including the use of TT medication and psychosocial counseling for TT engagement (i.e. the 5 A's and the 5 R's). In addition, we developed a brochure that depicts tobacco cessation pharmacotherapy that accounts for different tobacco products.

IMPLICATIONS

Implications for Psychiatric-Mental Health Nursing: It is necessary to develop and provide TT materials that are relevant to PMI and MHP.

Implications for Research: The next step of our project is to have the PMI pamphlets further evaluated by key informants (consisting of both PMI and MHP) to examine their desirability, acceptability, and applicability. This examination will provide feedback on their appropriateness for the health literacy levels of PMI, ability to address the disparity of tobacco-use among PMI, and adequacy to address the unique challenges of tobacco cessation that PMIs face. Such tobacco cessation pamphlets may aid in reducing the current disproportionately elevated rate of tobacco use among PMI.

