SMOKING CESSATION TREATMENT
A CRITICAL COMPONENT OF HIV MANAGEMENT

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Why We Did this Study

FIGURE 1—Cumulative probability of death (all-cause mortality) by months of follow-up, among current, former, and never smokers: Strategies for Management of Antiretroviral Therapy clinical trial, 2002–2006.

What We Did

Project Reach Out: a 2 group, randomized controlled trial
  • Usual Care vs. Cell phone intervention

Usual Care
  • Brief advice to quit + Self-help materials + Instructions on how to receive NRT

Cell Phone Intervention
  • All Usual Care components + Cell phone-delivered proactive counseling
    • 11 phone calls delivered over 3-months
    • Content based on cognitive therapy and motivational interviewing
    • Prepaid cell phones given to participants

Time 1
  Enrollment & baseline assessment
  Randomization

Time 2
  3-month follow-up

Time 3
  6-month follow-up

Time 4
  12-month follow-up
## What We Found

<table>
<thead>
<tr>
<th>Smoking abstinence</th>
<th>Intention-to-treat</th>
<th>Complete case</th>
</tr>
</thead>
<tbody>
<tr>
<td>Data through 12-month follow-up visit</td>
<td></td>
<td></td>
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<tr>
<td>24 hr</td>
<td>2.36 (1.28, 4.38)</td>
<td>2.46 (1.31, 4.64)</td>
</tr>
<tr>
<td><strong>7 day</strong>*</td>
<td><strong>2.41 (1.01, 5.76)</strong></td>
<td><strong>2.47 (1.03, 5.94)</strong></td>
</tr>
<tr>
<td>30 day</td>
<td>2.20 (0.83, 5.83)</td>
<td>2.29 (0.85, 6.15)</td>
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</tbody>
</table>

*primary outcome*

All GLMM modeling adjusted for fixed effects of time and age and random effect of subject.
What We Found

- OR = 4.5; 95% CI (2.0, 10.3)  
  P<0.0001
- OR = 1.2; 95% CI (0.5, 2.9)  
  p=0.6
- OR = 0.8; 95% CI (0.3, 1.8)  
  p=0.5

Follow-up time:
- Quit day
- 3 months
- 6 months
- 12 months

Proportion quit

- blue line: cell phone
- red line: usual care
What Our Results Mean and Why this Matters

**Positive**

- HIV+ population was receptive to smoking cessation treatment
- Cell phone treatment (vs. usual care) results in a significantly higher 7-day abstinence rate

**Negative**

- Absolute quit rates were low
- The cell phone treatment effect was driven by the 3-month outcome (magnitude of effect at 6- and 12-months was smaller), rather than a sustained effect over time
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