



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

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Step I

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

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Step 1

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

2.1 : Pilot study

Step 2

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Step 1

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

Step 2

2.1 : Pilot study

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

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Step 1

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

Start
November 2016

Step 2

2.1 : Pilot study

Start
November 2017

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

Start
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 environment

EXPLORING THE INTERVENTION
MECHANISMS



BUILDING EXPLANATORY
THEORIES



Enhancing the
intervention

Preparing the
pilot study

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

AN INTERDISCIPLINARY APPROACH

Developing and evaluation complex interventions

- Behavior change theories & taxonomy
- Behavior change intervention models
- Individual perspective
- Quanti / quali approaches

Psychology

Implementation science

Sociology

- Action and actors & social network theories
- Social determinants and representation of smoking
- Social perspective
- Qualitative approach

Health behavior determinants

Intervention mechanisms

Actor-network theory

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

Epidemiology

Complex intervention evaluation models

Health promotion

- Intervention theories
- Intervention key components
- Mixed methods approach

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...*)
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OTHER MEMBERS OF THE RESIST PROJECT

- **Principal investigators:** François Alla, Laetitia Minary
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- **Project manager:** Amandine Vallata
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- 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

