

# Youth Smoking Cessation and Research: Current Status and Future Directions

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National Conference on Tobacco or Health  
Minneapolis, Minnesota

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Acting Chief

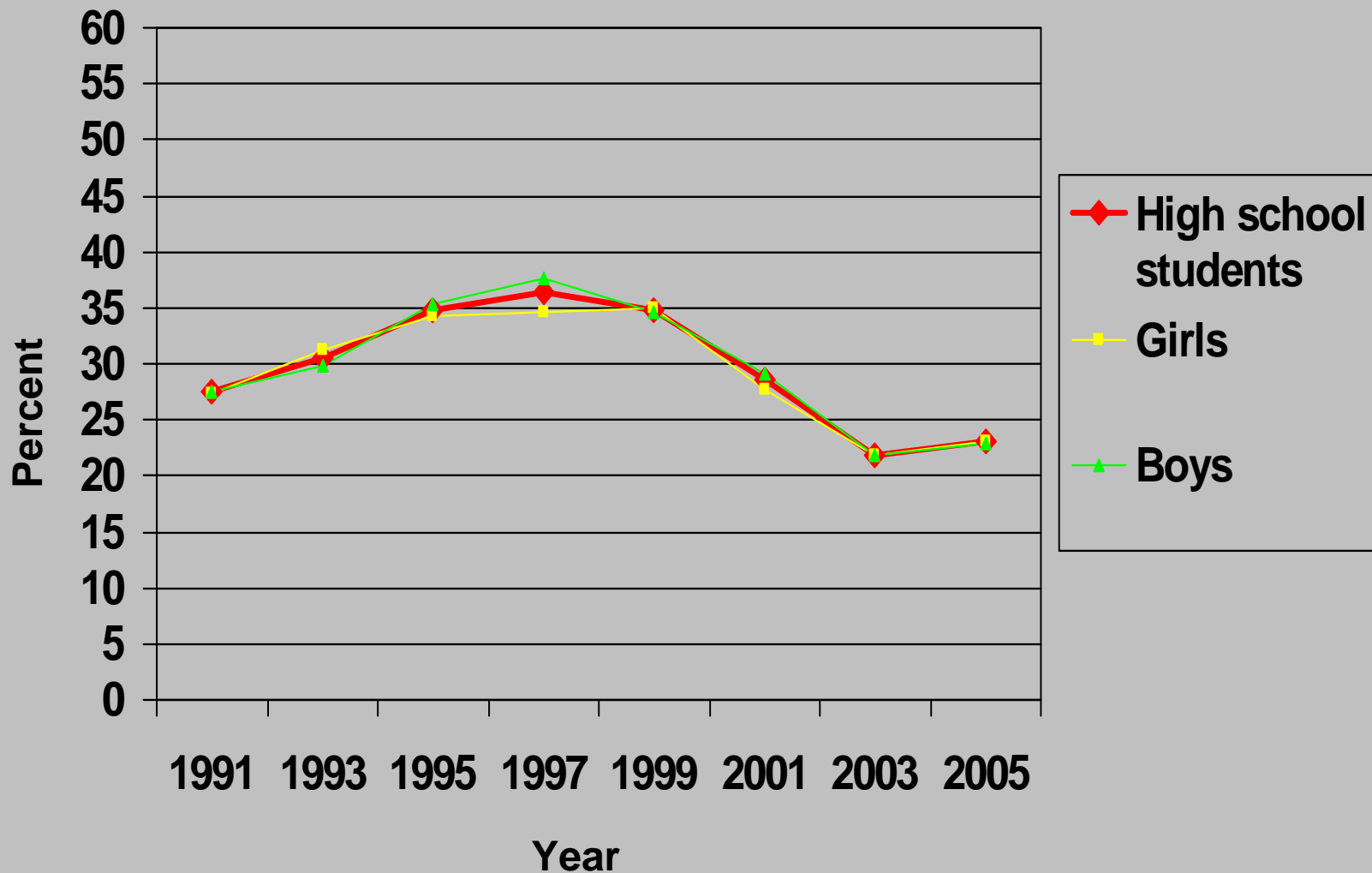
Tobacco Control Research Branch

Behavioral Research Program

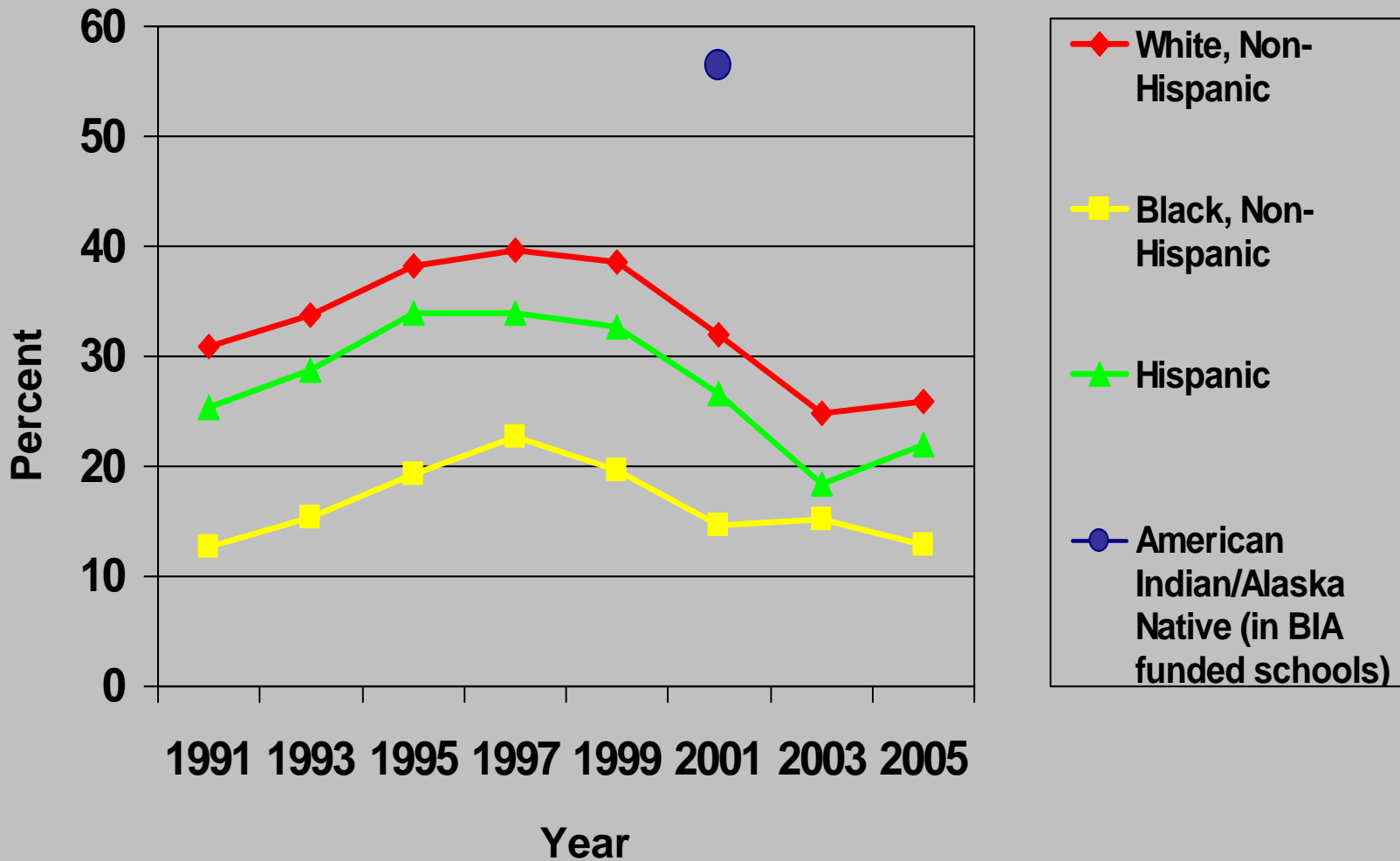
Division of Cancer Control and Population Sciences



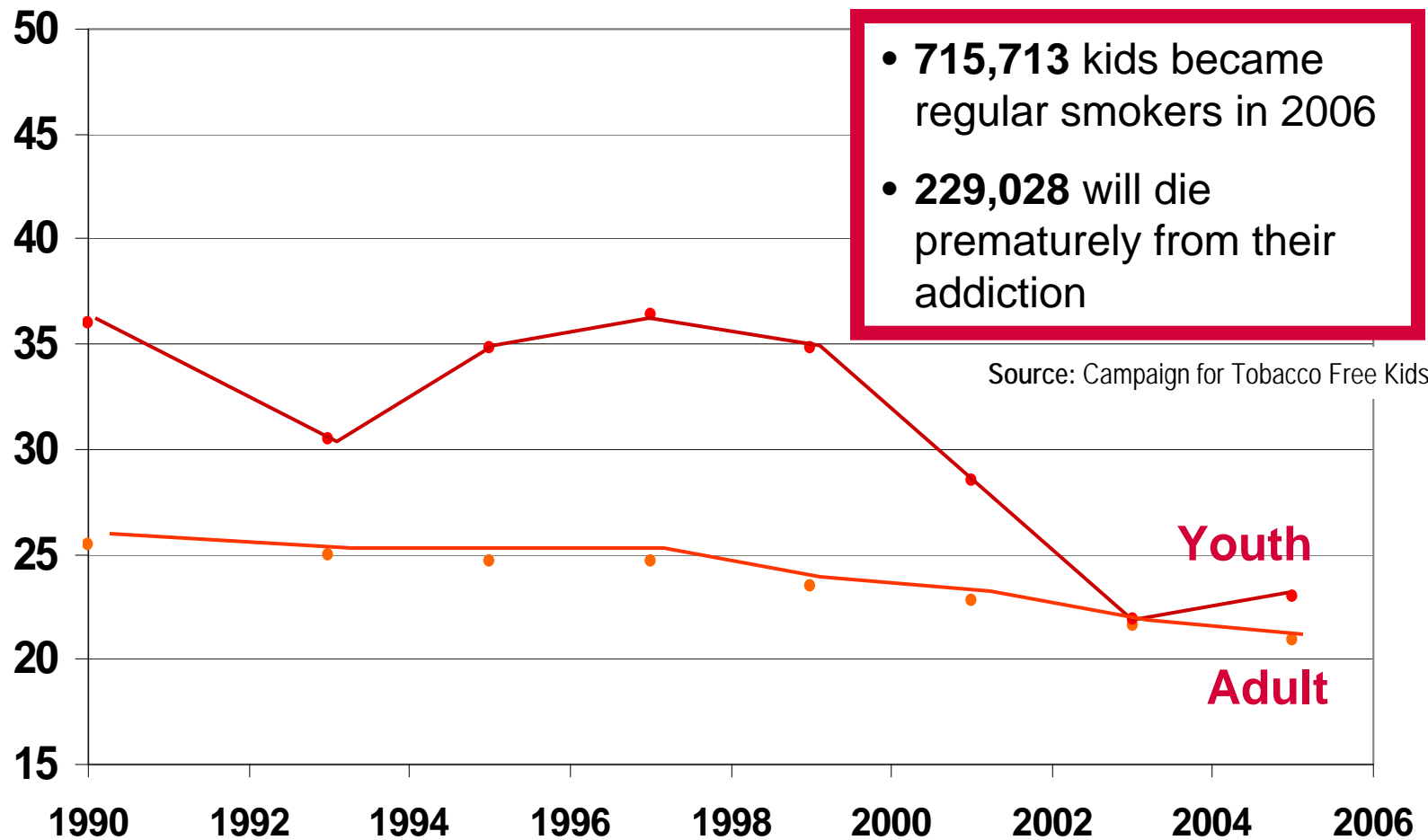
# Trends in Adolescent Smoking: High School Students, 1991-2005



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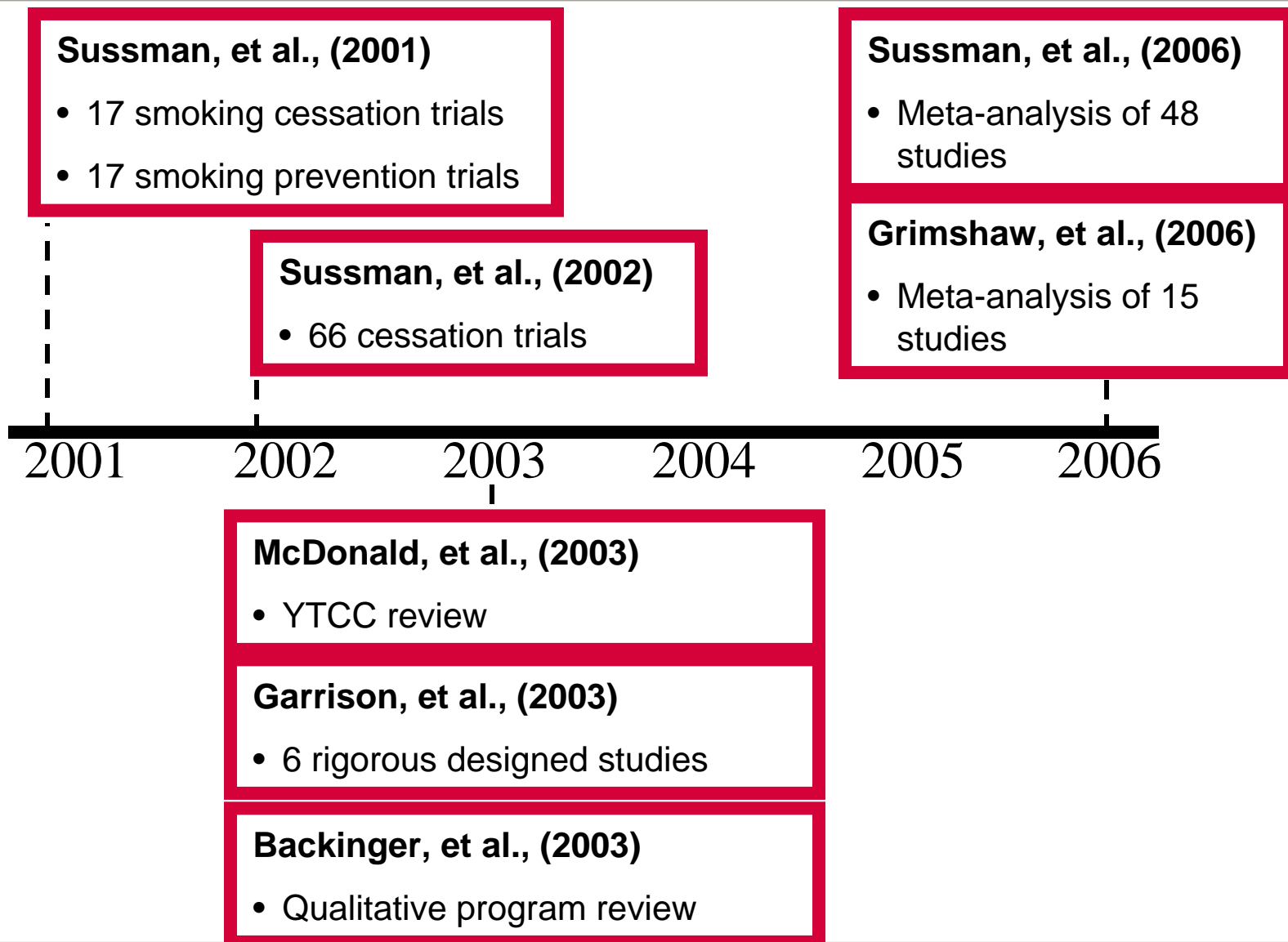
# Current Cigarette Use Among U.S. Adults and High School Students, 1990-2005



## A reminder ...

- 40% of youth indicated interest in receiving help to quit smoking
- 3 out of 4 teenage smokers have tried to quit at least once -- and failed
- Almost 2 out of 3 youth wish they had never started smoking!
- Most youth are not aware of tobacco cessation programs, strategies and resources
- Of over 6,000 cessation studies published, less than 100 addressing youth

# Teen Smoking Cessation Systematic Reviews



**Sussman, et al., (2001)**

- 17 smoking cessation trials
- 17 smoking prevention trials

**Sussman, et al., (2002)**

- 66 cessation trials

**McDonald, et al., (2003)**

- YTCC review

**Garrison, et al., (2003)**

- 6 rigorous designed studies

**Backinger, et al., (2003)**

- Qualitative program review

**Sussman, et al., (2006)**

- Meta-analysis of 48 studies

**Grimshaw, et al., (2006)**

- Meta-analysis of 15 studies

# A Closer Look: Sussman, *et al.*, Meta-analysis



Sussman et al., (2006) analyzed 48 “controlled” teen smoking cessation studies published 1970 – 2003

- Program conditions compared to control increases smokers’ probability of quitting by 46%
- Relatively higher quit rates were found in programs with a motivation enhancement component (15 studies), cognitive-behavioral techniques (17 studies), and social influence approaches (8 studies)
- Relatively higher quit rates in school-based clinic or classroom modalities.

# A Closer Look: Cochrane Collaboration



Cochrane Collaboration Meta-analysis (2006) analyzed 15 studies (randomized controlled trials, cluster-randomized controlled trials and controlled trials) of regular tobacco smokers, age < 20

- Trials used or tested the Transtheoretical Model (Stages of Change) approach, pharmacological aids to quitting (NRT and bupropion), and various psycho-social interventions, such as motivational enhancement or behavioral management.
- Complex approaches show promise, especially those incorporating elements sensitive to stage of change
- Psycho-social interventions have yet to show effectiveness, although this approach may yet prove to be effective

# Good News!

- Higher quit rates in cessation interventions using –
  - motivation enhancement
  - cognitive-behavioral techniques
  - social influence approaches
- Quitting related to amount of programming
- School-based programs had higher quit rates

BUT ... Need for additional studies

# The Future of Youth Tobacco Cessation Research Workshop, May 8-9, 2007

- Purpose was to find where the field of youth tobacco cessation research needs to go
- Participants invited represented a variety of research fields including basic, youth advocacy, alcohol and mental health

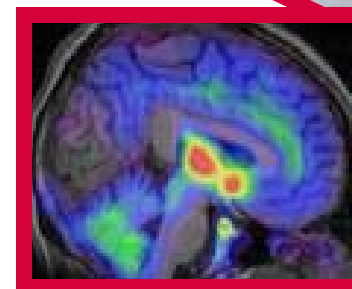
Workshop was sponsored by YTCC members

- American Cancer Society
- National Cancer Institute
- National Institute on Drug Abuse

# The Future of Youth Tobacco Cessation Research Workshop, Session 1

- **Session 1: Translating Basic Research to Future Cessation Approaches**

- Oh Rats! Implications for Human Adolescents (O'Dell)
- Impulsivity as a Predictor of Smoking Status and Smoking Cessation Treatment Outcome in Adolescent (Krishnan-Sarin)
- Imaging the Adolescent Brain (Giedd)

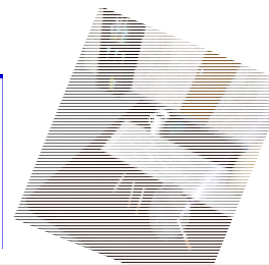


# The Future of Youth Tobacco Cessation Research Workshop, Sessions 1 & 2

- **Session 2: Methodological Challenges**
  - Adolescent Smoking Cessation Studies: Recruitment and Retention (McIntosh)
  - The Use of Interrupted Time Series Designs in Cessation Research (Biglan)

# The Future of Youth Tobacco Cessation Research Workshop, Session 3

- **Session 3: Promising 21<sup>st</sup> Century Approaches**
  - Internet-based Treatment for Adolescent Smokers (Patten)
  - Ecological Momentary Assessment (Mermelstein)
  - Quitlines for Teen Smokers (Shu-Hong Zhu)
  - Innovations in a Behavioral Treatment for Cigarette Smoking (Dallery)
  - Brief Strategic Family Therapy for Drug Using Adolescents (Robbins)
  - Treatment for Eating Disorders and Obesity in Youth (Levine)
  - Truth<sup>®</sup>: Spreading the Infections (Duke)
  - Virtual Reality Assessment and Treatment Applications for Nicotine Dependence (Bordnick)



# The Future of Youth Tobacco Cessation Research Workshop, Session 4

- **Session 4: Puzzling Populations: Considerations for Treatment**
  - Future Directions for Adolescent Smoking Cessation: Where Should we Look? (Chassin)
  - Tobacco Use, Mental Illness, and Adolescence: What are the Relationships and Impact? (Ziedonis)
  - Tobacco Cessation with Substance Abusing Youth: Challenges and Opportunities (Myers)



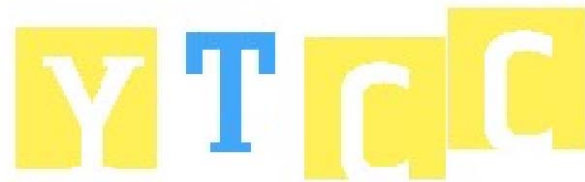
# The Future of Youth Tobacco Cessation Research Workshop, Reaction Panel

- Youth Advocate Perspective:
  - Cessation interventions embedded in sites where youth need to go (e.g., for school) or want to go (e.g., YouTube, My Space)
  - Incorporation of identity considerations in research to develop effective cessation strategies
- Community-based Program Perspective:
  - More collaboration between research and youth organizations
  - Development of strategies to find those currently missing from studies (e.g., drop outs, those diagnosed with mental health disorders, and gay and lesbian population)
  - Connect cessation programs with other substance abuse programs

# The Future of Youth Tobacco Cessation Research Workshop, Reaction Panel

- Tobacco Research Perspective:
  - More mindful adolescent cessation researchers
  - Include teens for the content and design of intervention programs
  - Publish process papers (e.g., recruitment strategies, treatment fidelity, consent/assent, protocols, etc.)
- State Tobacco Control Program Perspective:
  - More information sharing between research and research areas
- Drug/Alcohol Research Perspective:
  - Bring comprehensive tobacco cessation programs to mental health settings
  - Hold a methods meeting on co-occurring disorders
  - Learn more about the consequences of smoking in terms of mental health

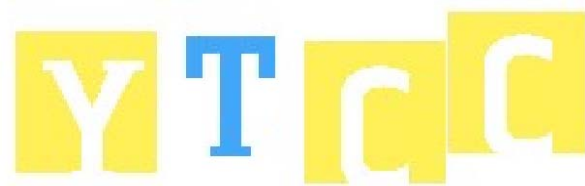
# Youth Tobacco Cessation Collaboration



- Formed in 1998 to address youth and young adult tobacco cessation gaps
- 10-year goal: ensure that every young tobacco user (aged 12-24) has access to appropriate and effective cessation interventions by the year 2010



# Where to Find Out More



[www.youthtobacco cessation.org](http://www.youthtobacco cessation.org)

- About YTCC
- National Blueprint for Action
- Research & Surveys
- Programs & Services
- Publications & Presentations

 This is a screenshot of the Youth Tobacco Cessation Collaborative website. At the top, the URL 'www.youthtobacco cessation.org' is visible. Below it is a navigation bar with the following menu items: 'About YTCC', 'National Blueprint for Action', 'Research & Surveys', 'Programs & Services', and 'Publications & Presentations'. The main content area is divided into two columns. The left column is titled 'to the Point Youth Tobacco Cessation Highlights' and contains four bullet points:
 

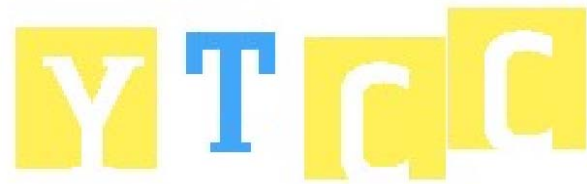
- The **August 2007** issue of the *American Journal for Public Health* (AJPH) is a theme issue focusing - for the first time - on young adult cessation research. In it you will find research articles on this theme, as well as articles on related tobacco control topics.
- The Future of Youth Tobacco Cessation Research Workshop was held May 8-9, 2007 in Rockville, MD, to develop an agenda for the next generation of youth cessation research. View [presentations](#).
- **Youth Tobacco Cessation: A Guide for Making Informed Decisions** will help you understand how to approach implementing a tobacco cessation intervention for youth—including assessing your community's need, developing a plan, choosing an intervention, and monitoring your progress.
- A resource for anyone conducting research on youth tobacco use or intervening with adolescent tobacco users, the **Measures Guide for Youth Tobacco Research** presents standardized and psychometrically sound measures that will assist researchers in achieving consistency of measurement across studies.

 The right column is titled 'Quick Links' and contains four links:
 

- [Fact Sheets on Youth Cessation](#)
- [YTCC Accomplishments](#)
- [YTCC Members](#)
- [Contact YTCC](#)

 At the bottom of the screenshot, there are two logos: 'YOU can QUIT SMOKING' with the tagline 'find out how »' and 'ConsumerDemand', and the 'NTCC NATIONAL TOBACCO CESSATION COLLABORATIVE' logo.

# YTCC Members



- American Cancer Society
- American Legacy Foundation
- American Lung Association
- Canadian Tobacco Control Research Initiative
- Centers for Disease Control and Prevention
- National Cancer Institute
- National Cancer Institute of Canada
- National Heart, Lung, and Blood Institute
- National Institute on Drug Abuse
- Robert Wood Johnson Foundation



Thanks!

