



MEETING ABSTRACT

Open Access

Couples of significant others (COSO) in a joint effort to quit smoking

Aikaterini Tsoutsas*, Ioanna Nikoloutsou, Dimos Fotopoulos, Constantinos Glynos, Spyridon Zakyntinos, Paraskevi Katsaounou

From 11th Annual Conference of the International Society for the Prevention of Tobacco Induced Diseases (ISPTID)
Athens, Greece. 9-11 December 2013

Background

Motivational support is crucial for the success of smoking cessation. Significant others are a proven source of that support [1,2]. As far as we know social support has been used to achieve smoking cessation higher rates, but only as support and not as a concurrent attempt of a couple to quit smoking. We investigated whether the inclusion of couples of significant others in a joint effort to quit smoking in smoking cessation groups formed by a population based sample of participants would increase their success rate compared to the participants that receive the same treatment alone.

Materials and methods

This was a randomized population-based intervention study at the smoking cessation clinic of Evaggelismos hospital. We monitored for people that are related in the initial screening stage. Couples included life partners, family members or very close friends. Smokers were in all motivational stages. All participants underwent the same intervention with motivational and behavioural components in the smoking cessation groups and received medical consultation and pharmacotherapy (Varenicline). We compared so far the smoking cessation rates of 25 "couples" and 50 randomized smokers that followed our smoking cessation program.

Results

We found that participants that joint the COSO quit smoking in a higher rate (58%) than of smokers (38%). Within the dyad the person more motivated to quit smoking was usually the first to quit. Among couples

that quit smoking, men were more successful (63%) than women (49%).

Conclusions

We conclude that higher smoking cessation rates were obtained in COSO joining our smoking cessation program.

Acknowledgements

The research was sponsored by Evaggelismos Hospital

Published: 6 June 2014

References

1. Stice E, Ragan J, Randall P: Prospective relations between social support and depression: differential direction of effects for parent and peer support? *J Abnorm Psychol* 2004, **113**:155-9.
2. Christakis NA, Fowler JH: The collective dynamics of smoking in a large social network. *N Eng J Med* 2008, **358**:2249-58.

doi:10.1186/1617-9625-12-S1-A26

Cite this article as: Tsoutsas et al.: Couples of significant others (COSO) in a joint effort to quit smoking. *Tobacco Induced Diseases* 2014 **12**(Suppl 1):A26.

Submit your next manuscript to BioMed Central and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit



* Correspondence: aikaterinat@yahoo.com
Pulmonary Department - ICU, Evaggelismos Hospital, Athens, 10676, Greece