

F. Wagner¹, P. Sheikhattari¹

¹Prevention Sciences Research Center, Morgan State University, Baltimore, USA

Introduction: Addictions epitomize the relationship between body and mind. Addiction to nicotine disproportionately affects underserved populations but only few interventions have demonstrated effectiveness in real-life situations.

Objective: To test an intervention with experimental methodology using Community-Based Participatory Research.

Methods: Residents of low-income communities were randomized to either of two group-based interventions. Outcome was self-report smoking abstinence, verified via CO test. Interventions included 12 sessions with tobacco cessation education, motivational exercises, and NRT and were implemented by Peer Motivators, with different contingency behavioral management programs for session attendance and landmark achievements (Group 'A' had monetary rewards only and Group 'B' combined monetary and non-monetary rewards). A total of 352 participants were recruited (58% men; 65% African Americans; 82% were 40 years or older, 78% jobless; and 75% with 3 or more health problems).

Results: Intent to treat analyses revealed that 27% of participants in Group 'A' and 29% in Group 'B' were able to quit smoking ($P=0.675$). Cessation was associated with higher health problems ($RR=1.2$ per reported problem, $95\%CI = 1.0-1.4$, $p < 0.024$), controlling for attendance and potential confounders.

Conclusions: Our holistic approach addressing both body and mind needs with attention to the social context seems to have generated a successful smoking cessation intervention for low-income populations. Community engagement in the design, implementation and evaluation of smoking cessation programs is paramount.

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