**Effect of a Group Tobacco Cessation Behavioural Intervention among Patients with Mental Illness in Kenya: Results from a Controlled Clinical Trial**

Yvonne Olando, Muthoni Mathai, Mary Kuria, Francis Njiri, Mark D. Huffman

Corresponding author: Yvonne Olando ([yvonneolando@yahoo.com](mailto:yvonneolando@yahoo.com))

Yvonne Olando. University of Nairobi, Nairobi, Kenya. [yvonneolando@yahoo.com](mailto:yvonneolando@yahoo.com)

Prof. Muthoni Mathai. University of Nairobi, Nairobi, Kenya. [muthonimathai@gmail.com](mailto:muthonimathai@gmail.com)

Prof. Mary Wangari Kuria. University of Nairobi, Nairobi, Kenya. [mkuria@uonbi.ac.ke](mailto:mkuria@uonbi.ac.ke)

Francis Njiri. University of Nairobi, Nairobi, Kenya. [fnjiri@gmail.com](mailto:fnjiri@gmail.com)

Prof. Mark D. Huffman. Northwestern University Feinberg School of Medicine, Chicago, USA and The George Institute for Global Health, University of New South Wales, Sydney, Australia. [Mark.huffman@nm.org](mailto:Mark.huffman@nm.org)

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**Supplemental Table 1. Summary of group behavioural counselling intervention timeline and session topics.**

**Week Session Topic**

After informed consent Orientation using the 5 As (Ask, Advice, Assess, Assist, Arrange)

Session 1 (Week 1) 1. Introduction to the program and reasons to quit

Session 2 (Week 3) 2. Benefits of quitting and understanding why we smoke

and ways of quitting, setting quit date

Session 3 (Week 5) 3. Withdrawal symptoms and social support

Session 4 (Week 7) 4. Dealing with stress and anxiety and coping with

depression

Session 5 (Week 9) 5. Assertiveness training and anger management

Session 6 (Week 11) 6. Tobacco-free lifestyle and dealing with high risk

situations

Follow up sessions 7. Discussions on participants’ feelings,

(Weeks 14-26) cessation attempts, barriers experienced, and how they coped

8. Documentation of self-reported quit attempts

9. Support offered as per participants’ experiences/ challenges

**Supplemental Table 2: Characteristics of participants who completed study versus those who did not.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | Participants characteristics | | | |  |
| Did not complete study | | Completed study | |  |
| **N=35** | **%** | **N=62** | **%** | **p-value** |
| gender | Male | 31 | 37.3% | 52 | 62.7% | 0.53 |
| Female | 4 | 28.6% | 10 | 71.4% |
| Education level | None | 0 | 0.0% | 1 | 100.0% | 0.09 |
| Primary | 6 | 20.7% | 23 | 79.3% |
| Secondary | 17 | 41.5% | 24 | 58.5% |
| College | 11 | 55.0% | 9 | 45.0% |
| University | 1 | 16.7% | 5 | 83.3% |
| Occupation | Unemployed | 12 | 32.4% | 25 | 67.6% | 0.54 |
| Student | 0 | 0.0% | 3 | 100.0% |
| Self employed | 14 | 42.4% | 19 | 57.6% |
| Employed | 9 | 39.1% | 14 | 60.9% |
| Retired | 0 | 0.0% | 1 | 100.0% |
| General health | Poor | 6 | 37.5% | 10 | 62.5% | 0.84 |
| Fair | 12 | 32.4% | 25 | 67.6% |
| Good | 17 | 38.6% | 27 | 61.4% |
| Mental health disorder | Substance dependence | 24 | 36.9% | 41 | 63.1% | 0.59 |
| Major depression | 6 | 40.0% | 9 | 60.0% |
| Schizophrenia | 2 | 28.6% | 5 | 71.4% |
| Bipolar | 2 | 22.2% | 7 | 77.8% |
| Depression | 1 | 100.0% | 0 | 0.0% |
| Anxiety | 0 | 0.0% | 0 | 0.0% |
| Tobacco product | Cigarettes | 34 | 36.6% | 59 | 63.4% | 0.64 |
| Kuber | 1 | 25.0% | 3 | 75.0% |
| Shisha | 0 | 0.0% | 0 | 0.0% |
| Smokeless tobacco | 0 | 0.0% | 0 | 0.0% |

**Supplemental Table 3: Reduction in the self-reported number of cigarettes or kuber smoked over the study period, by intervention and control group.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Intervention (N=33)** | **Control**  **(N=29)** | **p-value** |
| Number smoked at baseline, median (IQR) | 9 (8, 16) | 14 (9, 16) | 0.68 |
| Number smoked at 24-week follow-up, median (IQR) | 2 (1, 3) | 10 (7, 16) | <0.01 |
| Reduction in number smoked, median (IQR) | 8 (6, 13) | 2 (-2, 6) | <0.01 |
| Proportion of participants with any reduction in tobacco consumption (95% CI) | 97.0%  (90.8%, 100%) | 58.6%  (39.6%, 77.7%) | <0.0001 |

**Supplemental Table 4: Any improvement in health-related quality of life score between intervention and control groups measured by the World Health Organization Quality of Life Brief Questionnaire with corresponding odds ratio for any improvement.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Domains** | | **Intervention** | **Control** |  |  |
| **N=33** | **N=29** | **OR (95% CI)** | **p-value** |
| Physical health | Yes | 15 (30.6%) | 5 (10.4%) | 3.79 (1.25, 11.48) | 0.01 |
| No | 34 (69.4%) | 43 (89.6%) |
| Psychological | Yes | 14 (28.6%) | 8 (16.7%) | 2.00 (0.75, 5.33) | 0.16 |
| No | 35 (71.4%) | 40 (83.3%) |
| Social relationships | Yes | 15 (30.6%) | 8 (16.7%) | 2.21 (0.83, 5.83) | 0.11 |
| No | 34 (69.4%) | 40 (83.3%) |
| Environment | Yes | 17 (34.7%) | 4 (8.3%) | 5.84 (1.79, 19.03) | <0.01 |
| No | 32 (65.3%) | 44 (91.7%) |

Yes: Increased score; No: No improvement

**Supplemental Table 5: Adjusted outcomes for health-related quality of life.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Physical domain** | |  |  |  |  | |
|  | **Coefficient** | **S.E. of coefficient** | **p-value** | **OR** | **95% C.I. for OR** | |
| **Lower** | **Upper** |
| Group | 1.12 | 0.61 | 0.07 | 3.06 | 0.93 | 10.13 |
| Age | 0.01 | 0.03 | 0.78 | 1.01 | 0.94 | 1.08 |
| Gender | 0.93 | 0.72 | 0.20 | 2.53 | 0.61 | 10.43 |
| Use of AOD | 1.35 | 0.60 | 0.03 | 3.85 | 1.19 | 12.51 |
| Mental health disorder | -.39 | 0.35 | 0.28 | 0.68 | 0.34 | 1.36 |
| **Psychological domain** | | | | | | |
|  | **Coefficient** | **S.E. of coefficient** | **p-value** | **OR** | **95% C.I. for OR** | |
| **Lower** | **Upper** |
| Group | 0.43 | 0.55 | 0.44 | 1.54 | 0.52 | 4.53 |
| Age | 0.04 | 0.04 | 0.30 | 1.04 | 1.00 | 1.11 |
| Gender | -.353 | 0.75 | 0.64 | 0.70 | 0.16 | 3.06 |
| Use of AOD | 0.53 | 0.63 | 0.41 | 1.70 | 0.49 | 5.87 |
| Mental health disorder | -1.62 | 0.73 | 0.03 | 0.20 | 0.05 | 0.83 |
| **Social domain** | | | | | | |
|  | **Coefficient** | **S.E. of coefficient** | **p-value** | **OR** | **95% C.I. for OR** | |
| **Lower** | **Upper** |
| Group | 0.83 | 0.54 | 0.12 | 2.30 | 0.80 | 6.66 |
| Age | 0.04 | 0.03 | 0.14 | 1.04 | 0.99 | 1.11 |
| Gender | 0.77 | 0.67 | 0.25 | 2.16 | 0.58 | 8.08 |
| Use of AOD | 0.26 | 0.57 | 0.65 | 1.29 | 0.43 | 3.92 |
| Mental health disorder | -.18 | 0.28 | 0.52 | 0.84 | 0.49 | 1.44 |
| **Environment domain** | | | | | | |
|  | **Coefficient** | **S.E. of coefficient** | **p-value** | **OR** | **95% C.I. for OR** | |
| **Lower** | **Upper** |
| Group | 1.87 | 0.66 | 0.004 | 6.46 | 1.79 | 23.34 |
| Age | 0.05 | 0.04 | 0.19 | 1.05 | 0.98 | 1.12 |
| Gender | -.35 | 0.77 | 0.65 | 0.71 | 0.16 | 3.21 |
| Use of AOD | 0.16 | 0.62 | 0.80 | 1.17 | 0.35 | 3.94 |
| Mental health disorder | -.59 | 0.39 | 0.14 | 0.56 | 0.26 | 1.20 |

\*Adjusted for age, gender, baseline AOD, and baseline type of mental illness.

AOD: Alcohol and other drug use, but not diagnosed as a substance use disorder