

Pennsylvania Adolescent Smoking Study (PASS)



Randomized Controlled Trial Comparing Motivational Interviewing and Structured Brief Advice for the Reduction of Adolescent Cigarette Smoking

PASS Research Leadership

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Site-PI's:

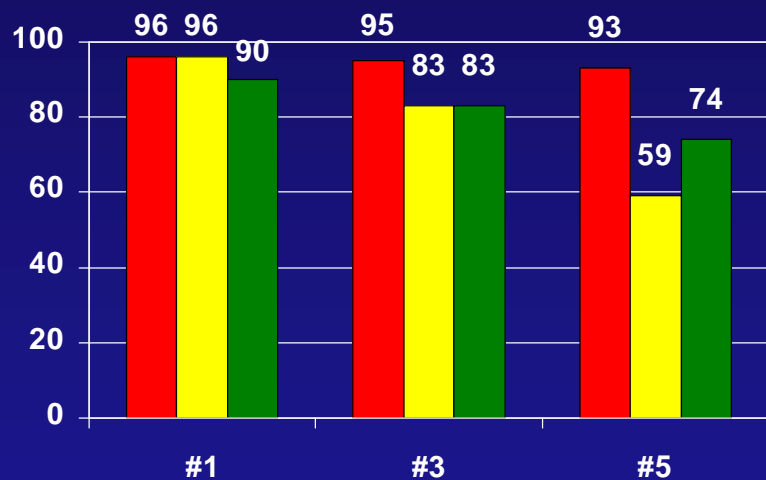
Children's Hosp Pittsburgh (CHP): Pamela Murray, MD, MHP
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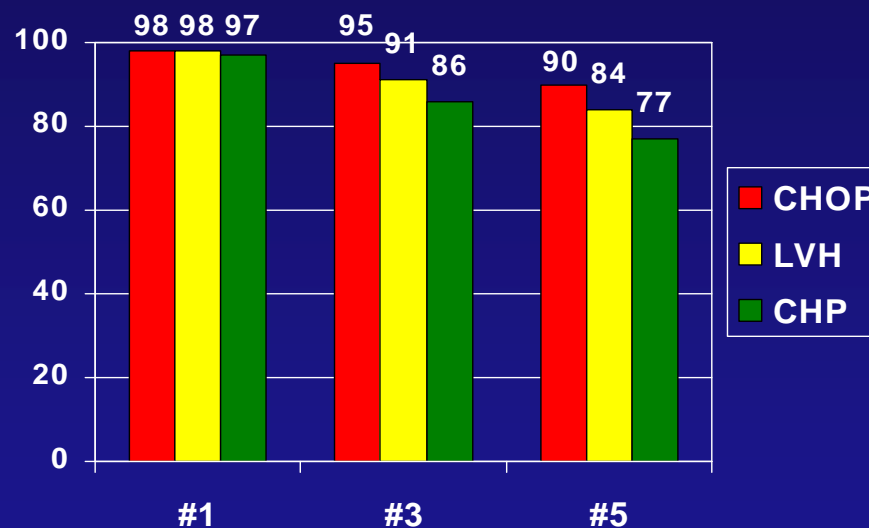
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PASS Retention: Intervention Visits



**MI Sessions
Completed**

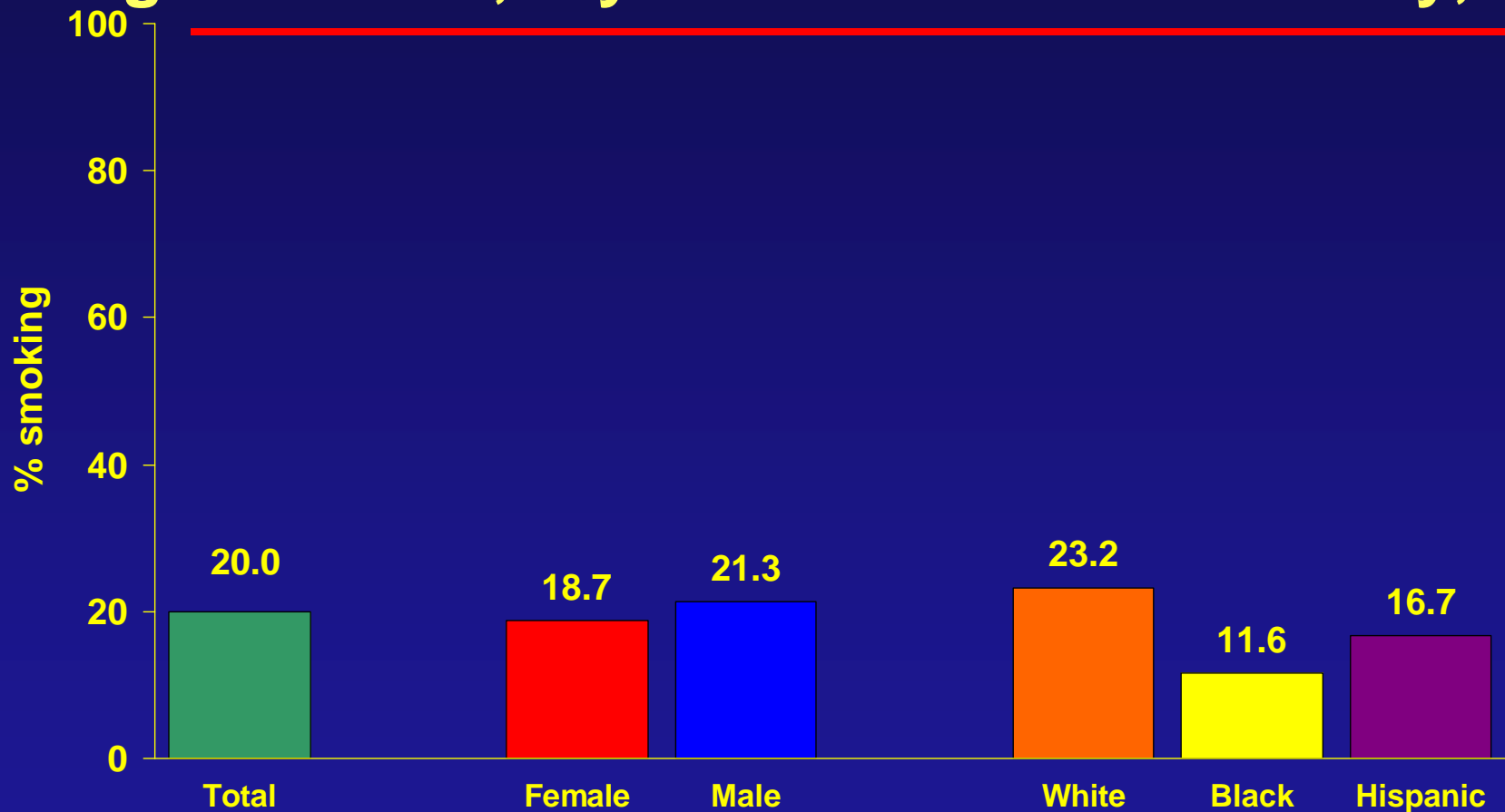


**SBA Sessions
Completed**

Objectives

- 1. Understand the need for high-quality cessation research with adolescents that can better guide best practices**
- 2. Describe the Pennsylvania Adolescent Smoking Study (PASS) which was funded by the PA Department of Health**
- 3. Identify the strategies used in PASS to engage and retain adolescents in tobacco cessation research**

National Youth Risk Behavior Survey 2007: % High School Students Who Reported Current Cigarette Use,* by Sex** and Race/Ethnicity,***



*Smoked cigarettes on at least 1 day during the 30 days before the survey.

**M > F

***W > H > B

National Youth Risk Behavior Survey, 2007

Importance of Cessation

- 85% of adult smokers started before 16 yrs
- 70% teens have tried to quit at least once & failed
- 40% of teens are interested in receiving help to quit



Cessation Research: Cochrane Report

- Over 6,000 cessation studies published
- Less than 100 of these studies address adolescents
- Only 15 high-quality studies
- Trials with Motivational Interviewing (MI) demonstrated a higher likelihood of achieving six month cessation
- Could not make specific clinical recommendations
- More research is needed

(Grimshaw & Sussman 2006)

What is Needed?

- **Well-designed, randomized clinical trials for adolescents who smoke**
 - **Motivational interviewing**
 - **Minimum 6 months follow-up**
 - **Rigorous definition of cessation**
 - **Biochemical verification of cessation**
 - **Address recruitment and retention**

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Primary Study Objective

PA Adolescent Smoking Study (PASS)

- **To determine if Motivational Interviewing (MI) is more effective than Structured Brief Advice (SBA) in reducing smoking in an adolescent population.**

Motivational Interviewing (MI)

- **MI is a brief client-centered therapeutic style**
- **Intended to reduce harmful behaviors**
- **Through identifying, targeting and advancing the individual's specific stage of readiness to change**
- **By developing the discrepancy between current behavior and future goals, values and beliefs**

Structured Brief Advice: 5 A's

1. **Ask:** "Have you ever smoked a cigarette?"
2. **Advise:** "I think it is important for you to quit smoking and I can help you."
3. **Assess:** "Willing to quit?"
4. **Assist:** According to readiness to quit
5. **Arrange:** Follow-up of all smokers

Study Design

- **5 sessions of either MI or SBA conducted over 8 weeks**
- **9 assessments over the 24 week study period**
- **Reimbursement for each assessment is \$25 and \$5 for travel**
 - **Reimbursement for final 24 week follow-up visit increased to \$50**

Subject Population

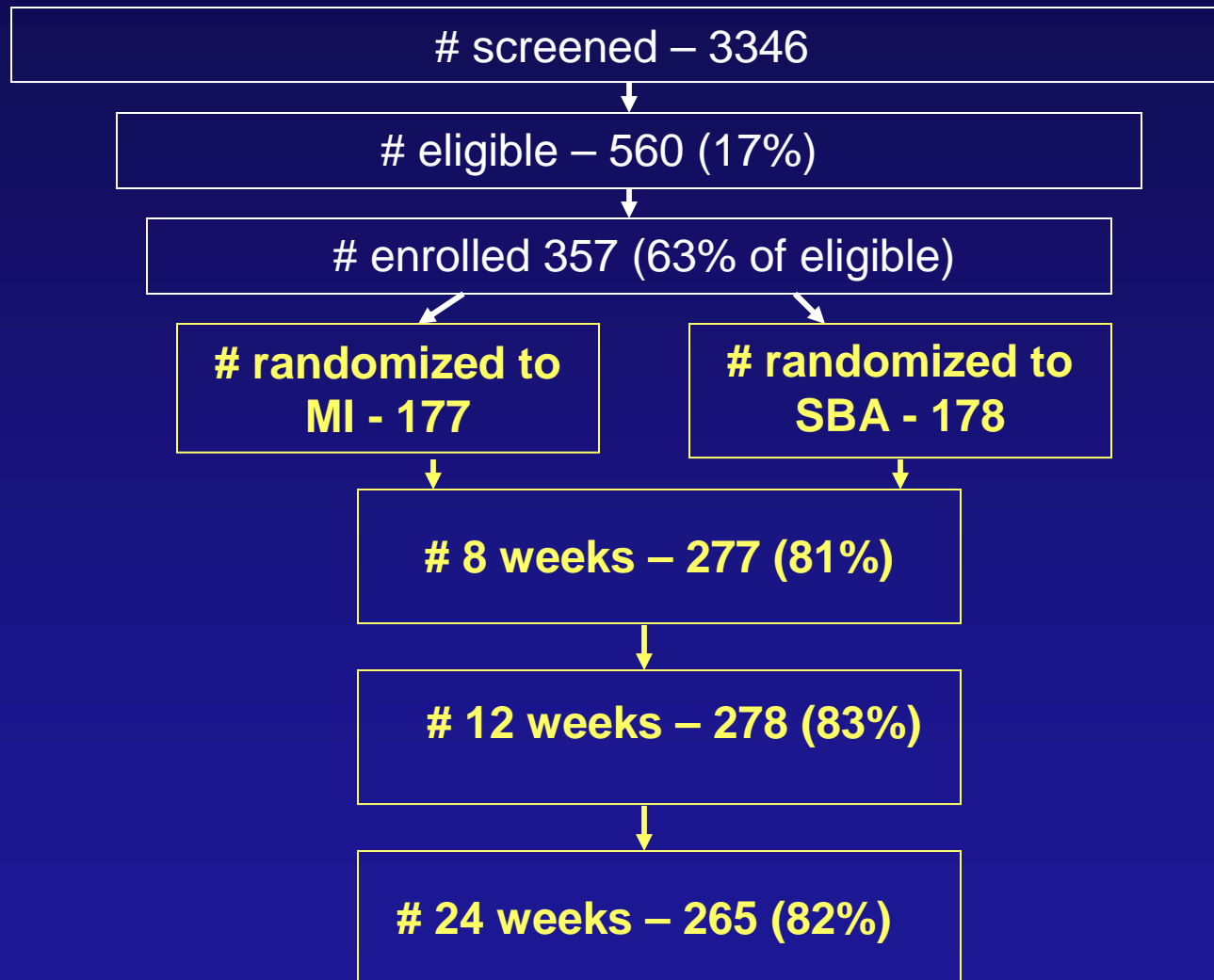
- ≥ 14 and < 19 years of age
- Must have smoked at least 100 cigarettes in their lifetime
- Must have smoked at least one cigarette during the 30 days immediately prior to baseline assessment
- Fluent in English

PASS Recruitment



- Adolescent medical settings
 - Primary care
 - Referral clinics
 - Family planning
- Friends and family of subjects
- Bus advertisements
- School-based clinic referrals
- Web-based methods
- Community centers

PASS: Study Flow Chart



Intervention Challenges

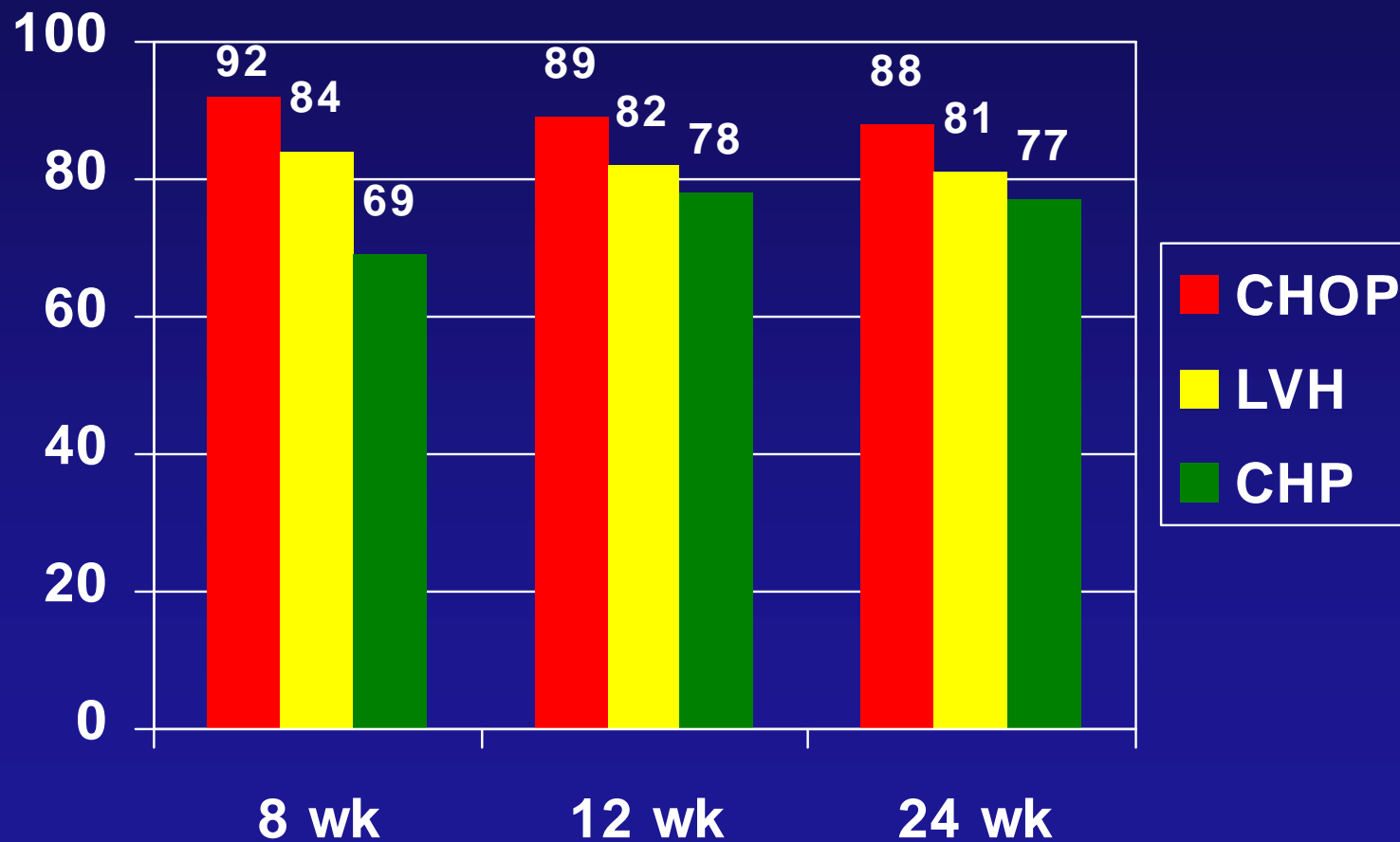
Intervention visit challenges:

- Hospitalizations (medical, psychiatric or substance abuse)
- Incarcerations/house arrests
- Childcare needs

Effect on Study:

- Missed intervention or assessment windows
- Alters the quality of the counseling session
- Liability issues

Retention: Follow-up Assessments



Retention Challenges

Retention Challenges:

- Unstable address or contact information for primary and secondary contacts
- Homelessness
- Family/friendship/romantic changes

Effect on Study:

- Labor and time intensive follow-up
- Doubling of final assessment incentive
\$25 → \$50

Summary

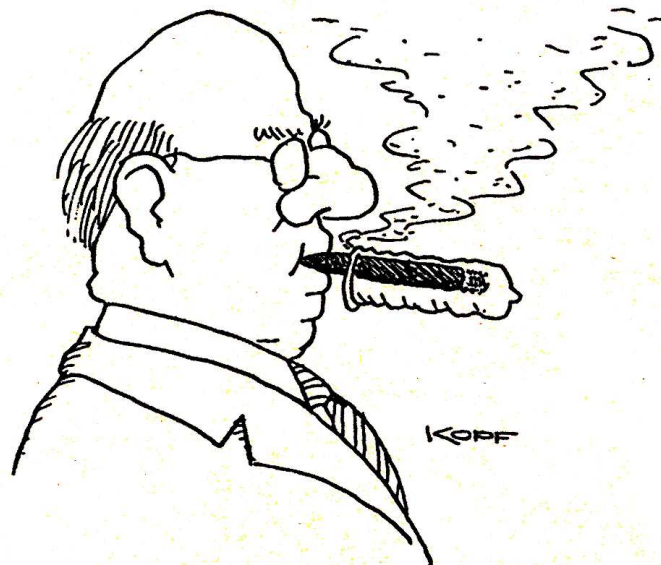
- Exceeded recruitment and retention goals**
- Used effective and creative strategies to improve recruitment and retention that have implications for research and clinical practice**
- Contribution to the cessation literature in terms of the efficacy of MI and SBA**
- Multi-site “registry” of adolescent smokers who have agreed to be contacted in the future**

Summary

- **In addition to research, the Tobacco Settlement Funds allowed us to create a multi-site, multi-disciplinary team of clinicians, researchers, agencies and organizations**
 - **Tobacco cessation website for providers**
 - **Professional development and training opportunities to promote minority scholars**
 - **Organized two state-wide tobacco conferences produced a series of teleconference seminars**
 - **Facilitated collaborative work with the PA-AAP (American Academy of Pediatrics) on professional development and policy around tobacco cessation for teens**

S M O K I N G

SAFE SMOKING



KOPF

“Outcomes” Challenges

What adolescents believe is cessation?

What does it mean to quit?

Learn more about
Discordant salivary cotinine testing
participants' marijuana use
and meaning of “quit
smoking”



www.ehow.com/how_4859016_roll-a-blunt.html



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RCT Challenges

Challenges for counselors and RAs:

- Exposure to violence
- “Inappropriate” behavior (boundaries)
- Short attention span/reading comprehension
- Depression
- Homelessness

Effect on Study:

- Need for counselor support beyond assessment of intervention fidelity
- Tension between humanistic & research responses

Background

- **Tobacco (435,000 deaths; 18%)**
- **Poor diet & inactivity (400,000 deaths; 17%)**
- **Alcohol consumption (85,000 deaths; 4%)**
- **Microbial agents (75,000)**
- **Toxic agents (55,000)**
- **Motor vehicle crashes (43,000)**
- **Firearms (29,000)**
- **Sexual behaviors (20,000)**
- **Illicit use of drugs (17,000)**

Cessation

- **Dysphoria**
- **Irritability**
- **Anxiety**
- **Insomnia**
- **Increased appetite**

Study Background

- **MI is a brief client-centered psychotherapeutic style intended to increase “the probability that a person will enter into, continue and adhere to a specific change strategy.”**
- **SBA assists participants in accessing the best available resources for smoking cessation following the Best Practice Guidelines (5 A’s & 5 R’s).**