



The quit-smoking calendar to aid smoking cessation among university students: a pilot study

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Introduction

A tool has been developed as a smoking cessation aid, called a quit-smoking calendar, to help students quit smoking, along with a smoking consultation using the five A's model from two pharmacy students. This pilot study aimed to assess whether the quit smoking calendar can help students quit or reduce smoking and assess their attitudes towards smoking before and after using the quit smoking calendar.

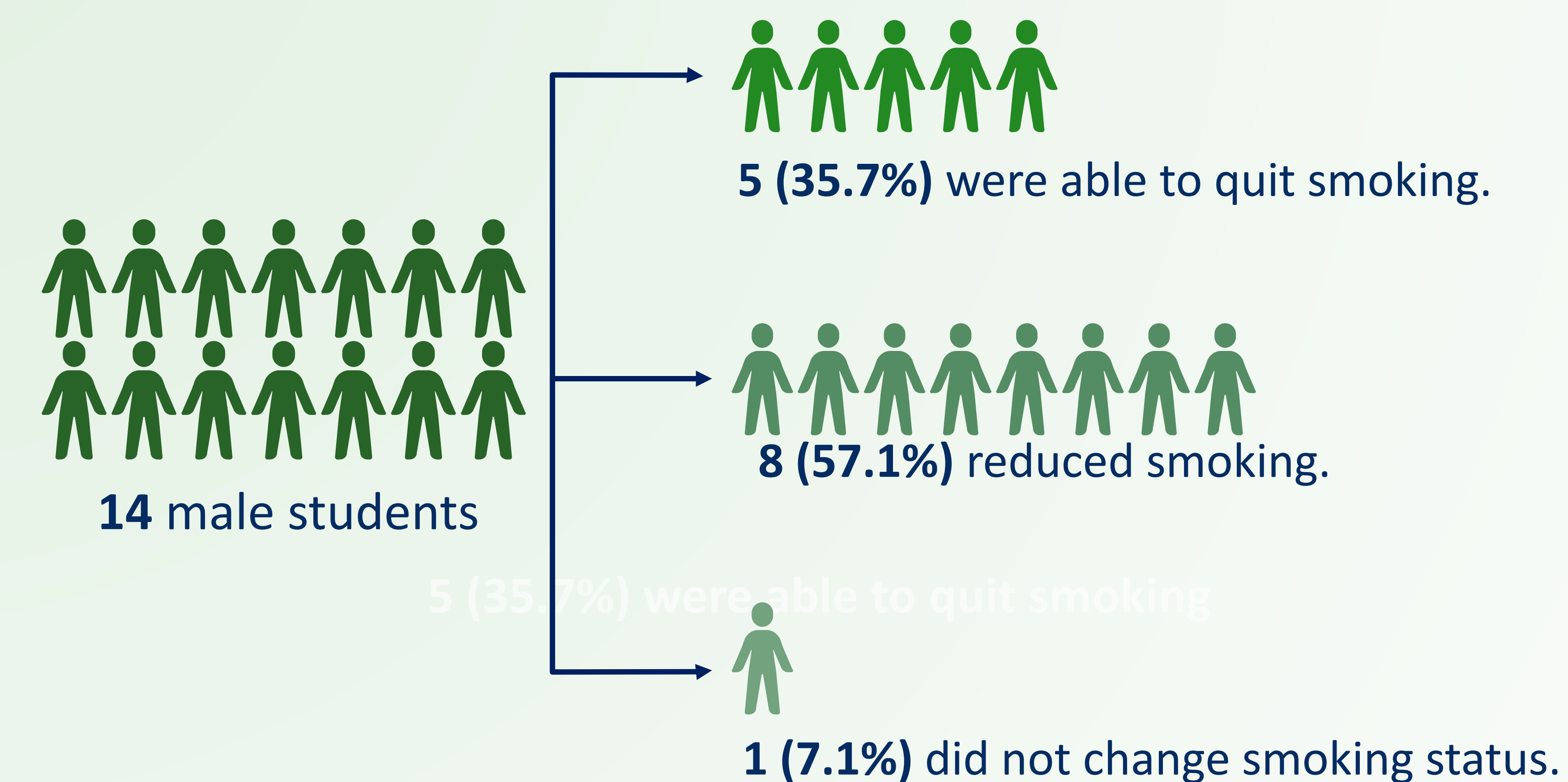
Methods



This pre-post study involved student participants who were smokers. Voluntarily, the participants used a quit smoking calendar for six weeks. At the end of the study, their smoking status was measured and categorized as quit, reduce, or no change. The quit-smoking calendar had a table-like format with 28 days that could be torn off daily. Its front side featured a graphic illustrating the dangers of smoking, while the inside contained motivating images like healthy lifestyles and family. The participants set goals to either reduce cigarette consumption or quit smoking completely. If a goal was achieved, they tore off the front sheet; otherwise, they retained it until the goal was met the next day. The participants were followed three times (weeks 1, 4, and 6) by telephone to ask their smoking status and attitudes.

Result

Smoking status at week 6



Attitudes towards smoking

Their attitudes towards smoking did not differ between before and after using the quit calendar.

Conclusion

The quit smoking calendar was able to help university students quit smoking, but their attitudes did not change.