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A snapshot of pre - And post-intervention changes among cardiovascular disease patients participating in the new smoking cessation program (Article) [\(Open Access\)](#)

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Abstract

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Background: The study evaluates the changes of pre and post stages of behavioral change, motivation level, and smoking status among cardiovascular disease patients, participating in the new smoking cessation program in Hospital Tengku Ampuan Afzan, Kuantan. **Methods:** A total of 65 adult cardiac patients were randomly distributed into two groups, i.e., intervention and control group, who were baseline smokers and assessed in three phases. Initially, the first, second, and third phase collected the information about their demographic details, their smoking status, and smoking status using cotinine amylase strip, respectively. **Results:** It showed that behavioral change was significant for the control group (P value = 0.031), while motivation level improved for both groups (i.e., control, P value = 0.000 and intervention group, P value = 0.001). The smoke quitting status percentage was higher for intervention group 41.9% and lower for control group 20.6%; however, the P value was insignificant for both control group (1.000) and intervention group (0.250). **Conclusions:** This study suggests a need for more personal testimonial videos to focus on other smoking-related diseases. © 2020 BMJ Publishing Group. All rights reserved.

Author keywords

Cardiovascular disease intervention tobacco cessation program

Indexed keywords

EMTREE drug terms: amylase carbon monoxide cotinine

EMTREE medical terms:

adult Article behavior change cardiovascular disease controlled study coronary artery disease current smoker educational status employment status ex-smoker human intervention study major clinical study Malaysia marriage motivation smoking smoking cessation smoking cessation program videorecording

Chemicals and CAS Registry Numbers:

amylase, 9000-90-2, 9000-92-4, 9001-19-8; carbon monoxide, 630-08-0; cotinine, 486-56-6

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