

Barriers to Smoking Cessation in Kathmandu, Nepal

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Introduction

Nepal has implemented numerous anti-smoking interventions. Most seek to prevent the initiation of smoking. This study aims to evaluate the attitudes around smoking cessation and how they differ between current and former smokers..

Methods

Participants were recruited from outpatient multispecialty clinics at the Tribhuvan University Teaching Hospital in July 2023. Participants (n= 250) were eligible to participate if they were 18 years or older and had used a tobacco product in the last 15 years. Multivariable logistic regression models were used for both aims, with smoking status as the outcome variable. A purposeful variable selection strategy was employed to develop a scientifically and statistically parsimonious model. Univariable logistic regressions were first fitted for each variable, selecting covariates which were then run through a multivariate model to assess for confounding.

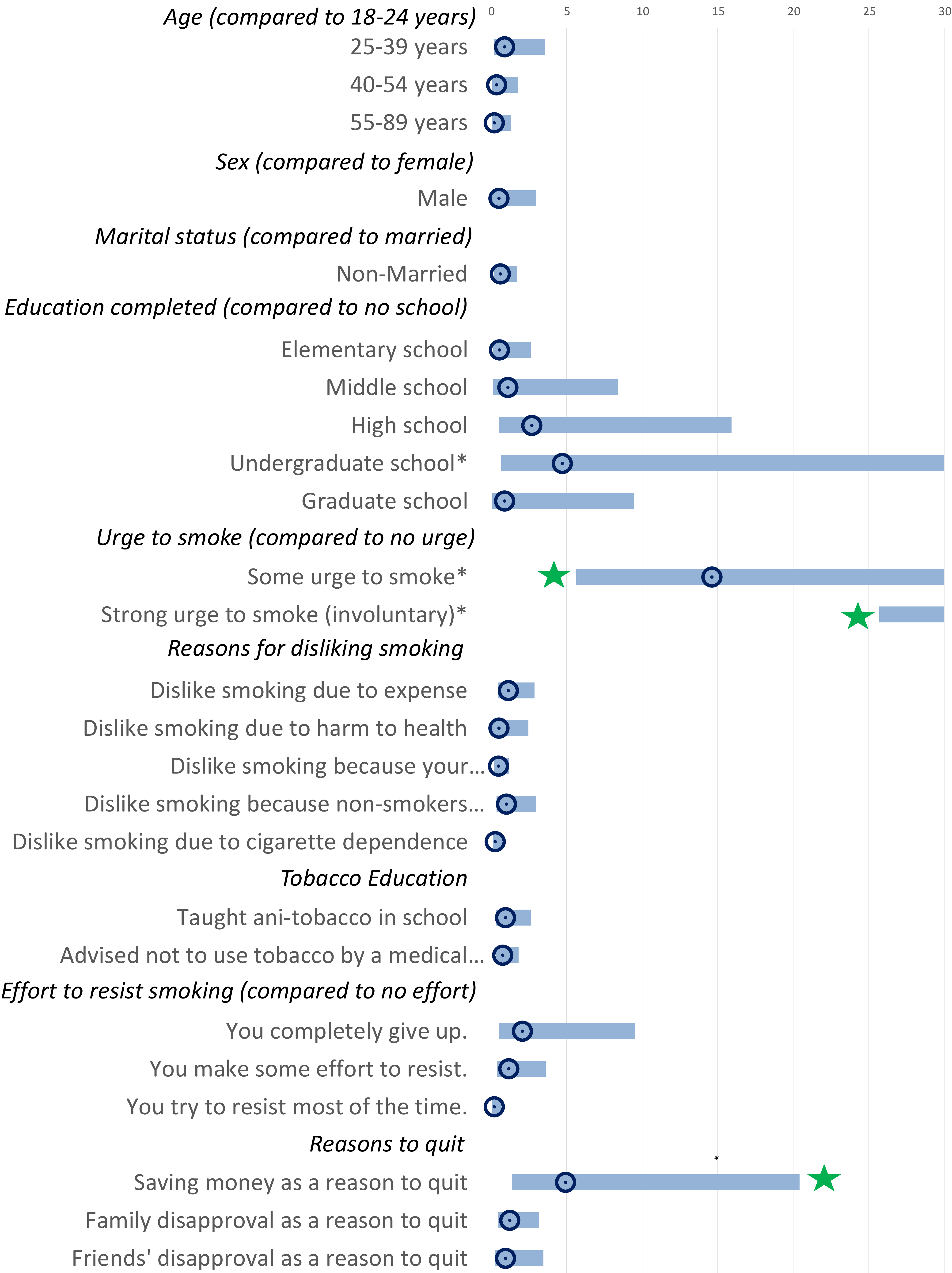
Conclusions

The urge to smoke was the strongest predictor of being a current smoker, with increasing odds with the increased strength of the impulse. Considering the participants’ general urgency to smoke cigarettes, it was found that those who have strong urge to smoke as well as completely involuntary/overpowering urge to smoke had significantly higher odds of being current smoker compared to those who have no urge to smoke at all (OR 14.6 and 132, respectively). The strength of these associations highlights the importance of reducing the urge to smoke to facilitate cessation. .

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How likely is the participant to be a current smoker, rather than a former smoker?



★ Statistically significant (p < 0.05). *Upper CI or OR exceed the limit of 30.