



PSYCHOSOCIAL INTERVENTIONS FOR SMOKING CESSATION IN SUBSTANCE USE TREATMENT SERVICES

ZOE SWITHENBANK

SUPERVISORS: DR GORDON HAY, DR LORNA PORCELLATO, DR PAULA WATSON

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BACKGROUND

- TOBACCO KILLS AN ESTIMATED SIX MILLION PEOPLE PER YEAR, WORLDWIDE
- ALCOHOL DEPENDENT ADULTS ARE TWO TO FOUR TIMES MORE LIKELY TO SMOKE THAN THE GENERAL POPULATION
- ALCOHOL DEPENDENT ADULTS ARE MORE LIKELY TO DIE FROM SMOKING RELATED ILLNESSES THAN FROM ALCOHOL RELATED ONES
- NOT WIDELY INCORPORATED INTO SUBSTANCE USE TREATMENT
- COMMON MISCONCEPTIONS:
 - SMOKING CESSATION PRESENTS A BARRIER TO REDUCING OR STOPPING THE USE OF OTHER SUBSTANCES
 - PATIENTS AREN'T INTERESTED IN SMOKING CESSATION

RATIONALE

- MSC DATA SUGGESTED ACCEPTABILITY OF A GROUP BASED INTERVENTION, DELIVERED IN A FAMILIAR SPACE BY PEOPLE WHO UNDERSTAND THE COMPLEXITIES OF SMOKING CESSATION ALONGSIDE REDUCTION OR CESSATION OF OTHER SUBSTANCES
- TIME AND PLACE KEY TO THE INTERVENTION

CO-PRODUCTION

- “NO MATTER HOW COMPLICATED THE RESEARCH, OR HOW BRILLIANT THE RESEARCHER, PATIENTS AND THE PUBLIC ALWAYS OFFER UNIQUE, INVALUABLE INSIGHTS. THEIR ADVICE WHEN DESIGNING, IMPLEMENTING AND EVALUATING RESEARCH INVARIABLY MAKES STUDIES MORE EFFECTIVE, MORE CREDIBLE AND OFTEN MORE COST EFFECTIVE AS WELL” (PROF. DAME SALLY DAVIES, 2009)
- “CO-PRODUCTION CONTRIBUTES TO A SENSE OF SHARED IDENTITY AND PURPOSE AMONG ALL INVOLVED” (WORKING WELL TOGETHER, MCCMH, 2019)
- THE ACCEPTABILITY OF AN INTERVENTION, BOTH TO STAFF AND SERVICE USERS, IS A KEY ASPECT OF ITS SUCCESS.
- A CO-PRODUCTION APPROACH COULD ADDRESS THIS ISSUE, AND TAKE INTO ACCOUNT THEIR SPECIFIC NEEDS AND PERSPECTIVES TO PRODUCE AN INTERVENTION THAT IS BOTH ACCEPTABLE AND EFFECTIVE.

PROTOCOL OVERVIEW

- PLAN :
 - THIS PHD WILL COMPRISE OF TWO STUDIES:
 - THE FIRST WILL BE A FORMATIVE STUDY, WHICH WILL IDENTIFY RELEVANT STAKEHOLDERS AND GATHER THEIR PERSPECTIVES AND OPINIONS ON SMOKING CESSATION IN A SUBSTANCE USE TREATMENT SETTING, IN ORDER TO DEVELOP AN INTERVENTION FRAMEWORK USING A CO-PRODUCTION APPROACH.
 - STUDY TWO WILL INVOLVE A PILOT / FEASIBILITY STUDY OF THIS INTERVENTION, AND AN EVALUATION OF BOTH THE APPROACH AND THE INTERVENTION ITSELF .

STUDY 1: OVERVIEW

- STUDY 1 AIMS TO ANSWER THE FOLLOWING QUESTIONS:
 - WHAT FACTORS NEED TO BE CONSIDERED WHEN DEVELOPING SMOKING CESSATION SUPPORT FOR PEOPLE IN SUBSTANCE USE TREATMENT?
 - WHAT BARRIERS AND FACILITATORS TO IMPLEMENTING A SMOKING CESSATION INTERVENTION IN SUBSTANCE USE TREATMENT SERVICES MIGHT THERE BE ?
- THREE PHASES:
 - STAKEHOLDER INTERVIEWS
 - PRELIMINARY FRAMEWORK
 - CO-PRODUCTION OF INTERVENTION

STUDY 1: PHASE 1

- ESSENTIAL TO GATHER STAKEHOLDER PERSPECTIVES, TO INFORM THE PRELIMINARY DESIGN OF AN INTERVENTION FOR SMOKING CESSATION TO BE DELIVERED IN A SUBSTANCE USE TREATMENT SERVICE
- THREE SUB-PHASES:
 - SECONDARY ANALYSIS OF MSC DATA
 - INTERVIEWS WITH STAKEHOLDERS
 - DATA ANALYSIS

STUDY 1: PHASE 2

- THE RESULTS FROM THE INTERVIEWS AND ANALYSIS WILL BE USED TO DEVELOP A PRELIMINARY VERSION OF THE INTERVENTION.
- KEY ASPECTS, INCLUDING THE DELIVERY, FORMAT AND CONTENT (BASED ON TAXONOMY OF BEHAVIOUR CHANGE TECHNIQUES, MICHIE ET AL; AND SELF-DETERMINATION THEORY) WILL BE DECIDED FROM THE QUALITATIVE DATA COLLECTED .
- WILL ALSO DRAW ON ACADEMIC EVIDENCE AND RELEVANT GREY LITERATURE, SUCH AS EXISTING INTERVENTIONS USED FOR SUBSTANCE USE TREATMENT TO CREATE A COHERENT AND COMPREHENSIVE INTERVENTION.

STUDY 1: PHASE 3

- CO-PRODUCTION APPROACH TO DEVELOPING THE FRAMEWORK
- STAKEHOLDER GROUP WILL FORMED, ASKED TO CONSIDER THE FRAMEWORK AND ASKED TO DISCUSS, GIVE FEEDBACK AND PROVIDE SUGGESTIONS ON HOW TO IMPROVE IT, OR HOW IT SHOULD BE MODIFIED
- 3-6 SESSIONS, FORMAT AND DETAIL TO BE DECIDED BY THE GROUP
- OUTCOME: COMPLETE VERSION OF THE INTERVENTION, INCLUDING A MANUAL AND DELIVERY GUIDELINES.

STUDY 2

- THIS STUDY WILL TAKE THE INTERVENTION DEVELOPED IN STUDY 1 AND PILOT IT IN A SUBSTANCE USE TREATMENT SETTING.
- THE CONTENT AND FORMAT OF THE INTERVENTION WILL BE INFORMED BY STUDY 1.

- ANY QUESTIONS?

Z.A.SWITENBANK@2019.LJMU.AC.UK