

What do persons with serious mental illness think about tobacco intervention?

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Funded by a grant from the Professional Staff Congress-City University of New York

Tobacco Use and Serious Mental Illness

At least twice the rate as the general population in the U.S

Minimal impact of smoking cessation efforts over the last 30+ years



Research Criteria

- Smoking for at least five years
- Currently Smoking
- Have tried to change their tobacco use pattern at least twice
- Serious mental illness diagnosis



Research Focus



- Why do you smoke
- What are the reasons and benefits
- What they thought about public health messages
- What have you tried and what was your experience
- What do you recommend

Sample

- 3 woman and 7 men; Age: 45 - 70
- Caucasian and African American
- Schizophrenia, BAD, Schizoaffective Disorder, PTSD, Depression
- Combustible tobacco use for 20 to 50 years
- Currently smoking 6 to 100 cigarettes per day
- Approximately 6 experiences with tobacco use modification

Why Smoke?

Stress

I enjoy it

Distress

Something to do

Anger



Hand to mouth

Depression

Could not do without it

Taste



What have you tried?

Cessation

Cold Turkey

Incarceration

Setting a curfew

Cutting Down

Food

Postponing the first cigarette

Lollipops

NRTs (gum, patch, lozenges)

Hospitalization

Varenicline

Bupropion

Electronic Devices

What worked?

- Everything and Nothing
- Gradual reduction
- Patch: side effects
- ENDS: the campaign to demonize is working



There's Nothing like a Cigarette



Emotional and Cognitive Navigation

- Usual psychological defenses
- Ambivalence
- Guilt
- Fear
- Social Pressure
- Struggle
- Weighing the risks



“You’ve given me something to think about”

It's Not Just About the Nicotine



Discussion

- Thoughtful
- Smoking is integral
- Desire and Intention
- A lot of consternation
- Lack of Support



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