









EXPLORING INTERVENTION MECHANISMS BEFORE PILOTING A SMOKING CESSATION PREVENTION PROGRAM

THE RESIST PROJECT

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BEFORE RESIST: THE TABADO PROJECT...



- Smoking prevalence in France: more than 30% of 17 year old, 52% for the apprentices
- TABADO (2007-2010), a smoking cessation program for:
 - all students => an information meeting about smoking (health risks and cessation helps)
 - volunteers smokers => an enhanced program combining motivational counselling (and medication if needed) with group sessions moderated by a smoking cessation specialist
 - Cessation rate at 12 months: 17% intervention groups vs. 11.9% control groups (p = 0.008)
- But... possible influence of social networking on results
- Objective of the RESIST project:

To evaluate the effectiveness of a smoking cessation intervention integrating a "social support" component in a population of vocational trainees



Stepl

Social network analysis in the context of TABADO intervention to develop a strategy based on "social support"



Stepl

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Step 2

2.1 : Pilot study



Stepl

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2.1 : Pilot study

2.2 : . Evaluation of the RESIST intervention Multicenter randomized cluster controlled trial



Stepl

Social network analysis in the context of TABADO intervention to develop a strategy based on "social support"

Start
November 2016

Start

Step 2

November 2017

2.2 : Evaluation of the RESIST intervention

Start

Multicenter randomized cluster controlled trial

November 2018

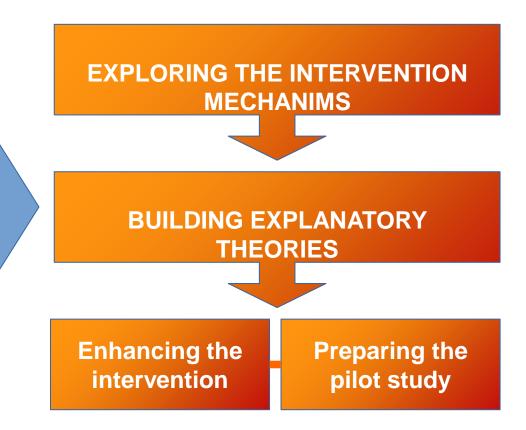
WHAT IS THE OBJECT OF THE EXPLORATION?

A twofold objective:

- to investigate the influence of social network on participation and compliance to the TABADO intervention, and on smoking behavior (successful smoking cessation, relapses)
- to provide comprehensive knowledge elements for developing a social support component that could optimize the effectiveness of the TABADO intervention

A necessary consideration:

The results of the program are influenced by numerous contextual or intervention associated factors: character and representations of individuals and stakeholders, conditions of implementation, health policy environments.



Investigating social network requires combining epidemiologicial, psychological, sociological, health promotion research perspectives and knowledge: what a challenge for a French team!

AN INTERDISCIPLINARY APPROACH

Psychology

- Behavior change theories & taxonomy

- Behavior change intervention models
- Individual perspective
- Quanti / quali approaches

Developing and evaluation complex interventions

Implementation science

Intervention mechanisms

Health promotion

Sociology

- Action and actors & social network theories

- Social determinants and representation of smoking
- Social perspective
- Qualitative approach

Health behavior determinants

- Smoking and smoking cessation determinants
- Evaluation methodology
- Population perspective

Epidemiology

Complex intervention evaluation models

Actor-network theory

- Intervention theories
- Intervention key nctions / components
 - Mixed methods

proach

EXPLORING BEFORE PILOTING

The elaboration of an intervention research project involves previous investigations which are equally important to the intervention and its evaluation

- Focusing on the object of the study: tobacco use and associated behaviors
- Moving away from the intervention in order to adopt a comprehensive approach of the research issue
 - Requires an interdisciplinary approach
 - Requires to think « theory »
- Accepting the complexity of mechanisms and trying to sort them out

The pilot phase must not ignore the exploratory phase as a critical time for

- Developing methodological innovation
- Making mistakes
- Not producing results (in terms of health behavior)

CHALLENGES FOR EXPLORING AND PILOTING

- De- and re-constructing the research question implies creating a dynamic between researchers from different disciplines
- It requires to move away from a of sector-specific research culture: ensuring the precedence of the research question over disciplinary research work routines
- If researchers want to propose a high-quality process evaluation,
 - they must theorize the intervention and theorization implies interdisciplinarity
 - Comprehension and support from funders is expected (which is the case with RESIST...)

OTHER MEMBERS OF THE RESIST PROJECT

- Principal investigators: François Alla, Laetitia Minary
- Co-Investigator: Joëlle Kivits
- Project manager: Amandine Vallata
- Scientific comittee: Nelly Agrinier, Rona Campbell, Linda Cambon, Céline Maire, Yves Martinet, Audrey Petit, Louise Potvin, Laetitia Ricci, Cyril Tarquinio, Julie Vallée, Nathalie Wirth
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THANKS TO

Call for project - Primary prevention - IRESP 2014







Call for project – Epidemiological Research - 2014



• Call for project – Research projects of regional interest 2014 and Doctoral Fellowship 2016

