

Gender differences in cigarette smoking cessation attempts among adults who smoke and drink alcohol at high levels: Findings from the 2018-2020 International Tobacco Control Four Country Smoking and Vaping Surveys

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Abstract

Background: This study examined the association between alcohol consumption and smoking cessation behaviour of adults who smoke in four countries.

Methods: Data came from 4275 adults (≥ 18 years) who smoked tobacco \geq monthly and participated in the 2018 and 2020 International Tobacco Control Four Country Smoking and Vaping Surveys (Australia: $n = 720$; Canada: $n = 1250$; US: $n = 1011$; England: $n = 1294$). The 2018 Alcohol Use Disorders Identification Test-Consumption (AUDIT-C) survey data coded into three levels ('never/low', 'moderate' or 'heavy' consumption) were analysed using multivariable logistic regression models to predict any smoking cessation attempts and successful cessation by 2020 survey, and whether this differed by gender and country.

Results: Compared to never/low alcohol consumers, only those who drink heavily were less likely to have made a quit smoking attempt (40.4 % vs. 43.8 %; AOR = 0.69, 95 % CI = 0.57–0.83, $p < .001$). The association differed by gender and country (3-way interaction, $p < .001$), with females who drink heavily being less likely to attempt to quit smoking in England (AOR = 0.27, 95 % CI = 0.15–0.49, $p < .001$) and Australia (AOR = 0.38, 95 % CI = 0.19–0.77, $p = .008$), but for males, those who drink moderately (AOR = 2.18, 95 % CI = 1.17–4.06, $p = .014$) or heavily (AOR = 2.61, 95 % CI = 1.45–4.68, $p = .001$) were more likely to make a quit attempt in England only. Alcohol consumption did not predict quit success.

Conclusion: Heavy alcohol use among adults who smoke appears to only undermine the likelihood of trying to quit smoking with some variation by gender and country of residence, but not their chances of succeeding if they tried.

Recommended Citation

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