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Author(s)	Leung, LT; Ho, DSY; Wang, MP; Lo, WS; Lam, TH
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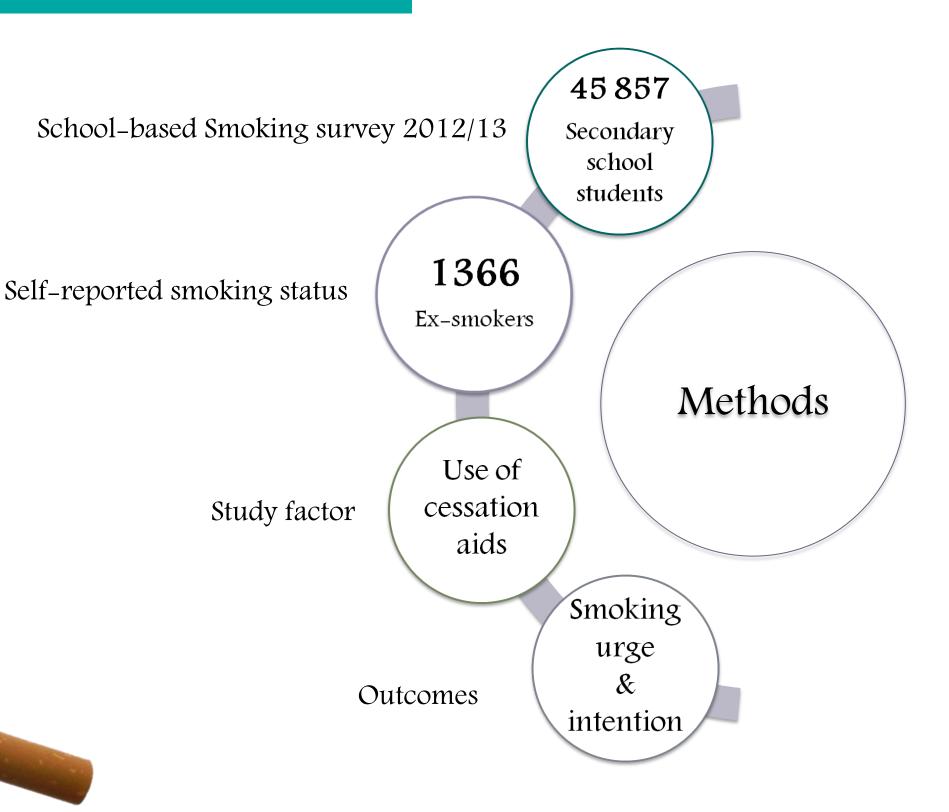
Aided smoking cessation & its association with smoking urge in the morning & smoking intention in Hong Kong adolescent ex-smokers

Leung  $LT^1$ , Ho  $SY^1$ , Wang  $MP^2$ , Lo  $WS^1$ , Lam  $TH^1$ 

<sup>1</sup>School of Public Health, University of Hong Kong

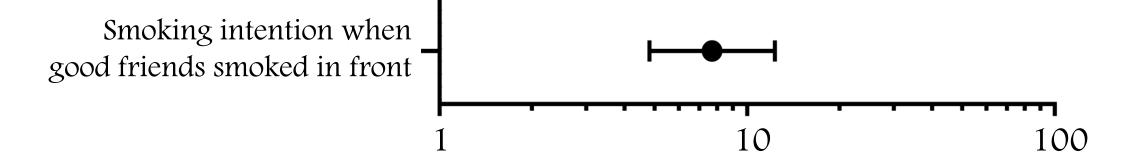
<sup>2</sup>School of Nursing, University of Hong Kong

Would smokers who quit aided be more prone to relapse after aids withdrawal than smokers who quit unaided ?



Overall, 18.1% of ex-smokers had used smoking cessation aids.

## Use of smoking cessation services in ex-smokers Nicotine replacement therapy 6.3 Use of smoking cessation services Have you used the following Cessation counselling 4.8 smoking cessation services? *Nicotine replacement therapy* Cessation clinics/centres 4.8 Cessation counselling *Cessation clinics/centres* Quitline Quitline 2.0 Other services None of the above Other services 3.3 6 3 7 5 0 2 4 1 % Cessation aid users were significantly more likely to have smoking urge in the morning and **smoking intention** in various circumstances. Smoking urge in the morning Association of smoking urge and intention for cessation aid use Do you smoke or want to smoke first thing in the morning? No Sometimes Always Smoking urge in the morning \_ Smoking intention (i) Do you think you will smoke Smoking intention in the in the next 12 months? next 12 months Definitely not Probably not Probably will Definitely will Smoking intention when a (ii) Will you smoke if one of your good friend offered a cigarette



Socio-demographic characteristics, cigarette consumption in a smoking day and school clustering effect were adjusted for.

The results suggest a greater possibility of relapse in the future in ex-smokers who used cessation aids. Programmes to prevent relapses are needed for ex-smokers, especially those who quit with aids.

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good friends offers you a cigarette? Definitely not Probably not Probably will Definitely will (iii) If your good friends smoke in front of you, would you want to smoke with them? Definitely not Probably not Probably will Definitely will