

Improving environmental health implanting effective smoking cessation initiatives in public health programs

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Abstract:

Smoking remains a significant public health concern globally, necessitating effective cessation initiatives within public health programs. This research aims to examine the implementation of such initiatives, focusing on their efficacy and challenges. The study delves into the theoretical framework surrounding smoking cessation and proposes methodologies based on previous research. Ultimately, it seeks to provide insights, recommendations, and conclusions to enhance smoking cessation efforts in public health programs.

Keywords: Smoking cessation public health programs Implementation Efficacy Barriers Challenges Social cognitive theory Socio-ecological model Mixed-methods approach Recommendations.

خلاصة:

لا يزال التدخين يشكل مصدر قلق كبير على الصحة العامة على مستوى العالم، مما يستلزم مبادرات فعالة للإقلاع عنه ضمن برامج الصحة العامة. ويهدف هذا البحث إلى دراسة تنفيذ مثل هذه المبادرات، مع التركيز على فعاليتها والتحديات التي تواجهها. تتعمق الدراسة في الإطار النظري المحيط بالإقلاع عن التدخين وتقدم منهجيات تعتمد على الأبحاث السابقة. وفي نهاية المطاف، فإنه يسعى إلى تقديم رؤى وتوصيات واستنتاجات لتعزيز جهود الإقلاع عن التدخين في برامج الصحة العامة.

الكلمات المفتاحية: الإقلاع عن التدخين برامج الصحة العامة فعالية التنفيذ العوائق التحديات النظرية المعرفية الاجتماعية النموذج الاجتماعي البيئي نهج الأساليب المختلطة التوصيات.

Introduction:

Smoking remains a persistent public health challenge, despite widespread awareness of its detrimental effects. With each puff of smoke, individuals expose themselves to a multitude of health risks, including cardiovascular disease, respiratory ailments, and various forms of cancer. The gravity of these risks necessitates urgent and effective action to curb smoking prevalence.

Within the realm of public health, smoking cessation initiatives stand as crucial tools in the fight against tobacco addiction. These programs, ranging from counseling services to nicotine replacement therapies, offer support and resources to individuals striving to quit smoking. However, the effectiveness of these initiatives is not uniform, and significant gaps exist in understanding how best to implement them within public health programs.

Public health programs serve as vital platforms for reaching populations at risk of smoking-related harm. Whether through community outreach efforts or policy interventions, these programs wield considerable influence in shaping health behaviours. Yet, despite their potential, there remains a lack of clarity on the most effective strategies for integrating smoking cessation initiatives into existing public health frameworks (Brakema, E. A., et al. (2020).

This research endeavours to bridge these gaps by delving into the implementation of smoking cessation initiatives within public health programs. By exploring the intricacies of program design, delivery, and uptake, it seeks to unearth insights that can inform more effective approaches to tobacco control.

Through rigorous analysis and examination, this study aims to contribute to the refinement of public health strategies aimed at Improving environmental health of tobacco smoke and improving the health outcomes of populations worldwide.

In recent years, strides have been made in raising awareness about the dangers of smoking and promoting cessation efforts. However, despite these efforts, smoking remains deeply ingrained in many communities, often perpetuated by social norms, cultural practices, and economic factors. Addressing these complex and multifaceted issues requires a nuanced understanding of the barriers that hinder smoking cessation efforts within public health programs.

Moreover, the evolving landscape of tobacco products, including emerging alternatives like e-cigarettes, presents additional challenges for public health practitioners. The dynamic nature of the tobacco industry demands innovative and adaptable strategies to keep pace with changing patterns of tobacco use. This research aims to explore how public health programs can adapt to these shifting dynamics and effectively address the evolving challenges of tobacco control. By examining both traditional and emerging cessation approaches, it seeks to identify opportunities for enhancing the reach and impact of smoking cessation initiatives. Through collaboration and knowledge sharing, it endeavors to empower communities and organizations to take proactive steps towards a smoke-free future (Kava, C. M., et al. (2018).

Problem of the Study:

The problem at hand lies in the ongoing prevalence of smoking despite the availability of cessation programs, indicating a significant gap in the effectiveness of current initiatives. Despite the resources and efforts invested in promoting smoking cessation, a substantial portion of the population continues to engage in tobacco use, underscoring the need for a deeper understanding of the barriers impeding the successful implementation and uptake of these programs. Without addressing these barriers comprehensively, the efficacy of smoking cessation efforts remains compromised, perpetuating the cycle of tobacco addiction and its associated health consequences. This research endeavors to delve into the root causes of these barriers, shedding light on the social, economic, and psychological factors that hinder individuals from accessing and utilizing cessation resources effectively. By identifying and addressing these barriers, the study aims to pave the way for more impactful and sustainable smoking cessation interventions, ultimately contributing to improved public health outcomes and a reduction in smoking-related morbidity and mortality.

Objectives of the Study:

1. To analyze the effectiveness of current smoking cessation initiatives within public health programs.
2. To identify barriers and challenges hindering the successful implementation of smoking cessation programs.
3. To propose recommendations for improving the efficacy of smoking cessation efforts within public health programs.

Importance of the Study:

The significance of this study transcends mere academic inquiry; it holds profound implications for public health policy and practice worldwide. As smoking remains a leading cause of preventable death and disease globally, the imperative to reduce its prevalence cannot be overstated. By delving into the intricacies of smoking cessation initiatives within public health programs, this research offers a roadmap for policymakers, healthcare professionals, and community stakeholders to navigate the complexities of tobacco control. Through its findings, this study has the power to inform evidence-based strategies that can be tailored to diverse populations and contexts, maximizing the reach and impact of smoking cessation efforts. By identifying effective strategies and addressing implementation challenges head-on, this research has the potential to catalyze a paradigm shift in how smoking cessation is approached and executed, leading to tangible improvements in public health outcomes and a reduction in the staggering burden of smoking-related diseases. Ultimately, the insights gleaned from this study can empower stakeholders at all levels to enact meaningful change, creating healthier environments and brighter futures for individuals and communities affected by tobacco use.

Terms of the Study and Their Definitions:

- Smoking cessation initiatives: Programs and interventions aimed at helping individuals quit smoking.
- Public health programs: Government or community-led initiatives focused on promoting and protecting public health.
- Implementation: The process of putting a plan or program into effect.
- Efficacy: The ability of a program to achieve the desired outcome under ideal conditions.
- Barriers: Factors or obstacles that hinder the successful implementation or uptake of smoking cessation initiatives, including social, economic, cultural, and psychological factors (Brakema, E. A., et al. (2020).

Methodology:

An organized strategy for delving into the research question and producing trustworthy results is what makes up the research technique. A literature review methodology was used in this study, which entails looking for and evaluating previously published academic works that are pertinent to the subject. A systematic search is conducted in academic databases, journals, books, and other credible sources using precise keywords and search terms pertaining to the research subject. In order to find important themes, trends, and gaps in the current research, the chosen literature is thereafter examined and evaluated thoroughly. The results of the literature review are integrated and interpreted using data synthesis methods. In order to answer the research topic, this method entails arranging and summarizing the relevant literature. For the study findings to be legitimate and reliable, the technique also involves evaluating the legitimacy and quality of the chosen literature. In sum, the literature review approach offers a solid foundation for future study and knowledge development in the subject.

Literature Review:

- Effectiveness of Smoking Cessation Initiatives.

A large body of research has examined the efficacy of various smoking cessation programs in an effort to identify the most fruitful approaches. Pharmacotherapy choices, such as prescription drugs and nicotine replacement therapy, are one end of the spectrum of these approaches. Consistent with the

findings of these meta-analyses, comprehensive methods, in which patients receive both psychosocial

and pharmaceutical care, are the most effective. The success rate of helping people quit smoking is greatly increased when these tactics are combined. But we mustn't lose sight of the fact that intervention effectiveness is complex and depends on a wide range of factors.

An important factor in the intervention's success is its intensity. Results from less intense approaches are not always as good as those from more rigorous cessation programs that include full support systems and frequent counseling sessions. The effectiveness of cessation campaigns is also greatly affected by the characteristics of the target group. An individual's responsiveness to intervention measures and their likelihood of successfully stopping smoking can be influenced by factors such as age, socioeconomic situation, education level, and smoking history (Pacheco, C. M., et al. (2018).

In addition, the success of programs to help people quit smoking depends on how involved and supportive the community is. Program adherence and maintenance of abstinence rates are improved by community-based interventions that utilize social networks, peer support, and local resources.

Maximizing the effectiveness of community-based cessation campaigns requires the cultivation of a conducive atmosphere that promotes and eases the adoption of new behaviours.

Recognizing the inherent diversity across research and populations is vital, even though meta-analyses offer valuable insights into general trends and patterns. The success or failure of programs to help people quit smoking may depend heavily on a variety of contextual elements, including healthcare systems, cultural norms, and governmental frameworks. Therefore, in order to maximize the effectiveness of smoking cessation programs and to accommodate the different requirements of groups trying to quit, a personalized and situation-specific strategy is crucial.

The success of programs aimed at helping people quit smoking depends on a complex interaction between the intensity of the intervention, the characteristics of the target population, the level of community support, and other contextual factors. In order to create healthier communities and lessen the impact of smoking-related illnesses, public health programs can benefit from a thorough comprehension of these dynamics by developing and implementing individualized cessation programs that address the unique challenges faced by different populations (Barrett, E. M., et al. (2022).

- Barriers to Implementation:

Many obstacles prevent public health programs from effectively implementing cessation measures, even if there are many effective strategies. Socioeconomic inequalities are a major problem since they disproportionately impact already-vulnerable groups. It may be more difficult for those with lower incomes or less access to healthcare and education to find and use resources to help them quit smoking. Interactions between socioeconomic status and other health determinants amplify existing inequalities in smoking prevalence and make it more difficult to successfully target at-risk communities.

The success of smoking-cessation programs is heavily influenced by cultural norms and attitudes. Social constraints and stigma may make it difficult for people to quit smoking in places where the practice is culturally embedded or where smoking is considered normal. Cultural views on smoking cessation, such as ideas about addiction, self-control, and the function of tobacco in interpersonal relationships, can impact a person's openness to participating in cessation programs. If we want to create interventions that reach out to different cultures and encourage people to quit smoking, we need to understand and address these cultural aspects (Goldemberg, J., et al. (2018).

Additionally, it becomes clear that the availability of healthcare services is a crucial factor in the success or failure of cessation programs. Limited access to healthcare providers, transportation issues, and inadequate coverage for cessation drugs are some of the obstacles that people living in rural or underserved areas may have when trying to get full cessation help. Disparities in access to cessation services among immigrant and non-English speaking communities may be further intensified by linguistic and cultural barriers. To overcome these obstacles, it is crucial to strengthen healthcare infrastructure, increase access to culturally competent treatment, and integrate cessation services into primary care settings (Hafez, A. Y., et al. (2019).

Additional difficulties in implementing smoking cessation programs are caused by structural constraints, such as a lack of resources and money. It may be challenging for public health agencies and community organizations to provide complete cessation treatments and maintain programmatic efforts because of budget constraints. Cutting down on outreach, hiring and training experienced cessation counselors, and providing nicotine replacement medicines at no cost or at a reduced cost can all be made more difficult by a lack of funding. Prioritizing smoking cessation as a public health priority and securing sustainable funding streams for programmatic efforts necessitates strategic lobbying, resource mobilization, and coordination across sectors.

Overcoming socioeconomic gaps, cultural norms, healthcare access, and institutional constraints is crucial for the successful implementation of smoking cessation campaigns within public health programs. Improving health outcomes for communities and individuals impacted by tobacco use, reducing smoking prevalence, and increasing the reach and impact of cessation initiatives are all possible when public health stakeholders work to overcome these barriers through focused treatments, policy lobbying, and community involvement (Nolan, M. B., et al. (2018).

- Theoretical Frameworks in Smoking Cessation:

Interventions to help people quit smoking have been developed and used as part of public health programs using a number of theoretical frameworks. Social cognitive theory is one of the most important theoretical frameworks in this area because it highlights the role of beliefs, self-efficacy, and social support in motivating people to alter their behavior. Individuals are self-regulatory agents capable of engaging in cognitive processes like goal-setting, self-monitoring, and self-reinforcement, as this theory posits. An individual's confidence in their capacity to carry out a certain behavior—for example, giving up smoking—is known as self-efficacy, and it is a key idea in social cognitive theory. People can overcome obstacles and accomplish long-term habit change with the help of smoking cessation programs that promote self-efficacy via goal-setting exercises, skill training, and peer support networks. The socio-ecological model provides a more all-encompassing framework for comprehending the factors that influence smoking behavior; it is based on the ideas put out by social cognitive theory. Multiple layers of influence, including personal traits and social norms, impact health habits, according to this paradigm. One of these levels is smoking. A person's propensity to smoke is affected by their genes, their attitude toward smoking, and their level of awareness regarding the dangers of smoking. Another important factor in determining whether or not someone smokes is the impact of interpersonal factors including societal standards, peer pressure, and family views. In addition, the socio-ecological model acknowledges that smoking prevalence is influenced by broader environmental and policy issues, such as the availability of tobacco products, marketing strategies, and government laws (Escoto, A., Watkins, S. L., Welter, T., & Beecher, S. (2021).

Public health programs can take a comprehensive approach to addressing the complex nature of tobacco addiction by establishing smoking cessation initiatives in these theoretical frameworks. As an example, interventions rooted on social cognitive theory could assist people in their fight against cravings and management of withdrawal symptoms by enhancing their sense of self-efficacy and coping mechanisms. At the same time, rules based on scientific data should be put in place to decrease the prevalence of tobacco use, and there should be an emphasis on smoke-free norms in supportive environments using socio-ecological techniques.

Programs to help people quit smoking benefit from using theoretical frameworks because they clarify the programs' concepts and give a road map for future intervention research and development. Public health professionals can maximize the effectiveness of interventions to promote smoking cessation and improve health outcomes by tailoring them to the needs and preferences of target populations. This is made possible by identifying the key determinants of smoking behavior and the mechanisms of behavior change using theoretical frameworks (Cheung, E., et al. (2022).

Incorporating theoretical frameworks into smoking cessation programs also allows for a more methodical way to assess and improve the programs. Researchers and practitioners can come up with

solid theories regarding the ways interventions are supposed to alter behavior by clearly outlining the

theoretical foundations of interventions. This paves the way for the development of rigorous research procedures, including randomized controlled trials or quasi-experimental designs, to evaluate the identified mediators of change and important outcome measures. Researchers can learn more about the mechanisms behind behavior change and improve intervention tactics by methodically assessing the effects of treatments on intermediate outcomes like changes in social support or self-efficacy and long-term smoking cessation rates (Ratier-Cruz, A., Smith, J. G., Firm, M., & Rinaldi, M. (2020).

Additionally, theoretical frameworks offer a shared vocabulary and conceptual structure for multidisciplinary teams working on smoking cessation studies and programs. The complex interplay of individual, interpersonal, and environmental factors impacting smoking habit can be better understood with the use of theoretical frameworks that draw upon ideas from other disciplines, such as public health, psychology, and sociology. In order to create all-encompassing, multi-level interventions that cater to the specific circumstances and requirements of certain people, this multidisciplinary approach encourages cooperation among academics, professionals, government officials, and community members.

Public health programs that aim to help people quit smoking rely heavily on theoretical frameworks to direct the development, delivery, and assessment of these programs. The use of theoretical frameworks in smoking cessation programs improves their efficacy and longevity by laying a conceptual groundwork for comprehending the factors that influence smoking behavior and the processes by which behavior change occurs. Improved health outcomes and reduced smoking prevalence can be achieved by public health practitioners by developing individualized interventions that tackle the complex and multi-faceted nature of tobacco addiction. This can be achieved by integrating insights from social cognitive theory, the socio-ecological model, and other theoretical perspectives (Record, R. A., et al. (2018).

- **Practical Considerations in Program Design:**

Practical concerns stand as cornerstones in the field of smoking cessation program design, determining the efficacy and accessibility of therapies. One of the most important things is making sure that those who want to quit smoking can easily find and use cessation services. Physical accessibility, including the closeness of nicotine replacement therapy pharmacies or cessation clinics, and logistical issues, such as working hours and appointment scheduling, are involved in this. Removing financial obstacles and guaranteeing equal access to cessation support for all individuals, regardless of socioeconomic situation, requires initiatives to boost affordability. For example, delivering free counseling services or subsidizing cessation drugs.

Recognizing the different values, beliefs, and preferences of target audiences is another crucial aspect of cultural relevance in program design. To increase program acceptability and efficacy, interventions should be tailored to connect with cultural norms and practices. This will generate a sense of inclusivity and relevance. Supportive and responsive environments for people from varied cultural origins can be achieved through the use of culturally adapted materials, language-specific resources, and counseling procedures that are culturally competent. Interventions are more likely to be culturally appropriate and sensitive to the specific demands and preferences of local populations when stakeholders and people of the community are involved in the process of creating and implementing cessation programs (Bafunno, D., et al. (2019).

Because smoking behavior and its causes are complex, a multi-pronged strategy is necessary to address them. Amplifying the efficacy of cessation initiatives and promoting persistent behavior change, multi-component interventions address both individual and environmental factors influencing smoking behavior. Environmental techniques include smoke-free legislation, tobacco taxes, and community-based interventions that address social norms and environmental signals, while individual-level components may involve pharmacotherapy, relapse prevention tactics, and behavioral counseling. Public health programs can maximize their reach and efficacy in encouraging smoking cessation and reducing tobacco-related harm by integrating these components synthetically to build comprehensive cessation treatments that target many levels of influence.

Another characteristic of well-designed programs is their use of community feedback and stakeholder participation alongside evidence-based procedures. When local stakeholders are involved, they feel more invested in the cessation efforts and are able to offer their knowledge, resources, and ideas to the program's creation and execution. To increase access to cessation treatments and encourage long-term behavioral changes, public health programs might form partnerships with local groups, healthcare professionals, businesses, and lawmakers. The effectiveness and relevance of treatments in different community settings can be enhanced through collaborative approaches that make sure they are sensitive to the needs and goals of the target communities.

Effective smoking cessation programs within public health initiatives must take practical concerns into account throughout their design and implementation. Public health programs can enhance their effectiveness in promoting smoking cessation and reducing tobacco-related harm by focusing on accessibility, affordability, cultural relevance, adapting interventions to diverse populations, using a multi-component approach, incorporating community input, and fostering stakeholder collaboration (Frazer, K., et al. (2020).

Results:

This study reached a number of results, which are:

- Smoking cessation initiatives that combine multiple strategies, such as counseling and medication, show the highest success rates in helping individuals quit smoking.
- The effectiveness of cessation interventions varies depending on factors such as intervention intensity, target population characteristics, and community support levels.
- Barriers to successful implementation of smoking cessation programs include socioeconomic disparities, cultural norms, access to healthcare services, and structural constraints like limited funding and resources.
- Theoretical frameworks such as social cognitive theory and the socio-ecological model provide valuable insights for understanding smoking behavior and guiding cessation interventions.
- Practical considerations in program design, including accessibility, affordability, cultural relevance, and a multi-component approach, are critical for enhancing the effectiveness of smoking cessation initiatives.
- Dissemination of research findings and recommendations to policymakers, healthcare professionals, and community organizations is essential for informing future efforts to improve smoking cessation programs.
- Continued research and innovation are needed to address remaining gaps and challenges in smoking cessation, with a focus on tailored interventions for specific populations and ongoing evaluation of program effectiveness.

Recommendations:

- Raising the availability of smoking-cessation options in underprivileged areas, increasing coverage for cessation meds, and providing free or subsidized counseling sessions will all help make smoking-cessation programs more accessible and affordable.
- Create culturally adaptive materials, language-specific resources, and counseling procedures that are culturally competent in order to tailor interventions to the preferences and requirements of varied communities.
- Behavioral counseling, medication, smoke-free legislation, and community-based programs that target environmental cues and social norms should all be part of a comprehensive strategy to reduce smoking rates.
- Tobacco control programs can be more effectively funded, expanded in scope, and made more sustainable if public health agencies, healthcare professionals, community groups, lawmakers, and other interested parties work together more closely.

- Put an end to tobacco use by supporting programs that help people quit smoking and by pushing for continued investment in treatments backed by evidence and new ways of controlling tobacco use.
- Tobacco pricing, smoke-free legislation, advertising limits, and regulation of tobacco products are all parts of a comprehensive tobacco control strategy that should be implemented on a national, regional, and municipal level to encourage people to stop smoking and discourage their use of tobacco products.
- Tobacco control programs should be evaluated and monitored on a regular basis to see how well they are working, where they can be improved, and how well they adapt to new possibilities and obstacles.
- The ultimate goal of these suggestions is to lessen the number of people who smoke and enhance the health of the population as a whole by enhancing the efficiency and efficacy of smoking-cessation programs run by public health agencies.

Conclusion:

The study trip is coming to an end, but not before leaving a wake of profound insights and practical recommendations that could spark major shifts in public health programs aimed at helping people quit smoking. By doing thorough research and synthesis, this study has shed light on the difficulties of combating tobacco addiction and shown how to develop more efficient treatments.

The findings of this study highlight the critical need to accelerate initiatives to lower smoking rates and enhance public health. The far-reaching effects of smoking on people's health, healthcare systems, and society as a whole make quitting an urgent matter of public health concern. This study's results support the idea that quitting smoking is not a simple task but rather an intricate process that calls for individualized treatments, holistic strategies, and long-term dedication.

Policymakers, healthcare providers, and community stakeholders can use the research's suggestions as a road map to implement evidence-based tactics that will increase the effectiveness of smoking cessation campaigns. Environmental supports for smoking cessation and the opportunity to live healthier, smoke-free lives can be fostered through public health programs that place an emphasis on accessibility, affordability, cultural relevance, and cooperation.

Sharing study results and recommendations also acts as a rallying cry, getting people involved in the fight against tobacco to put their knowledge into practice. Together, we can strengthen our resolve to reduce tobacco use, increase the effectiveness of programs to help people quit smoking, and bring about a world free of tobacco in the future if we share our knowledge and experiences.

To sum up, this study adds to what is already known about public health programs' efforts to help people quit smoking and lays the groundwork for more studies and initiatives in this area. We can create a healthier, smoke-free society for future generations by utilizing evidence-based therapies, forming collaborative alliances, and advocating continuously.

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