

**EXPLORING THE REASONS FOR SUCCESSFUL QUIT  
ATTEMPTS BY EX-SMOKERS AND CERTIFIED SMOKING  
CESSATION SERVICE PROVIDERS (CSCSP): A QUALITATIVE  
STUDY**

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## ABSTRACT

*Background:* Smoking relapse among smokers who attempted to quit reduce the successful rate of quit attempts. Many studies have described the characteristics of defaulters and reasons on how they quit but reasons and experiences on ex-smokers who managed to stopped smoking not yet explored.

*Objectives:* This study explored the reasons and factors that lead to the successful quit attempts by ex-smokers together with the pharmacists' opinion on smoking cessation programmes in community pharmacies.

*Methods:* Participants were recruited from February to June 2013 through poster advertisements around UiTM Puncak Alam campus, advertisement through social network (Facebook) and some participants were individually approached. Semi-structured interviews were conducted and all face-to-face interviews were audio recorded and transcribed verbatim. For those who respond through facebook chat, the online conversation was saved. The transcripts were analyzed using thematic analysis.

*Results:* Strong will power and determination are the main factors which forces smokers to stop. However, there are few other reasons such as health-related problems, financial constrain and negative perceptions of society towards smokers which strengthened their intention to quit permanently. In addition managing cigarette cravings are important to ensure smoking abstinence among ex-smokers.

*Conclusions:* Smokers' intention need to be strengthened by several factors which can lead them to quit successfully. Besides, involvement of CSCSP is important to assist the smokers to remain cigarette free by using the right approaches

# CHAPTER 1

## INTRODUCTION

### 1.1 Background of study

Cigarette kills and causes many smoking related diseases even it used as intended by the manufacturer. It has been reported that there were 12% of death among adults age from 30 years and above due to cigarette smoking across the world (WHO, 2012). In Malaysia, smoking accounts for nearly 10,000 deaths every year (Department of Statistics Malaysia, 2010). Smoking cessation programs were found to be the only intervention that provides short to medium term in reducing tobacco related morbidity and mortality (WHO, 2011). However, smoking cessation campaign alone was ineffective to persuade smokers to quit due to the different background status. Innovative interventions need to be designed to meet the needs of specific sub-population from different backgrounds (Tan, 2012).

Number of death due to the diseases of respiratory system in Malaysia increased from 19.48% to 25% (MOH, 2012). This numbers are predicted to continuously increase if efforts to curb the smoking are not strengthen.