EVALUATION OF QUIT-CALENDAR IN SMOKING CESSATION AT SAPASITHIPRASONG HOSPITAL, UBON RATCHATHANI

N Junnual¹, A Chaikoolvatana², P Suebsamran¹, W Thongnun³ and C Sitthibutra³

¹College of Medicine and Public Health, ²Department of Pharmaceutical Science, Ubon Ratchathani University; ³Sanpasithiprasong Hospital, Ubon Ratchathani, Thailand

Abstract. This study aimed to investigate the demographics, smoking behavior, and benefits of the calendar for a group of participants involved in smoking cessation. The Quit-Calendar, containing 37 question items, was developed to promote smoking cessation. Its use was assessed by the implementation of a study involving 80 participants: 40 in a study group and 40 in a control group. The participants in the study group underwent a routine cessation counseling process with additional Quit-Calendars, whereas those in the control group received routine cessation counseling only. The effectiveness of the Quit-Calendar, duration of quit times (known as survival times), and attitudes to the Quit-Calendar and regular cessation counseling were evaluated via descriptive and analytical statistics. The study found that most participants were male, aged between 30 and 41, and had completed primary to senior high school education. The members of the control group had a significantly higher intention to quit smoking compared to those in the study group (X = 4.20 and 3.35, respectively; p<0.001). Survival times were measured at days 14 and 60. The results indicated that there were significant differences between the study and control groups on these specific days (p = 0.002 and 0.003, respectively).

Keywords: cigarettes, counseling, Quit-Calendar, smoking cessation