

## Introduction

- Continuing to smoke after a lung cancer diagnosis is associated with reduced cancer treatment efficacy, reduced quality of life, increased risk for cancer recurrence, and decreased survival.
- Smoking cessation interventions for cancer patients have demonstrated limited efficacy, and none have specifically targeted lung cancer patients.
- Vidrine et al (2021) recently demonstrated the efficacy of a theoretically and empirically based "Motivation And Problem-Solving" (MAPS) telephone counseling approach to facilitating smoking cessation among cervical cancer survivors.
- The current study describes preliminary qualitative results from the adaptation of the MAPS intervention specifically for lung cancer patients.

## Participants and Methods

- We conducted in-depth interviews with lung cancer patients (N=10) to inform the adaptation of our MAPS treatment manual for current smokers diagnosed with lung cancer.
- Inclusion criteria: 1) diagnosis of lung cancer, 2) age ≥ 18, 3) at least 100 lifetime cigarettes, 4) current smoking (defined as any smoking in past 30 days), 5) English speakers/readers, 6) not enrolled in smoking cessation program
- Patients were asked about their smoking behavior, the attribution of cancer to their smoking, and potential cessation strategies to maximize our approach for lung cancer patients. Based on qualitative findings, we adapted our MAPS treatment manual for lung cancer patients.

Demographic Variables (N=10)	Mean (SD) or %
Gender: % Female	80%
Age	65.7 (9.7)
Race: % White	70%
Income: \$10,000-\$19,999	40%
Smoking	Mean (SD)
Cigarettes per day	15.3 (8.8)
Years smoked	42.3 (12.9)
Cancer Characteristics	%
Cancer Stage	Stage III = 40%

## Results

### Initial Ambivalence about Quitting Smoking :

"I'm not going to put myself through hell trying to quit smoking on top of chemo, on top of treatment, on top of scans, on top of all of this junk... In the end, I'm going to die anyway, and I may as well make it as, you know, feed my addiction."

"But you know, when I got the diagnosis and it kind of made me go well, I already got lung cancer. So what more harm can I do?"

### Impact of Continued Smoking on Cancer Treatment:

"Oh I definitely think it's terrible. I think it slows or stops your healing. It's just a terrible thing to do, period. It's just stupid."

"I am afraid, I'm afraid it's going to bring it back. So. Because my lung cancer is, from what I've read on the Internet too, it's mainly from smoking and I've smoked for a really long time and, like I said before, I never really tried to quit."

"I don't think it is good for it at all, you know, but like I said, you know, the addiction is there"

"I don't think it impacted my treatment, but I think it will impact or could impact the rest of my life."

### Challenges to Quitting for Lung Cancer Patients:

"I went back to smoking because I felt like quitting wasn't really going to work. I started losing weight, I hadn't felt like eating, and it started hurting really bad...the treatments made me stop but I started again because I was hurting."

"It was just the stress of the cancer and everything else and the addiction, you know, is there. So I just wanted a cigarette one day, and I got in the car, went to the store, and got me a pack."

## Data Analysis

- Interviews were transcribed and checked for accuracy. First, three researchers coded transcripts using Nvivo 12. Then, an initial codebook was developed using the interview guide.
- Two authors independently coded three interviews using Nvivo 12. Agreement between codes was assessed using a Kappa statistic. Discrepancies were discussed with a third author and coding was repeated until 80% agreement was achieved.
- Codes were refined by two team members who re-coded the initial interviews in Nvivo using the final codebook.
- Thematic analysis is currently being conducted via Nvivo 12.

## Summary and Conclusions

- Preliminary results suggest that despite ambivalence, most patients attempted to quit smoking post-diagnosis and that opinions were mixed regarding impact of continued smoking on cancer treatment.
- Patients reported high motivation to quit but noted substantial challenges to quitting while coping with lung cancer. Patients reported that challenges to quitting included overcoming addiction, cancer-related stressors, and side effects of cancer treatment.
- Qualitative findings informed the adaptation of a MAPS treatment manual for lung cancer patients in preparation for a pilot study, where It will be compared against standard of care. This work is intended to provide preliminary data to inform a future, large-scale RCT.

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