UNIVERSITI TEKNOLOGI MARA

EXPLORATION OF CHARACTERISTICS AND WITHDRAWAL FACTORS FROM SMOKING CESSATION PROGRAMME AMONG QUIT SMOKING CLINIC ATTENDEES IN MALAYSIA

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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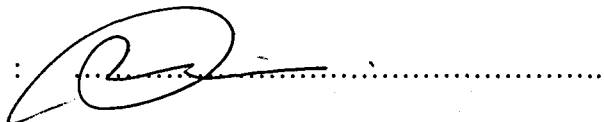
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ABSTRACT

The combination of pharmacologic treatment and counselling intervention by health professionals in smoking cessation programme leads to highest quit rate. However, poor adherence to cessation treatment is common due to several factors. Thus, in this study we examined characteristics of quit smoking clinic (QSC) attendees, predictors for smoking cessation outcome and withdrawal factors from cessation programme. We also further analysed if adverse drug reaction (ADR) is a concern for withdrawal from QSC. A retrospective study was conducted at four QSCs in Kuala Lumpur. Convenient sample of 285 smokers attended QSC between January 2016 to December 2018 was enrolled and categorized into two quit smoking status; successfully achieved 6-month abstinence and failed to achieve 6-month abstinence. Information on socio-demographics, smoking history, pharmacotherapy agent prescribed, and ADRs were collected from smoker's medical records and statistically analysed for comparison. Following that, a sample of fifteen active smokers who have defaulted from QSC was selected using purposive sampling and interviewed via telephone and face-to-face interview on their smoking cessation experience. Interviews were audio recorded, transcribed and analysed using thematic analysis. Our study found frequency of visits to QSC as significant independent predictor for smoking cessation outcome (OR=1.11 95% CI 1.01-1.23, p=0.034). The primary barriers to QSC's commitment reported were smoker's intrinsic and extrinsic influences particularly work commitment, healthcare professional's skills and attitude and effectiveness of pharmacotherapy prescribed. Based on our findings, majority of QSC attendees comprised of working adults and working commitment was highlighted as primary barrier for a successful cessation, this emphasized the need for effective intervention and collaborative effort between healthcare facilities and employers to optimize adherence among this group of smokers in smoking cessation programme which subsequently will enhance their quitting rates.

Keywords: smoking, cessation, withdrawal, adverse drug reaction, varenicline, NRT.

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