

Outcomes and Adherence in Syria's First Smoking Cessation Trial

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Objective: To determine the feasibility of implementing cessation interventions in Syria. **Methods:** We randomized 50 smokers to either a brief or intensive behavioral cessation intervention. Adherence to treatment and cessation through 3 months postcessation were calculated. **Results:** Adherence in the intensive group was only moderate and was associated with smoking for more years and higher self-effi-

cacy. Cessation rates in the brief and intensive intervention groups were 16% and 4%, respectively. Nicotine dependence predicted abstinence at 3 months. **Conclusion:** Important barriers to cessation included perceived dependence, lack of access to pharmacotherapy, poor social support, and water pipe smoking.

Key words: smoking, clinical trials, adherence, water pipe, Syria
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