



Center of Family Medicine, Faculty of Medicine,  
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# Factors associated with previous quit attempts and motivation to quit, amongst primary care patients who are current smokers in Macedonia: a Breathe Well study

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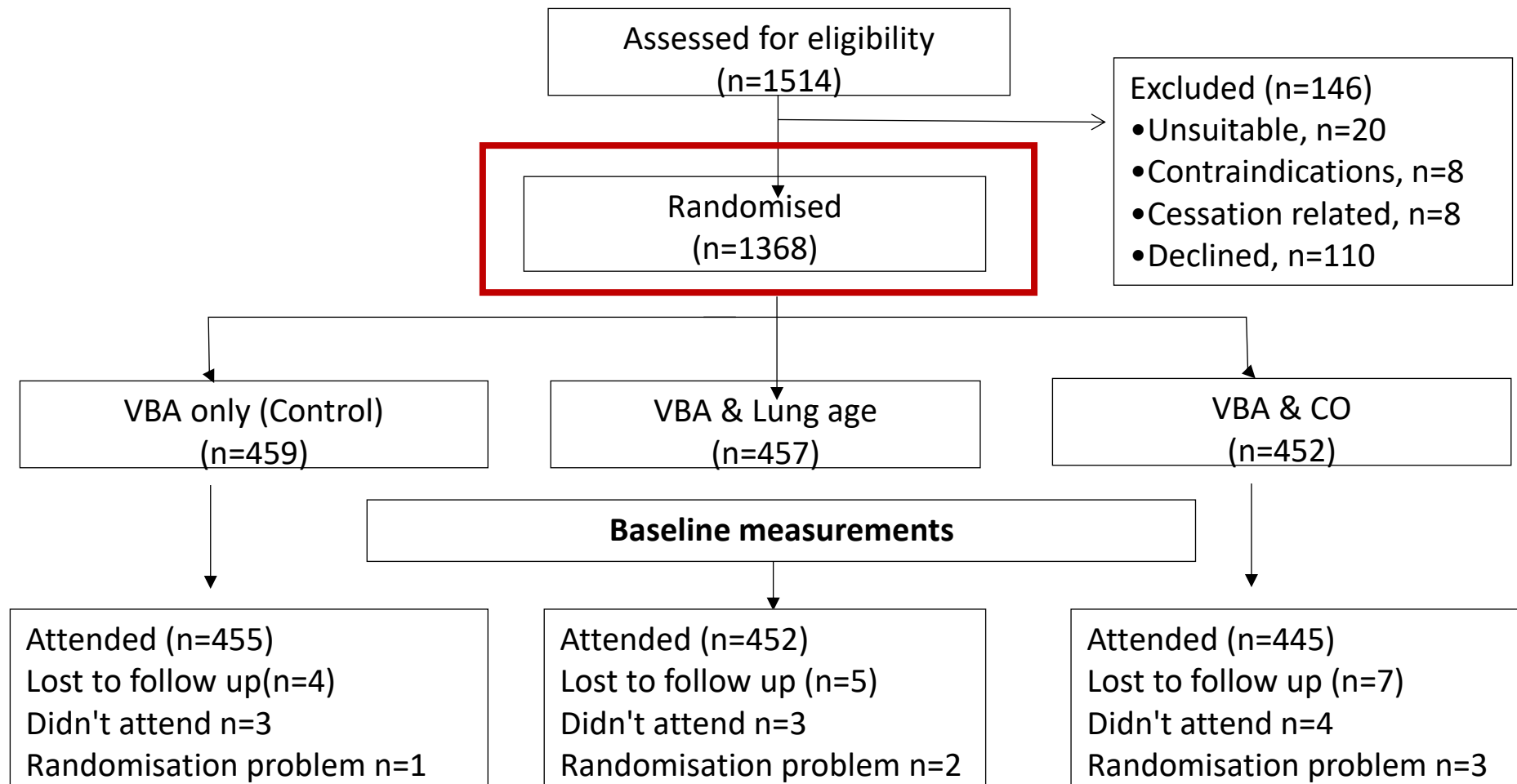
# Background and aims

- In North Macedonia, smoking prevalence is 46% of adults aged 15-64 and 22.04% of annual mortality is attributable to smoking
- The relationship between levels of addiction and motivation to quit in Macedonia is unknown
- We undertook baseline analyses of our novel smoking cessation trial
- **Research question:**
  - What is the association between level of nicotine dependency and previous quit attempts and motivation to quit smoking amongst primary care patients?

# Methods

- **Study design:** Cross-sectional analysis of the baseline data from our RCT
- **Population:**  $\geq 35$  yrs, current smokers,  $\geq 10$  cigarettes per day
- **Intervention:** 1) VBA + lung age, 2) VBA + exhaled CO
- **Control:** VBA alone
- **Analysis of baseline questionnaire data:**
  - Regression models assessed associations between nicotine dependence (Fagerstrom) and intention to quit and previous attempts to quit, adjusting for sociodemographic variables

# Recruitment



# Participant characteristics

## Participants with available data (n=1368)

|                                    |             |
|------------------------------------|-------------|
| Sex; n (%)                         |             |
| Female                             | 704 (52.3)  |
| Male                               | 643 (47.7)  |
| Age in years; mean (SD)            | 51.2 (10.3) |
| Ethnicity; n (%)                   |             |
| Macedonian                         | 1127 (83.4) |
| Albanian                           | 116 (8.6)   |
| Other                              | 108 (7.8)   |
| Employment status n (%)            |             |
| Employed                           | 908 (67.5)  |
| Unemployed                         | 150 (11.2)  |
| Retired                            | 207 (15.4)  |
| Household income n (%)             |             |
| < 20000 MKD (~350 EUR)             | 493 (36.7)  |
| 20 000 – 29 999 MKD (~350-470 EUR) | 294 (21.9)  |
| >30 000 MKD 500 EUR (~ >470 EUR )  | 280 (20.8)  |
| Prefer not to say                  | 277 (20.6)  |

# Self-reported smoking behaviour

| Participants with available data (n=1328)  |             |
|--------------------------------------------|-------------|
| Smoking history; mean (SD) pack years      | 39.3 (22.7) |
| Self-reported nicotine dependency *; n (%) |             |
| Low                                        | 626 (47.1)  |
| Moderate/high                              | 702 (52.9)  |
| Number of serious quit attempts; n (%)     |             |
| 0                                          | 621 (46.8)  |
| 1-3                                        | 565 (42.6)  |
| >3                                         | 125 (10.6)  |
| Current motivation to quit; n (%)          |             |
| Don't want to quit                         | 1235 (93.0) |
| Wanted to quit in next 1-3 months          | 78 (5.9)    |

\* Fagerstrom nicotine dependency score

# Association between high nicotine dependency

1. Previous quit attempts
2. Current intention to quit

|                                         | Adjusted OR (95% CI) |
|-----------------------------------------|----------------------|
| Self-reported previous quit attempts    | 0.90 (0.85 to 0.95)  |
| Self-reported current intention to quit | 1.00 (0.90 to 1.12)  |

- compared against low nicotine dependency defined by Fagerstrom score
- adjusted for sex, age, education, ethnicity, employment, income, marital status, area of living

# Conclusion

- The majority of smokers did not want to quit
- Those with higher nicotine dependency were less likely to have made previous quit attempts
- Higher nicotine dependency was not associated with current intention to quit smoking
- It is important to identify effective smoking cessation intervention for primary care patients in North Macedonia





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### ***Declaration of Interest***

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The study is registered at <http://www.isrctn.com> (ISRCTN54228638).



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