A Smoking Cessation Intervention for People with Chronic Hepatitis C: A Randomised Controlled Trial
Research Team

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Acknowledgments:

- Merck, Sharpe & Dhome (Aust) Pty Ltd;
- Joanne Mina, RN Olivia Cullen, RN & the Nurses and staff from the Gastroenterology Department.
Background & Aim of Study

- Adversely effects liver disease
- Recommend Smoking cessation
- Evidence based practices

Aims
1. the validity of current practice
2. its applicability.
Study Design

A randomised controlled trial with parallel groups
Inclusion Criteria & Recruitment
Sample Size & Measurements

1. Socio-demographic questionnaire
2. The Fagerstrom test for nicotine dependence
3. DASS-21
4. WHOQOL_Bref
Interventions

• Telephone counselling (Control)

• Telephone counselling and nicotine replacement therapy (Intervention)
## Results

### Smoking Cessation

<table>
<thead>
<tr>
<th>Time</th>
<th>Have you quit smoking</th>
<th>Intervention</th>
<th>Control</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>3 (12.5%)</td>
<td>4 (16.0%)</td>
</tr>
<tr>
<td>6 weeks</td>
<td>Yes</td>
<td>21 (87.5%)</td>
<td>21 (84.0%)</td>
<td></td>
</tr>
<tr>
<td>12 weeks</td>
<td>Yes</td>
<td>3 (11.1%)</td>
<td>7 (22.6%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>24 (88.9%)</td>
<td>24 (77.4%)</td>
<td></td>
</tr>
</tbody>
</table>
**Results (Cont)**

Change in cigarettes smoked adjusted for heaviness of smoking

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>95% CI</th>
<th>F</th>
<th>p-value</th>
<th>N</th>
<th>Mean</th>
<th>95% CI</th>
<th>F</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>upper</td>
<td>lower</td>
<td></td>
<td></td>
<td></td>
<td>upper</td>
<td>lower</td>
<td></td>
</tr>
<tr>
<td><strong>Group</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tele/C</td>
<td>24</td>
<td>5.0</td>
<td>2.0</td>
<td>7.9</td>
<td>0.001</td>
<td>27</td>
<td>1.6</td>
<td>-1.9</td>
<td>5.2</td>
<td>2.983</td>
</tr>
<tr>
<td>NRT</td>
<td>25</td>
<td>4.9</td>
<td>1.9</td>
<td>7.8</td>
<td></td>
<td>31</td>
<td>5.8</td>
<td>2.4</td>
<td>9.3</td>
<td></td>
</tr>
<tr>
<td><strong>Heaviness of smoking</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;15</td>
<td>22</td>
<td>2.1</td>
<td>-1.0</td>
<td>5.3</td>
<td>7.089</td>
<td>23</td>
<td>1.3</td>
<td>-2.6</td>
<td>5.1</td>
<td>3.858</td>
</tr>
<tr>
<td>15+</td>
<td>27</td>
<td>7.7</td>
<td>1.4</td>
<td>4.9</td>
<td></td>
<td>35</td>
<td>6.2</td>
<td>3.0</td>
<td>9.3</td>
<td></td>
</tr>
</tbody>
</table>

NB (I) = Intervention group
Results (Cont)

• DASS 21

• WHOQOL-BREF
CONCLUSIONS

• Limitations

• Implications for Practice

• Implications for Research

• Recommendations
Questions