

Factors Associated With Quitting Smoking at a Tobacco Dependence Treatment Clinic

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Objective: To identify factors associated with successful quitting at a free tobacco treatment clinic. **Methods:** A cohort study of the first 1021 patients who made a quit attempt. Baseline and treatment variables were recorded, and logistic regression was used to identify factors associated with abstinence at 4-week and 6-month follow-up. **Results:** Three hundred twenty (31.3%) patients reported tobacco abstinence at 6 months. Several markers of low socioeconomic status and high

nicotine dependence were predictive of poorer smoking cessation outcomes. Compliance with evidence-based treatment was associated with improved treatment outcome, as was older age and having more than 2 children. **Conclusions:** Efforts should be made to enhance treatment compliance among smokers with indicators of high nicotine dependence and low socioeconomic status.

Key words: tobacco treatment smoking cessation group predictors

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