Impact of a post-discharge smoking cessation intervention for smokers admitted to an inpatient psychiatric facility: A randomised controlled trial


University of Newcastle; Hunter New England Local Health District

Disclosure of Interest: None Declared
Methods and Results

N=205 inpatient smokers randomly allocated to usual care or intervention; follow-up 1 week; and 2, 4, 6 months

Post-discharge Intervention: 4 months telephone support and NRT

No difference between groups at 6 months for continuous and 7-day point prevalence abstinence

Higher point prevalence abstinence for Intervention (11.5%) than Control (2%) at 4 months

Intervention reported more quit attempts, lower cigarette consumption, lower nicotine dependence at all follow-ups
Conclusions

Post-discharge cessation support was effective in encouraging quit attempts and reducing cigarette consumption up to 6 months post-discharge.

Additional support strategies are required to facilitate longer term cessation benefits for smokers with a mental disorder.