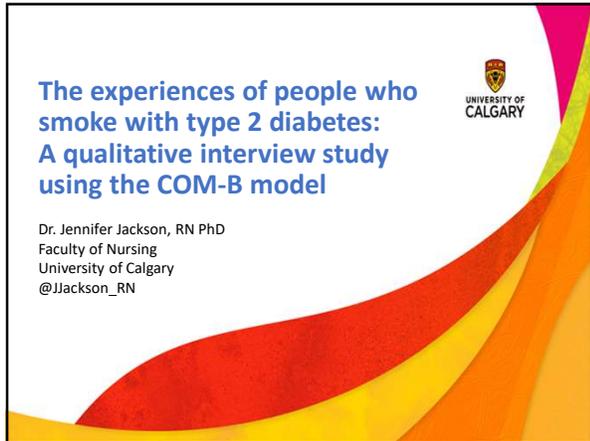


**The experiences of people who smoke with type 2 diabetes:
A qualitative interview study using the COM-B model**

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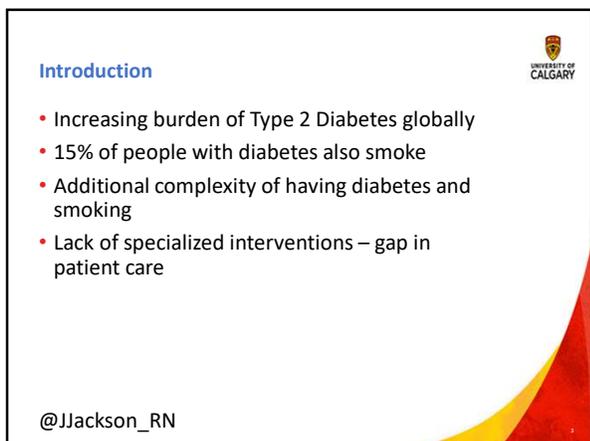
UNIVERSITY OF CALGARY
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Introduction

- Increasing burden of Type 2 Diabetes globally
- 15% of people with diabetes also smoke
- Additional complexity of having diabetes and smoking
- Lack of specialized interventions – gap in patient care

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COM-B Model

Image from: Michie, S., Atkins, L., & West, R. (2014). *The behaviour change wheel: A guide to designing interventions*. Silverback Publishing.

COM-B Model

- Capability
 - Physical- consequences of quitting
 - Psychological- Knowledge, attitude, desire to quit
- Opportunity
 - Physical- access to NRT and HCP
 - Social- support from family and friends
- Motivation
 - Automatic- habits that facilitate smoking
 - Reflective- reasons for wanting to quit

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Methods

- Framework analysis
- Qualitative interviews
- 20 participants in the USA, 11 in UK
- Mean age 49
- Majority female (75%) and white (70%)

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Findings: Overview

- Needs are not being met fully by either diabetes or smoking cessation services
- Participants felt significant shame
- 'Catch-22' quitting smoking and managing diabetes

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Findings: Capability

- All participants wanted to quit smoking
- Grief, shame, exclusion
- Concerns about weight gain

I'm an overweight person and I'm worried about stopping smoking and increasing my weight, because everybody says that happens. And because I'm a diabetic I can't afford to have any more weight on me. So, it's like a circle (P7; Female, 55y/o).

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Findings: Opportunity

- Big differences in access to NRT by region
- Need for replacing experience of smoking, not only nicotine
- Discouraging connections from HCP

She told me to go back and see her, she'll make me blow into that machine and she like wagged her finger at me and said, "I'll know if you've had a cigarette." I felt like I was being scolded so I never went back to her (P7; Female, 55y/o).

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Findings: Motivation

- Smoking not treated as an addiction
- Fears that avoiding triggers would lead to social isolation
- Both positive and negative motivations for quitting smoking

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Findings: Beyond the Model

- Diabetes distress and mental health issues

I had a bunch of issues come on, health issues, and one of them was diabetes and I just felt like garbage (...) I'm home alone, so it was actually the diabetes and feeling crappy that kind of made me smoke again (D16; Male, 50y/o).

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Findings: Intervention

- Need for tailored intervention that consider smoking and diabetes
- Group-based quitting programs
- Validate that smoking is an addiction
- Tailored messages via text
- Preference for positive, supportive messages

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Next Steps

- Need for specialized, customizable interventions
- Address stress management, weight gain
- Recognize system barriers

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Thank you!

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