A Community Feasibility Study of Tobacco Behaviors, Cessation Barriers Including Chronic Life Stressors, and Community Reach Among a Multi-Ethnic, Low SES Community in Aurora.

Type of Grant (Joint or Partnership): Joint Pilot Project

Community Partner Names and Affiliations:
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Academic Partner Names and Affiliations:
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Abstract: This project is part of a research program to increase smoking cessation among populations with socioeconomic status (SES) by developing and evaluating non-clinical, community-situated "guide stations" where smokers can receive assistance to engage in evidence-based cessation treatment. Low SES smokers who try to quit have higher relapse rates than other smokers. Underuse of evidence-based treatment is a leading suspected factor, as is chronic exposure to psychosocial and chronic life stressors with inadequate social support and other coping resources. We recently completed a feasibility study (R21) of such an approach that showed promising results. We now propose a CCTSI Joint Pilot Project to establish that our community partner's settings in North Aurora have sufficient reach and target population readiness to support a full-scale randomized controlled trial (RCT) of smoking cessation treatment guide stations in non-clinical settings and to identify psychosocial and chronic life stressors that contribute to high cessation relapse rates. The pilot will take place in North Aurora and engage low SES smokers of multiple ethnicities. We will design, administer, and analyze data from a cross-sectional survey of North Aurora adult smokers and co-residents of smokers who use recreation centers and live in multi-unit housing complexes where the community partner has established relationships. Questionnaire content will focus on smoking behavior (frequency, consumption level, and dependence indicators), cessation history, knowledge and attitudes about cessation treatments, motivation and readiness to quit smoking, perceived barriers to cessation including psychosocial and chronic life stress, and potential interest in study participation. The project will hire and train community residents to administer the survey. Both interviewers and survey respondents will be compensated. At least 500 questionnaires will be completed across six community sites. Primary outcomes include cooperation rate of approached residents who accept eligibility screening, eligibility rate of cooperating residents who smoke or live with a smoker, cessation-readiness distribution, and prevalence / strength of motivation, stressors and coping resources, and desire to participate in the proposed follow-on RCT. All project members have proven commitment to equitable community-academic working relationships. The pilot project is conceived as essential preliminary work for an immediate R34 submission, to be followed by an R01 proposal for large-scale evaluation of effectiveness, dissemination and implementation.