Tabakentwöhnung in Rehabilitationskliniken: Outcome und Prädiktoren der Teilnahme
Smoking Cessation in Rehabilitation Centres: Outcome and Predictors of Participation

Abstract

Objective: The focus of investigation in this study were the characteristics of participants and non-participants in a modern smoking cessation programme for inpatient rehabilitation centres as well as the effects of the programme on participants' smoking behaviour.

Methods: Smoking patients (N = 313) from 10 Bavarian rehabilitation centres including 103 participants and 210 non-participants of a newly implemented group programme were asked about sociodemographics, smoking behaviour and willingness to change both at the beginning and at the end of their inpatient stay.

Results: Univariate analyses showed there were no differences between participants and non-participants with regard to sociodemographics and smoking behaviour. Multivariate analysis detected a higher intention to quit smoking, the stage of contemplation, and the marital status "single" to be significant predictors of participation. 42.3% of participants stopped smoking during their stay, 18.3% were abstinent until the time of discharge. These rates are significantly lower among non-participants (exp. 10.2%, abstainers 1.8%).

Conclusion: Participation in a smoking cessation programme significantly depends on a smoker's motivation to quit. The investigated programme can provide useful support for smokers willing to quit.