

# Smoking Cessation Among Sheltered Homeless: A Pilot

Donna Shelley, MD MPH; Jennifer Cantrell, MPA; Selena Wong, LMSW;  
Doug Warn, LSCW-R

---

**Objective:** To test the feasibility and effect of a smoking cessation intervention among sheltered homeless. **Methods:** Homeless smokers were enrolled in a 12-week group counseling program plus pharmacotherapy (n=58). **Results:** The mean number of sessions attended was 7.2; most participants used at least one type of medication (67%); and 75% completed 12-week end-of-treatment surveys. Carbon-monoxide-verified abstinence rates at 12 and 24

weeks were 15.5% and 13.6% respectively. **Conclusion:** Results support the feasibility of enrolling and retaining sheltered homeless in a smoking cessation program. Counseling plus pharmacotherapy options may be effective in helping sheltered homeless smokers quit.

**Key words:** smoking cessation, homeless, nicotine addiction, motivational interviewing, cognitive behavioral therapy

*Am J Health Behav.* 2010;34(5):544-552

---