Review: stage based interventions did not influence smoking behaviour


Do stage based interventions change smoking behaviour in people who smoke?

METHODS

Data sources: 35 databases from inception to July 2002, the internet, bibliographies of retrieved articles, and authors of relevant conference proceedings abstracts.

Study selection and assessment: randomised controlled trials comparing stage based interventions with usual care or non-stage based interventions in influencing smoking behaviour in people who smoked. Stage based interventions emphasised a patient’s progression through 5 stages of the transtheoretical model (TTM) (precontemplation, contemplation, preparation, action, and maintenance). Study quality was assessed on the basis of randomisation, allocation concealment, blinding (participants, care providers, and outcome assessors), baseline comparability, adjustment for baseline differences, and follow up.

Outcomes: smoking behaviour, movement through stages, adverse effects, and cost effectiveness.

MAIN RESULTS

23 studies met the selection criteria. Study quality was mixed, ranging from 2 to 12 out of 13 for the number of quality criteria present. Information on validation of the instrument for assessing stage of change was present in 2 trials. 8 trials showed an increase in smoking cessation with a stage based intervention compared with usual care (7 trials) or a non-stage based intervention (1 trial). 12 trials showed no difference (5 compared with usual care and 8 compared with a non-stage based intervention). 3 trials were inconclusive because multiple outcomes were used for smoking behaviour, >1 stage based intervention was evaluated, or the direction of effect differed at different follow up time points. In 10 trials that reported movement through stages, 1 trial showed statistically significant effects in favour of a stage based intervention.

CONCLUSION

Stage based interventions were no more effective than non-stage based interventions or usual care in changing smoking behaviour in people who smoke.
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