

# **Morningside Graduate School of Biomedical Sciences Clinical & Population Health Research Program**

Announces the PhD Thesis Defense of

**CATHERINE S. NAGAWA**

**Smoking Cessation in People with Mental Health Conditions: Exploring the Role of Family and Peers**

Monday, March 28, 2022 at 9 a.m. via Zoom Meeting

**Introduction:** Despite advancements in evidence-based smoking cessation approaches, quit rates in people with mental health conditions who smoke have not increased over the past decade. This research explores the role of family or peers in promoting smoking cessation in this population using three specific aims:

1. Examine associations between family or peer views on tobacco use and smoking cessation in people with mental health conditions who smoke
2. Identify pathways through which family or peer factors influence smoking cessation.
3. Identify social barriers and facilitators to seeking cessation support and assess participants' willingness to involve family or peers in cessation interventions.

**Methods:** We used data from the Population Assessment of Tobacco and Health Study and collected qualitative data from people with mental health conditions who currently smoke or recently quit. Data were analyzed using descriptive statistics, logistic modeling, structural equation modeling, and rapid qualitative analysis.

**Results:** 1) Having family or peers with positive or neutral views on tobacco use significantly reduced the odds of quitting smoking, 2) Higher intentions to quit and positive changes in smoking behavior mediated the relationship between supportive family and peer behaviors and quitting, and 3) quitting together, and encouragement from family and peers were perceived as supportive. With some exceptions, stronger social relationships and tailored support increased willingness to involve family members in cessation interventions.

**Conclusions:** Supportive family or peer attitudes and behaviors can positively influence smoking cessation in people with mental health conditions who smoke. Ways to identify ideal family or peer support partners to involve in cessation interventions are proposed.

## **Mentor**

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