

## PRR11

### **AN EVALUATION OF A RANDOMIZED CONTROLLED TRIAL OF A FAMILY INTERVENTION FOR SMOKING FATHERS TO QUIT IN HONG KONG: A 12-MONTHS FOLLOW-UP**

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Introduction: The best way to eliminate SHS exposure in infants and non-smoking mothers is to encourage smokers to quit. We conducted a randomized controlled trial to examine the effectiveness of a multi-step family intervention in reducing household SHS exposure of infants and their non-smoking mothers who were living with smoking fathers. Method: Families recruited from the Maternal and Child Health Centres (MCHCs) with a smoking father, a non-smoking mother and an infant under 18 months were invited to join. The smoking cessation nurse counselors helped the consented couples to complete the baseline questionnaire and collected saliva samples from the mother and infant for cotinine analyses. The intervention group received a health education packet, intensive counseling for mothers on the implementation of household no-smoking policy and for fathers on smoking cessation, and joined a family counseling session that they could discuss the smoking issues together with the counselors. The control group received only brief information on the hazards of the SHS. Intervention was given at baseline, 1 week and 1 month. All the families were followed up at 6 months and 12 months. Results: 1,158 families were randomised into the intervention (n=598) and control group (n=560). There were no baseline differences in demographics. At 12-months follow-up, 73% fathers (434/598) in the intervention group and 73% fathers (408/560) in the control group were successfully followed up. Using intention-to-treat analysis, the intervention group had achieved significantly higher rates of fathers' self-reported 7-day point prevalence of abstinence (13.7% vs 8.0%, p=0.002). In addition, 33.4% of fathers in the intervention group had reduced cigarette consumption by at least half, which was significantly higher than the control group (23.9%, p=0.006). Conclusion: The family smoking cessation intervention was effective in promoting smoking cessation and reduction among smoking Chinese fathers.

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