Influences on smoking among Greek-Australians aged 50 and over: A mixed-methods study

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By

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Declaration

I certify that this thesis does not incorporate without acknowledgment any material previously submitted for a degree or diploma in any university; and that to the best of my knowledge and belief it does not contain any material previously published or written by another person except where due reference is made in the text.

Masoud Mohammadnezhad **Date and Signature**

List of publications/conference presentations

1. M Mohammadnezhad, P Ward, G Tsourtos, C Wilson, J Ratcliffe. (2010) *A review of the effectiveness of smoking cessation behavioural interventions among people of non-English-speaking background: An implication for Greek- Australian elderly smokers*. 9th International Conference on Greek Research. 30th June- 3rd July 2011. Adelaide. (Oral Presentation)

2. M Mohammadnezhad, P Ward, G Tsourtos, C Wilson, J Ratcliffe. (2011). *Smoking Cessation Based on Behavioural Intervention Methods: A Systematic Review*. 2011 State Population Health Conference. 29th October 2011. Adelaide. (Oral Presentation)

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7- M Mohammadnezhad, P Ward, G Tsourtos, C Wilson, J Ratcliffe. (2014). *An Investigation of Smoking-related Self-efficacy Among Greek-Australian Smokers and Anglo-Australian Smokers Aged 50 and Over*. The 15th National Nurse Education Conference 2014. 30th April to the 2nd May, Adelaide. (Oral Presentation)

Abstract

Influences on smoking among Greek-Australians aged 50 and over: A mixed-methods study

INTRODUCTION: Cigarette smokers have a higher probability of developing several chronic health disorders. Smokers of all ages can benefit by quitting, but many Australians continue to smoke. Older Greek-Australians have the highest prevalence of cigarette use in Australia. This study assesses smoking among Greek-Australians aged 50 and over and compares predictors of smoking behaviour in this group with the predictors for older Anglo-Australians.

METHODS: This investigation included three complementary studies: first, a systematic review of articles on smoking published between 1980 and 2011. The review focused on Randomized Controlled Trials (RCTs) and Quasi-RCTs in which the effects of specific behavioural interventions were examined. Papers were evaluated for inclusion and then data were extracted and interpreted. Second, snowball sampling techniques were used to identify 20 current smokers (12 males and 8 females) aged 50 or older. A qualitative study was designed to gather information on participants' perspectives and understandings regarding their reasons for smoking and their attitudes to quitting. Responses were collected via a semi-structured, face-to-face interview, conducted with the assistance of a Greek translator. The audio-taped interviews were translated and then their content was analysed. Third, a convenience sampling method was used to collect data for a cross-sectional survey of older smokers and non-smokers, including both Greek-Australians and Anglo-Australians in four subgroups: Greek-Australian Smokers (GSs), Greek-Australian non-smokers (GNSs), Anglo-Australian smokers (ASs), and Anglo-Australian non-smokers (ANSs). The data were collected over a six-month time frame from 27 October 2012 to 30 April 2013; subsequent analysis explored participants' knowledge of the health impacts of smoking and attitudes to smoking and/or quitting. Interview questions were designed to test possible differences in predictors of behaviour, knowledge, and attitudes between the four

subgroups. Overall, 387 people (106 ANSs, 82 ASs, 103 GNSs, and 96 GSs) participated in this study.

RESULTS: The systematic review identified some facilitators and predictors of effective smoking cessation programs targeting older smokers, and smokers with a non-English speaking background (NESB). The qualitative study results showed that older GSs had poorer knowledge about the negative health consequences of smoking as well as a more positive attitude to smoking consumption. They scored low for perceived benefits of smoking cessation and perceived risks of smoking use, while scoring high for perceived barriers to quitting. Few of the older Greek smokers expressed intention to quit, and their level of self-efficacy to embark on smoking cessation was low. Finally, comparing the results of the cross-sectional survey confirmed that GSs had poorer knowledge about the health consequences of smoking and had a more positive attitude to smoking. An integrated model (I-Model) was then developed based on four behavioural change models and theories, to illustrate the relationships of the research variables and to highlight smoking behavioural patterns among older Greek-Australians.

CONCLUSION: Older Greek-Australians have been identified as a priority group for smoking cessation interventions in Australia. The new proposed I-Model can be regarded as a comprehensive tool to help health care providers and researchers develop effective strategies to promote smoking cessation for older Greek-Australians.

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Dedication

This study is dedicated to my late father, and to my beloved daughter, Ava, who sustained me and motivated me when I encountered many difficulties along the way.

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Glossary of terms

Attitude "is defined as a function of beliefs. In other words, a person who believes that performing a particular behaviour will lead to positive outcomes will have a favourable attitude toward performing that behaviour" (Ajzen and Fishbein, 1980). In this study, 'attitude' refers to the participants' attitude to smoking, that attitude being measured by a self-administrated questionnaire using a 14-point Likert scale.

Knowledge "refers to all that a person knows"(Chang, 2005). In the present study, it is defined as participants' knowledge about smoking cessation benefits and smoking harms, and it was measured by a self-administrated questionnaire which included 15 true-or-false questions.

Intention "refers to a person's perceived likelihood of performing a particular behaviour"(Ajzen and Fishbein, 1980). In the present study, 'intention' measures the smoker's likelihood of quitting in the next three months and was measured by one question which based on the Likert scale.

Behaviour "is defined as a series of actions" (Ajzen and Fishbein, 1980) and in this work it refers to smoking consumption. It was measured by a question about the number of cigarettes smoked during the preceding 24 hours.

As a minor determinant within social cognitive theory, **self-efficacy** describes an individual's confidence in their ability to coordinate and carry out the actions necessary to quit with perceived personal competence and overcoming perceived obstacles and costs (Bandura, 1998, Abraham et al., 2000). It was measured by a standard questionnaire which included a 9-point Likert scale.