

Abstracts submission

Epidemiology (e.g. youth and smoking, women and smoking)

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FACTORS ASSOCIATED WITH INTENTIONS TO QUIT SMOKING AMONG SMOKERS: FINDINGS FROM THE INTERNATIONAL TOBACCO CONTROL (ITC) BANGLADESH WAVE 2 SURVEY

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Additional Topic/Keyword: smoking, quit intentions, cessation, Bangladesh

Please select preferred presentation format: Poster Only

Please indicate the country which your research / intervention / initiative was performed: Bangladesh

Background and/or Objectives: With the ratification of FCTC, Bangladesh has made significant progress in making policy changes to promote tobacco control in the population level. However, the promotion of smoking cessation in the population level is not getting much attention within the current tobacco control strategies. At the same time, there is scarcity of research on tobacco use reduction and cessation in Bangladesh that would generate local data to support policy initiatives. As a first step to design population based smoking cessation program, it is important to understand the intention to quit smoking among the public. Identification of predictive factors of intention to quit smoking could guide the design of effective intervention to promote cessation. The present study examined the factors associated with intention to quit smoking among Bangladeshi smokers.

Methods/ Description: Data from Wave 2 (2010) of the International Tobacco Control (ITC) Survey in Bangladesh, a face to face survey of adult smokers, were analysed. Households were sampled using a stratified multistage design and interviewed using a structured questionnaire.

Results/Outcomes: Of the respondents (N=2938), 96% were male, 33% were illiterate, and 46% were aged 40 or above. Of the respondents, 41% had tried to quit at least once and 44% planned to quit in the future. Smokers who were significantly more likely to intend to quit in the next 6 months were those who had made at least a quit attempt in the past (69%) than those who did not make any quit attempt (41%), had quit for 6 months or longer in the previous quit attempt (44%) than making no attempt (39%), those who do not enjoy smoking (66%) than those who enjoy smoking (45%), very worried about future health (66%) than not at all worried (14%), and expected greater benefits from quitting smoking (59%) than a little benefit (40%). The multivariate logistic regression analysis identified five predictors of intention to quit smoking: nicotine dependence (as measured by the heaviness of smoking index, (OR = 0.80), making a quit attempt in the past year (OR=2.10), perceiving greater benefit from quitting (OR=1.68), being worried about future health (a little worried (OR=4.87), moderately worried (OR=7.96) or very worried (OR=14.81)). Finally, smokers who do not enjoy smoking had greater odds of intending to quit smoking (OR = 2.05).

Conclusions /Lessons Learnt: These findings suggest that the prevalence of intention to quit smoking is lower among Bangladeshi smokers than those among smokers in developed countries (~70%). However, the factors relating to quit intentions among Bangladeshi smokers are comparable to those found in Western countries. Population based smoking cessation programs should take these predictors into consideration in the design of interventions. At the same time, measures are necessary to increase intention to quit smoking among the smokers.

I would like to apply for scholarship: NO

Disclosure of Interest: None Declared

Keywords: None