What predicts smoking cessation intervention among healthcare providers in Malaysia? The importance of attitude and self-efficacy characteristics

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ABSTRACT

Objective: To determine the predictors for smoking cessation intervention behaviour among healthcare providers in Malaysia.

Methods: A cross-sectional survey was conducted in Malaysia among 1004 healthcare providers from January until December 2016. A validated self-administered questionnaire, ProSCiTE, assessed individual factors, smoking cessation factors, cognitive and behavioural factors as well as behaviour on smoking cessation intervention, was distributed to the participants. Descriptive statistics were determined for all the variables and hierarchical multiple regression to examine the predictors for practice behaviour.

Results: Among 1004 invited healthcare providers, 934 completed the survey, yielding a 93.0% response rate. The majority of healthcare providers were female (61.8%). Smoking status (AOR = 2.17, 95% CI: 1.01 – 4.64), training in smoking cessation (AOR = 2.23, 95% CI: 1.66 – 3.17), attitude towards smoking cessation intervention (AOR = 1.67, 95% CI: 1.20 - 2.32) and self-efficacy (AOR = 5.61, 95% CI: 1.2 – 2.32) are the predictors which contributed to behaviour of smoking cessation intervention.

Conclusions: The main significant factors for intervention behaviour were self-efficacy, training in smoking cessation, attitude towards smoking cessation intervention and smoking status. These findings provided local evidence, which supported our suggestion in emphasising on a skill-building approach among healthcare providers’ education.

Keywords; smoking cessation, training, knowledge, attitude, self-efficacy, behaviour, healthcare providers