Überprüfung eines nicht sequenziell aufgebauten Tabakentwöhnungsprogramms in Rehabilitationskliniken

Evaluation of a Non Sequential Smoking Cessation Programme in Rehabilitation Centres

Abstract

Aims: The present study aims at developing and evaluating a non-sequential smoking cessation programme for in-patient rehabilitation centres. The new programme challenges the standard phased approach with the stages motivation, quit day, stabilisation.

Methods: A prospective multi-centre study is conducted with quasi experimental control group design. The newly developed smoking cessation programme (intervention group, IG) is compared against the treatment-as-usual (control group, CG) of participating rehabilitation centres. Data from 850 smokers in 15 in-patient rehabilitation centres are analysed.

Results: The process evaluation of the non-sequential programme shows good acceptance among trainers and patients and easy implementation in the rehabilitation setting. Abstinence rates at the end of treatment are comparable for the IG (31.3%) and the CG (37.9%). The amount of cigarettes smoked among remaining smokers also induced to a comparable degree in both groups. Patients in the IG showed significant improvement with regard to stages of change and self-efficacy.

Conclusions: The non-sequential smoking cessation programme is accepted and can be implemented in an in-patient rehabilitation setting. With regard to major outcome criteria, the programme is comparable to treatment-as-usual. Secondary outcome criteria and satisfaction ratings favour the new programme. Due to a fixed threshold access to smoking cessation, the non-sequential approach offers a structural advantage.