

Planned vs delivered behaviour change techniques (BCTs) in SISTAQUIT® Smoking Cessation Intervention Materials for Aboriginal and Torres Strait Islander pregnant women: an analysis using multiple taxonomies

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Introduction and Aims: 44% of Aboriginal and Torres Strait Islander pregnant women smoke despite their motivation for quit. Our aim was to analyse component behaviour change techniques (BCTs) in the SISTAQUIT intervention, which trains health professionals in culturally competent smoking cessation care for Aboriginal and Torres Strait Islander pregnant women and provides patient-centred resources.

Methods: Training Manual, Booklet, Flipchart and Posters were independently coded by an Aboriginal researcher and an expert coder. Training Webinars were coded by two expert coders. Two smoking cessation-specific taxonomies were used. A third reviewer examined the discrepancies. Inter-rater reliability levels were estimated. The intended BCT components from the design phase were compared to the coded in the resources.

Results: The intercoder agreement was high. Health professional resources contained 63 BCTs, most in the Training Manual (59), followed by Training Webinars (42), Flipchart (39). Patient resources contained 28 BCTs (23 in the patient booklet). The BCTs from the design phase were consistent with the analysis.

Discussions and Conclusions: BCT analyses in other populations identified key ingredients that predict quitting success in pregnancy. A UK study identified 37 BCTs across trials of behavioural support for pregnant smokers. Eleven BCTs were present in two effective interventions and in few UK training manuals. The BCTs number in the SISTAQUIT resources indicates the comprehensive nature of the training.

Implications for Practice or Policy: BCTs haven't been analysed in a smoking cessation intervention for an Indigenous population in the past. SISTAQUIT contains 63 BCTs in the health professional resources and 24 in the patient resources, with a good correlation between the intended design and the finished products.

Implications for Translational Research: Future research could focus on the fidelity of smoking cessation care in practice delivered by the health professionals trained in SISTAQUIT.

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