Smoking cessation in Taiwanese male smokers with coronary artery disease: influencing factors and policy implications

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Aim: To investigate factors affecting smoking cessation in male smokers with coronary artery disease.

Design: A descriptive, correlation, cross-sectional study was conducted.

Methods: Data were collected using a questionnaire constructed by a literature review of research on smoking cessation in male smokers including demographics and smoking background, as well as psychological, interpersonal and environmental factors. A total of 130 male patients with coronary artery disease were recruited from the cardiac clinic at a regional hospital in Taiwan from August to December 2008. The response rate was 93% (n = 121). Descriptive statistics, chi-square, t-tests and logistic regression analysis were conducted.

Results: During the survey, 64.5% of the respondents reported that they had stopped smoking after a coronary event. Five factors were significantly associated with smoking cessation after diagnosis of coronary artery disease: age, the severity of heart diagnoses, antismoking norms (perceived that smoking was against the social norms), nicotine dependence level, and contrary views of smoking (perceived negative expectancy of smoking). Multivariate analysis revealed antismoking norms to be the most important predictor (AOR = 4.27; P < .05) after adjusting age.

Conclusion: The study highlights the need to develop smoking cessation interventions that specifically counsel patients with coronary artery disease about these information, such as the disease risk and development, health consequences of smoking, and dependence therapy. Additionally, government support for tobacco control programmes in hospitals and elsewhere is designed to have a beneficial effect on patients’ smoking behaviours primarily by increasing antismoking norms.

Keywords: Coronary Artery Disease, Health Promotion Policy, Influencing Factors, Nursing, Smoking Cessation, Tobacco

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