

Motivation to stop smoking in the German population: recent trends and associated factors

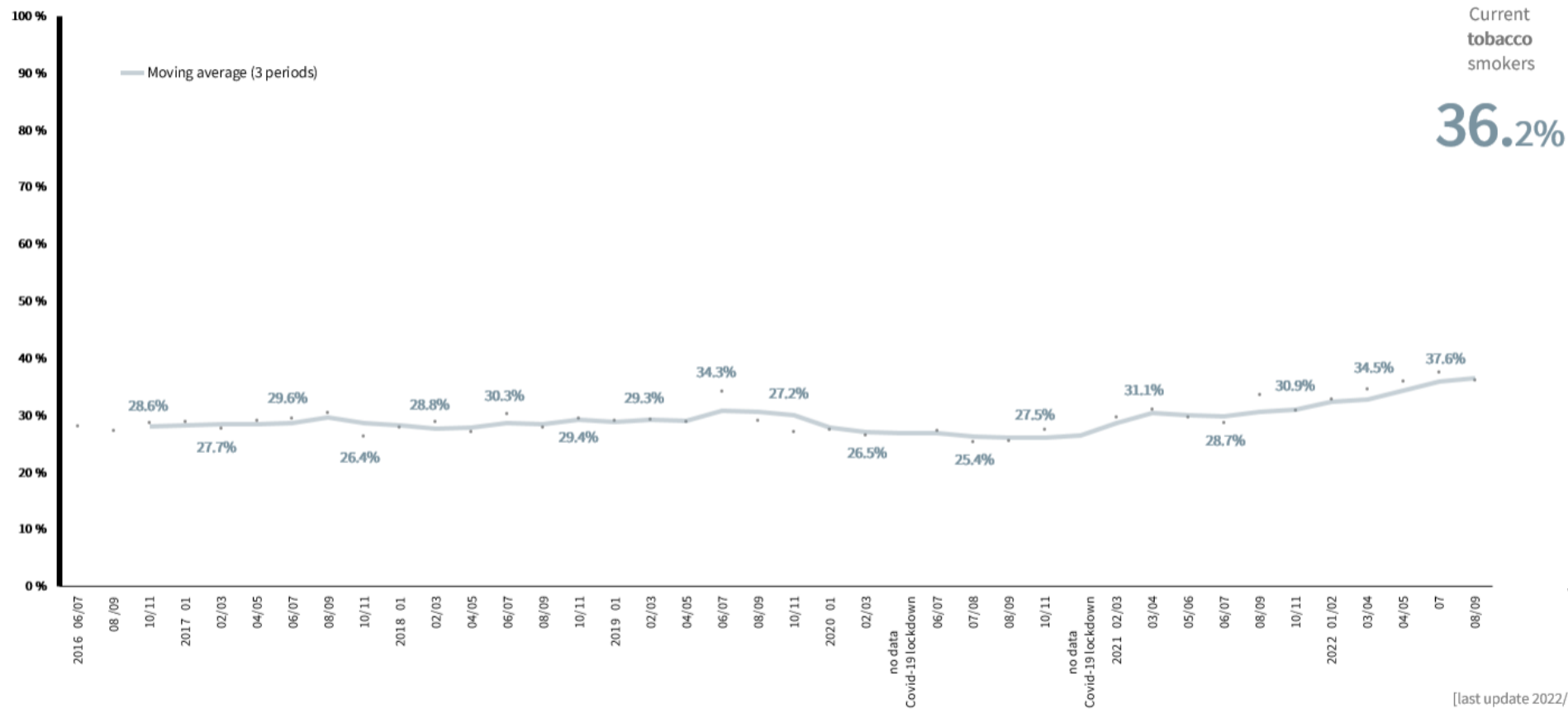
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No conflicts of interest

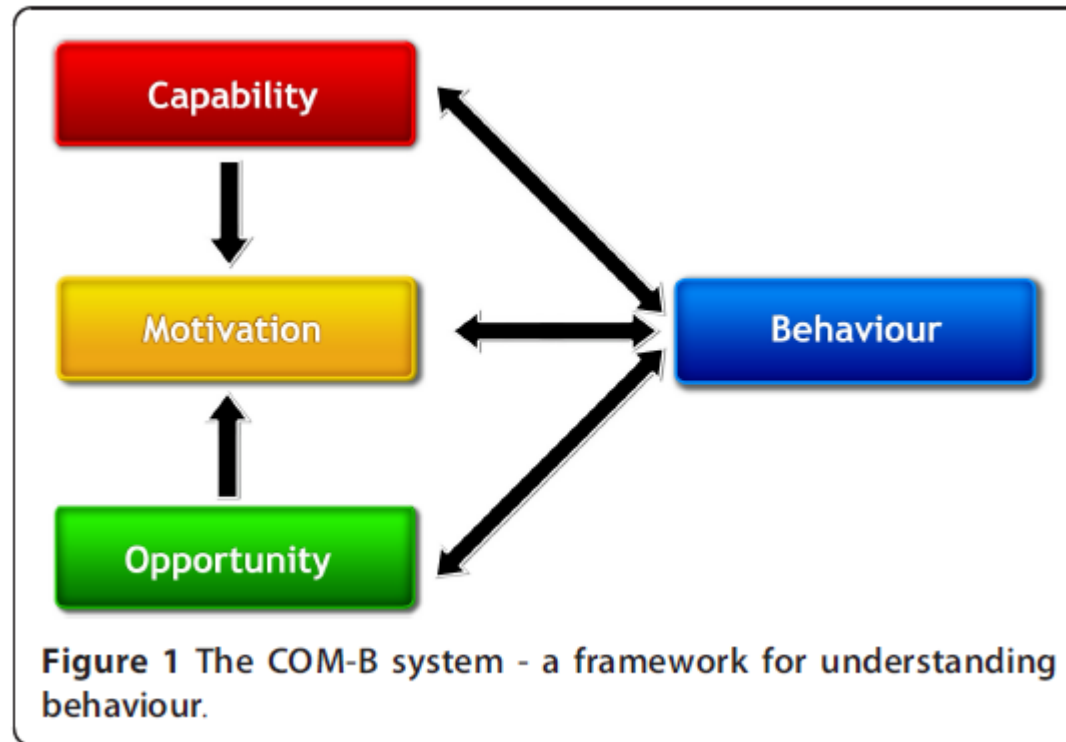
Background: smoking in Germany

Prevalence of **current tobacco smokers** in Germany



www.debra-study.info

Background: theory of behaviour change

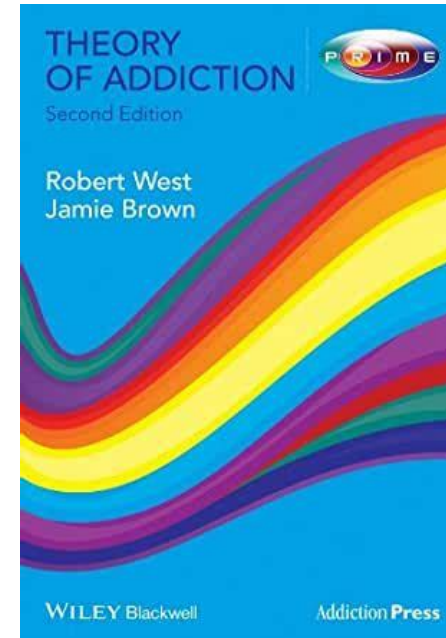


Michie et al. Implementation Science, 2011

Background: theory of motivation

3 key elements:

- 1. Desires**
(e.g., desire to become smoke-free)
- 2. Beliefs**
(e.g., belief smoking is unhealthy)
- 3. Intentions**
(e.g., plan to quit in coming month)



Background: Motivation To Stop Scale

Which of the following describes you?

- | | |
|---|--|
| 1 | I don't want to stop smoking |
| 2 | I think I should stop smoking but don't really want to |
| 3 | I want to stop smoking but haven't thought about when |
| 4 | I really want to stop smoking but I don't know when I will |
| 5 | I want to stop smoking and hope to soon |
| 6 | I really want to stop smoking and intend to in the next 3 months |
| 7 | I really want to stop smoking and intend to in the next month |

Desires

Beliefs

Intentions

Kotz et al. Drug and Alcohol Dependence, 2013

Background: relevance

- Measuring motivation to stop smoking on a population level is useful to monitor the effectiveness of tobacco control interventions (if any)
- Knowing which factors are associated with motivation could help understanding differences in smoking cessation behaviour and designing interventions to reduce smoking in the population

Research questions

- 1. What has been the overall trajectory of motivation to stop among the German population and relevant subgroups over the past five years?**
- 2. What factors are associated with the motivation to stop smoking?**

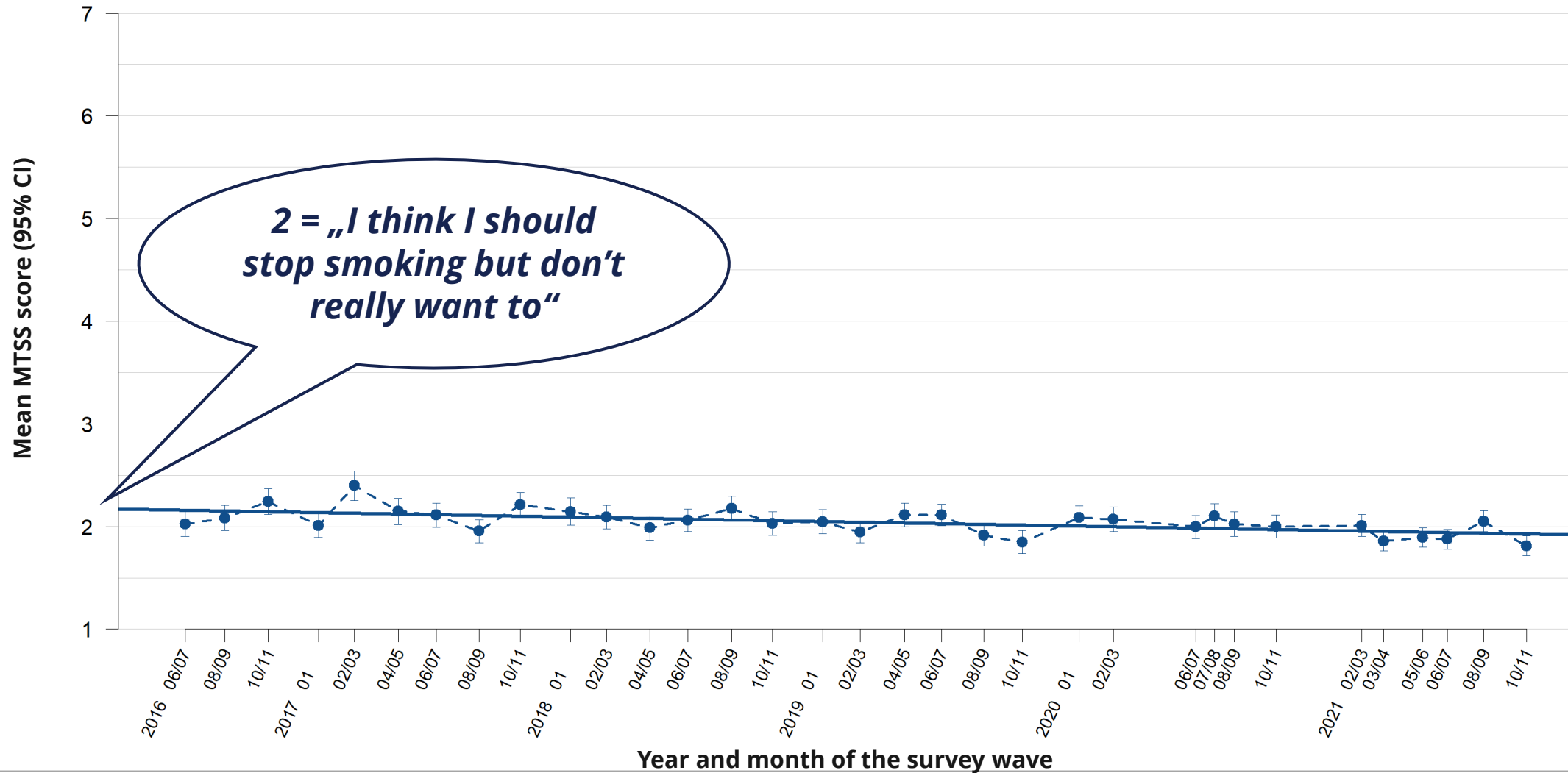
Methods

- Data from the German Study on Tobacco Use
(www.debra-study.info; Kastaun et al. BMC Public Health, 2017)
- Face-to-face household surveys in random samples of approx. 2000 people every other month
- 33 survey waves used (June 2016 to November 2021)

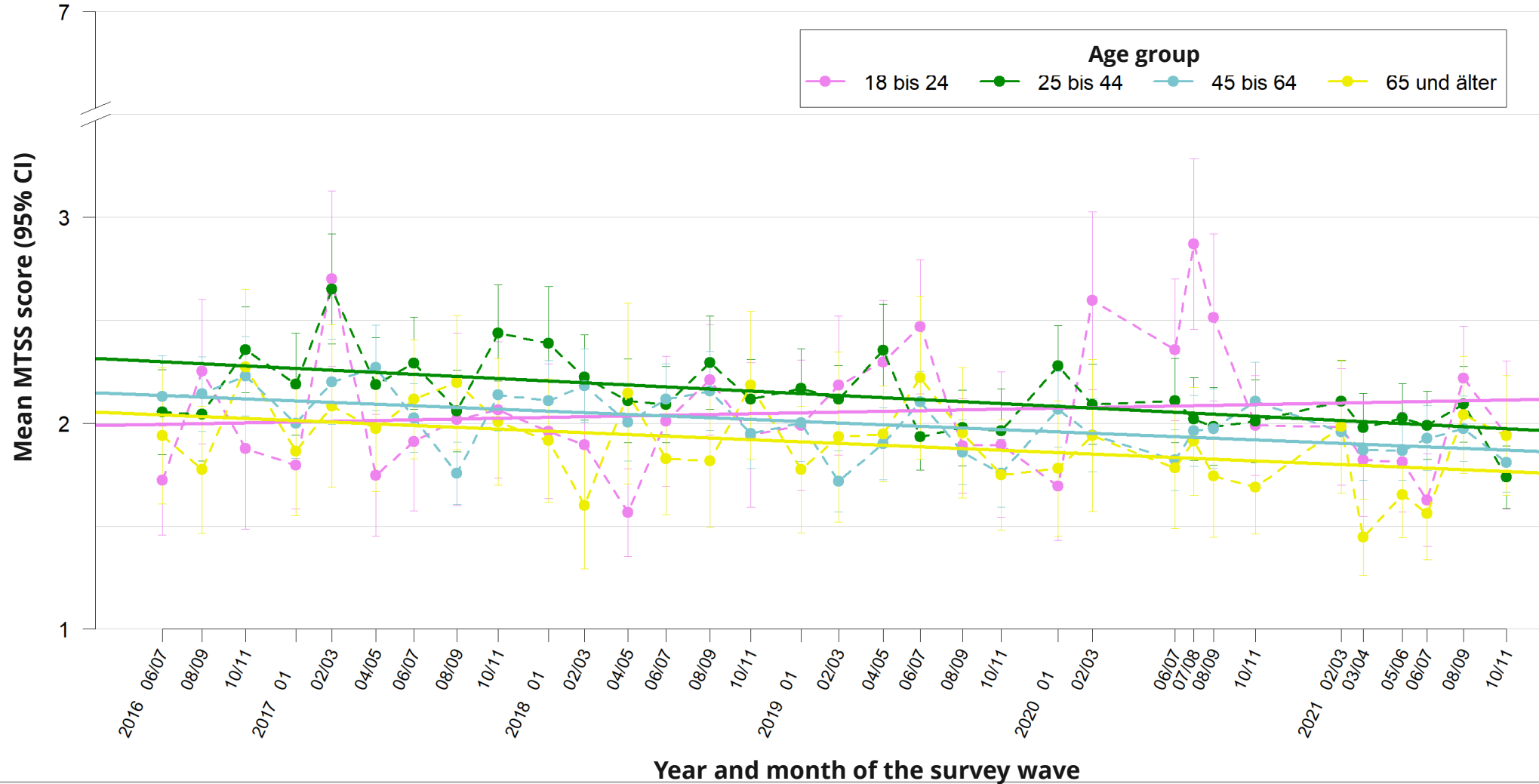
Methods

- 19,257 current smokers aged 18+ years
- Motivation To Stop Scale (MTSS), German version
(Pashutina et al. Sucht, 2021)
 - Single-Item-Scale from 1 = lowest to 7 = highest level of motivation
- Statistical analysis:
 - Research question 1: descriptive, stratified by subgroups
 - Research question 2: multivariable ordinal regression
- Detailed study protocol published a priori on OSF (<https://osf.io/qn6ts/>)

Results - trend overall



Results - trends by age



Results – regression analysis

Per increase in MTSS (1-7)
OR_{adj} [95%CI]

Limitations and strengths

- **Limitations:**

- Self-reported data
- Risk of recall bias

- **Strengths:**

- Representative sample
- Large sample size
- Repeated surveys
- Validated measure of motivation (Pashutina, Sucht, 2021)
- A priori study protocol published December 2021 (Open Science Framework Server <https://osf.io/qn6ts/>)

Implications

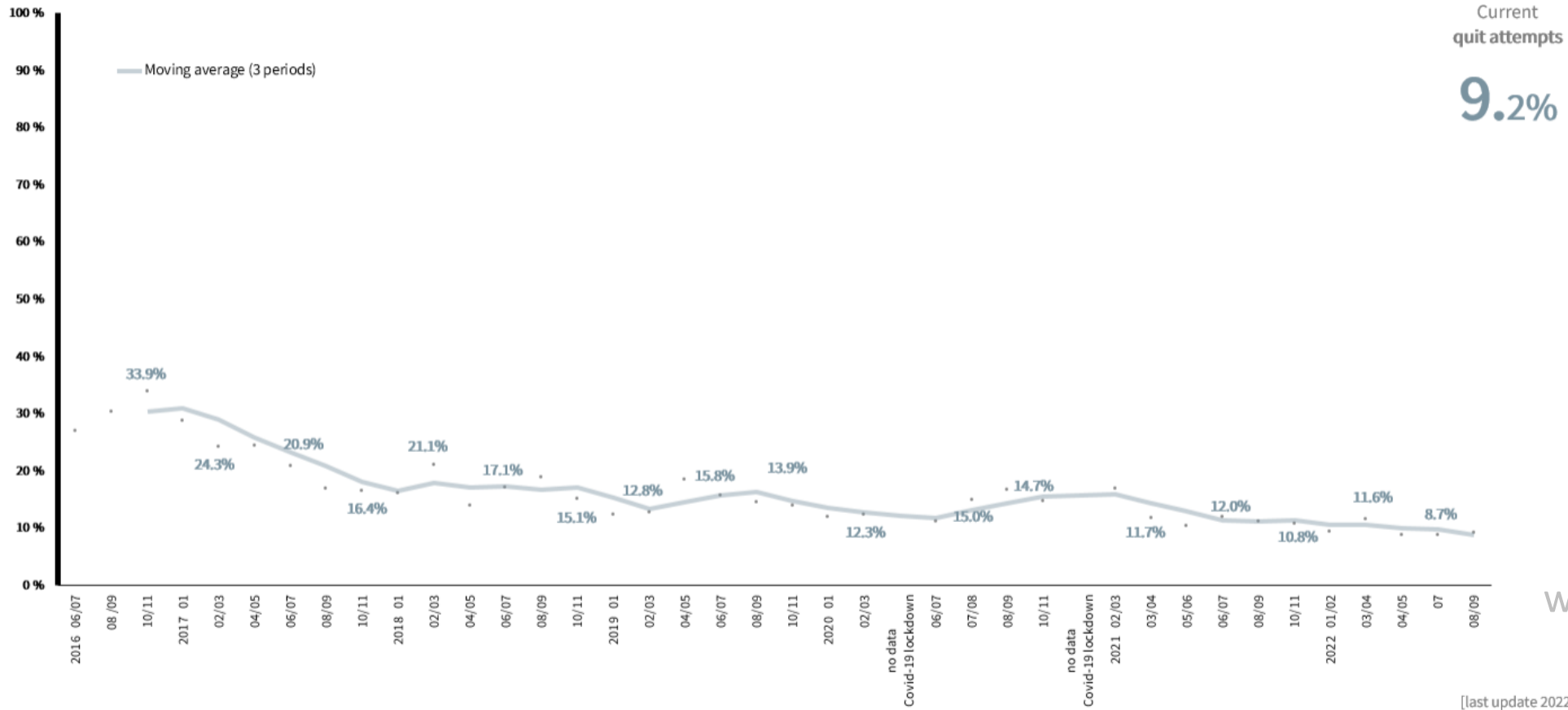
- More stringent tobacco control regulations generally needed to reduce smoking in population
- With regard to smoking cessation ...

Implications

Prevalence of **quit attempts**¹ in **current** and **recent ex-smokers**² in Germany

¹ at least one serious attempt in past year

² < one year since attempt



www.debra-study.info

Implications

- Improve smoking cessation support, e.g.
 - public campaigns regarding evidence-based treatments
 - reimbursement of the costs of such treatments
 - healthcare context: better implementation of brief smoking cessation advice (5As/5Rs, ABC)

Many thanks for your attention

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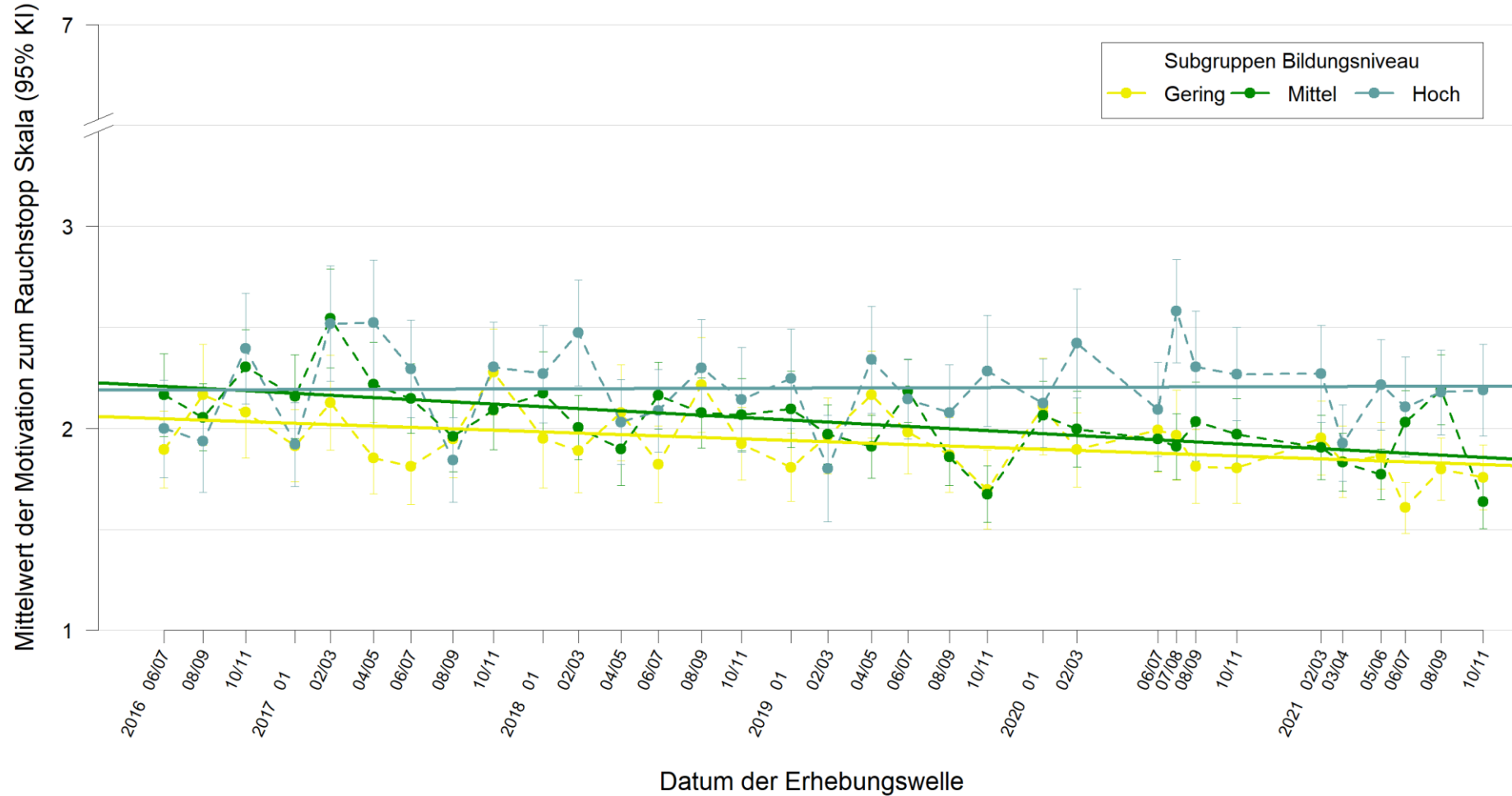
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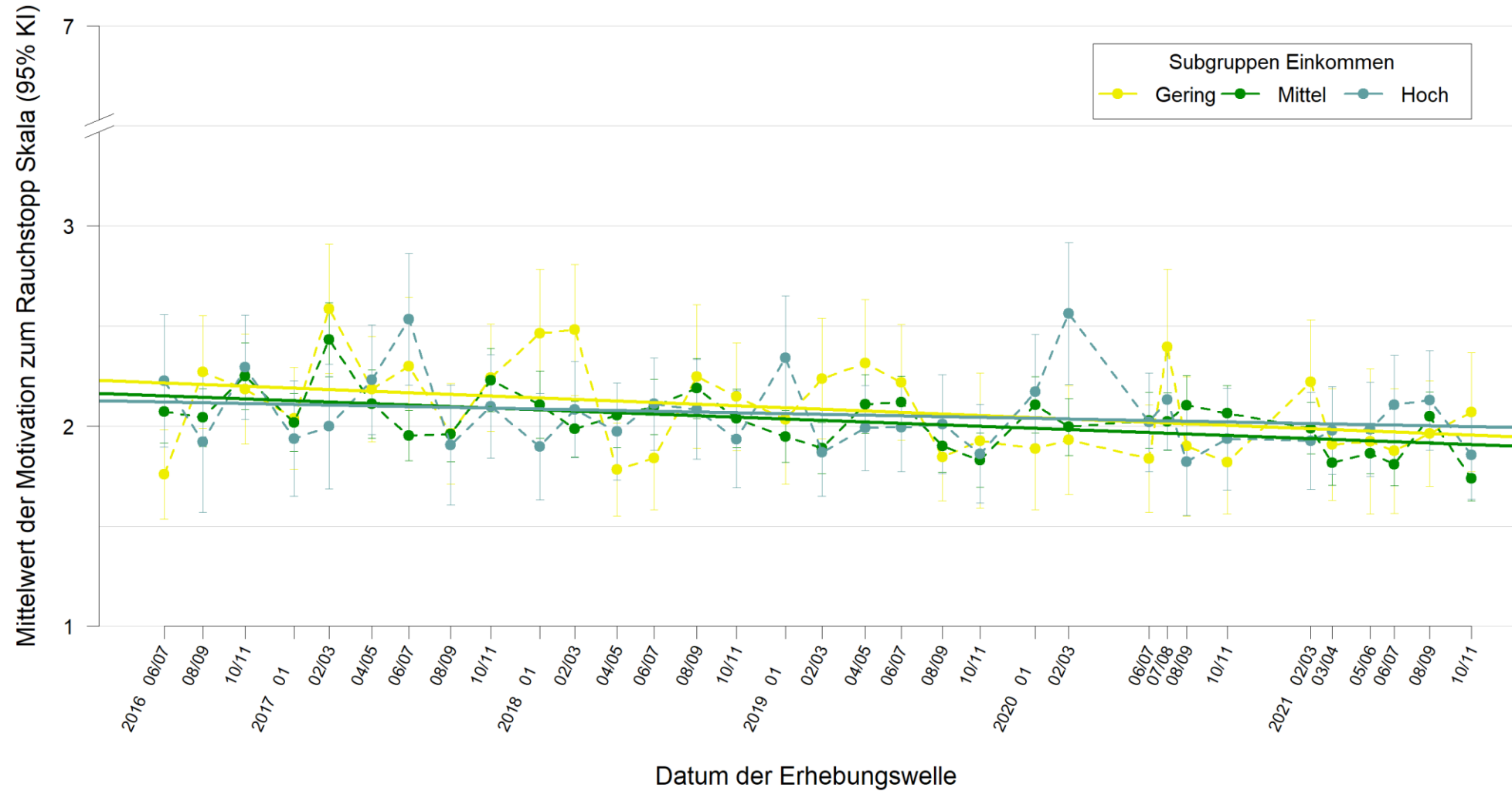
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Ergebnisse - Trendanalyse nach Bildungsniveau



Ergebnisse – Trendanalyse nach Einkommensniveau



Ergebnisse – Trendanalyse nach Geschlecht

