

Smoking and Quitting History Correlates of Readiness to Quit in Multiethnic Adolescents

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Objectives: To describe smoking and quitting history among multiethnic adolescent smokers and examine these as correlates of readiness to quit. **Methods:** Data were analyzed from 121 high school smokers. Sociodemographic characteristics, self-reported smoking history, number and duration of recent quit attempts, attitudes toward smoking/quitting, and readiness to quit were included. **Results:** Smoking and quitting history variables were associated with

adolescents' stage of readiness to quit. A reasonably consistent pattern emerged in which those in the preparation stage were significantly different from the precontemplators and contemplators. **Conclusions:** Results are discussed in terms of interventions matched to individuals' readiness to quit.

Key words: adolescent smoking, smoking cessation, stage of change, readiness to quit

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