



Tobacco smoking relapse in post-partum period

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Tobacco during pregnancy

- In France, prevalence of tobacco consumption (2016)
 - Before pregnancy 30.0%
 - During the 3rd trimester 16.6%
- Smoking cessation during pregnancy
 - 45% spontaneous cessation
 - 16% during the 1st trimester
- Screening of tobacco consumption by health professionals not systematic (80% of pregnant women)
- Brief intervention for smoking cessation performed for 46.3% of smoking pregnant women



Smoking cessation in post-partum

- High rate of smoking cessation failure in post-partum
 - 18.5-58.0% at 3 months
 - 28.9-70.5% at 6 months
- Main risk factors of smoking cessation failure identified
 - Tobacco status of the partner
 - Stress events
 - Depressive symptoms in post-partum
 - Social deprivation
 - Low level of education
- Protective factor: breastfeeding

Objectives



- Main objective

To assess prevalence of smoking lapse and relapse in post-partum period

- Secondary objectives

To identify risk factors of smoking lapse and relapse



Methods

- Women who stopped smoking 3 months before or during pregnancy
- Three time period cross-sectionnal study: M0,M3,M6 from september 2016 to january 2017
- Self questionnaire:
 - EPICES score (Social deprivation)
 - Heavy Smoking Index (HSI)
 - Tobacco Craving Questionnaire in treatment-seeking smokers (FTCQ12)
 - Edinburgh Postnatal Depression Scale (EPDS)
- Main evaluation criteria:
 - Lapse: less than 1 cigarette per day on 7 days
 - Relapse: at least 1 cigarette par day on 7 days



Results (1)

Women characteristics at M0

	% m [sd] (N)
Age	30.8 [4.8] (100)
Marital status (in couple)	90.9 (99)
Level of education (high)	44.1 (93)
Working status (active)	76.9 (91)
Social deprivation (EPICES \geq 30.17)	25.5 (94)
EPDS (\geq12)	35.7 (98)
Breastfeeding	61.3 (62)

Tobacco consumption characteristics

	% m [sd] (N)
Tobacco dependence before cessation (HSI)	(100)
Very low	81.0
Low	13.0
Moderate	5.0
High	1.0
Craving (FTCQ12, global score)	2.1 [0.9] (99)
Smoking cessation	(100)
Before pregnancy	11.0
1st trimester	73.0
Smoking cessation supervised by tobaccologist	6.0 (6)
Specific treatment	10.0 (10)
Partner Smoking status (smoker)	60.4 (96)

Results (2)

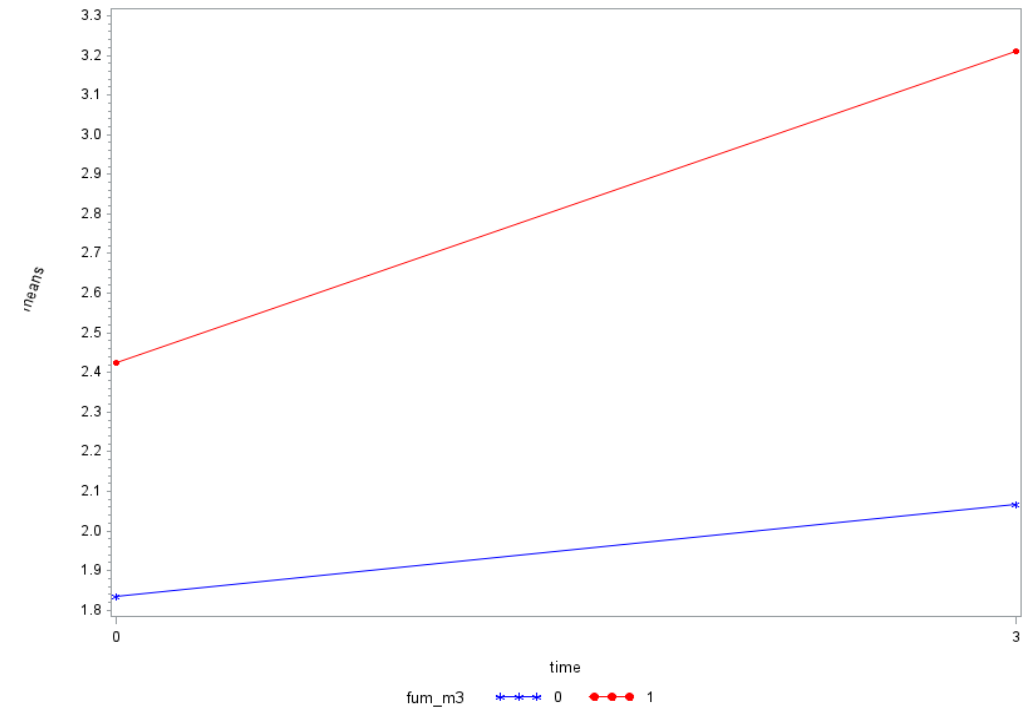
Prevalence of smoking relapse during post-partum

	M3	M6
Total Smoker	38.7 (63)	37.8 (37)
Lapse	29.2 (24)	38.5 (13)
Relapse	70.8 (24)	31.5 (8)
Craving (FTCQ12)	3.2 [0.9] (22)	3.4 [1.5] (14)

Risk factors of smoking relapse during post-partum

	Hazard Ratio	95% IC	p
No breastfeeding	3.6	1.4 8.6	0.0042
Craving at M3 (FTCQ12)	2.1	1.4 3.1	0.0002

Trend of global score of FTCQ12 from M0 to M3





Discussion and conclusion

- High prevalence of lapse and relapse : 38.7% at M3 – 37.8% at M6
 - Low dependance among our population
 - Low support of smoking cessation by health professionals
 - Low use of specific treatment
- High global score of FTCQ12 in women who relapse
 - Craving most frequent symptom of abstainers
 - FTCQ12 use in clinical practice rapidly predicts smoking status
- Breastfeeding appears to be a protective factor
- Results validated at M3 only (many lost-of-follow up at M6)

Health professionals should aware of screening and supporting pregnant women to quit smoking

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Thank you for your attention