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2001 Program
New Investigator (3-year project)

Project Title: Stress management intervention for young adult cigarette smokers

Project Summary: This study seeks to evaluate a new smoking cessation treatment that has been tailored specifically for young adult cigarette smokers. The new treatment involves a stress management treatment component. If this new type of treatment is effective it could be used to help young adult smokers discontinue tobacco use. Assisting smokers to discontinue tobacco use is of critical importance as tobacco use is the single most preventable cause of death in the U.S. Tobacco related disease accounts for 19% of all deaths in the U.S. and approximately one-third of all tobacco users will die prematurely. Although the prevalence of smoking has declined among other adult age groupings in the U.S., during the last 30 years, smoking prevalence within 18 to 24 year olds has remained stable since 1993. The prevalence of cigarette smoking is currently highest among young adults aged 18 to 24 years with a current rate of 27%. Therefore, developing more effective treatments for this age group is of critical importance.

Project Successes: As the study is a randomized clinical trial and currently in the follow-up phase awaiting 12 month tobacco abstinence outcomes on all of the 196 participants enrolled, the study is presently unable to report outcome data. However, the study is one of only a very few studies that has sought to develop a smoking cessation treatment for young adults. As a result, very little is currently known about how to best treat tobacco use in this age group. Therefore, as one of the first studies conducted in this area this study will yield important information, anticipating it will advance the field. As noted above, development of effective treatments for young adult tobacco users is of critical importance as this age group has the highest prevalence of tobacco use at 27%.

Publications from BRP funded research in Peer Reviewed Journals:

None to date. However, future peer reviewed publications are anticipated at the conclusion of the study.

Presentations from BRP funded research:

None to date. However, future presentations are anticipated at the conclusion of the study.

New grants based in part on BRP-funded work:

Mayo Clinic

Title: A survey to investigate tobacco use patterns and their psychosocial correlates in an ethnically diverse sample of young adult college students

Project period: 2002

Award amount: \$62,494

National Institute of Health

Title: Smoking cessation for young adults who binge drink

Project period: Under Review

Award amount: \$275,000 requested