

Motivation and Reasons to Quit: Predictive Validity among Adolescent Smokers

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Objectives: To examine reasons to quit among adolescents in a smoking cessation program, and whether reasons were associated with subsequent cessation. **Methods:** Participants were 351 adolescents. At baseline, adolescents reported motivation, reasons to quit, and stage of change for cessation. Quit status was assessed at end of treatment. **Results:** Girls were more likely to endorse image and appearance reasons to quit. Cessation

was more likely among adolescents with higher motivation and those wanting to quit because of friends. **Conclusions:** Different reasons to quit were associated with motivation and cessation. Baseline motivation strongly predicted cessation, suggesting the relative value of assessing global motivation.

Key words: adolescents, smoking cessation, motivation, stage of change

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