

Predicting Home Smoking Restrictions Among African American Light Smokers

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Objective: To determine home smoking restrictions (HSR) predictors among African American light smokers (smoke ≤ 10 cigarettes per day). **Methods:** Data were obtained from a clinical trial testing the efficacy of nicotine gum and counseling among 755 African American light smokers. **Results:** Forty percent reported adopting HSR at week 26. Implementing HSR increased with higher baseline confidence to quit ($P < 0.0001$) and fe-

male gender ($P = 0.019$) and decreased with older age ($P = 0.016$) and reduced confidence to quit between baseline and week 26 ($P < 0.0001$). **Conclusions:** Confidence to quit, gender, and age are important factors to incorporate into interventions enhancing the adoption of HSR.

Key words: home smoking restrictions, African Americans, light smokers

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