

# A RCT on Smoking Relapse Prevention among Ex-prisoners in Northern Territory

**S**moking, **N**utrition, **A**lcohol and **P**hysical inactivity  
(SNAP) Study

The Difference is Research



Australian Government  
Department of Health



**NORTHERN  
TERRITORY**  
GOVERNMENT

# SNAP



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Global  
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# Smoking among prisoners

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- Smoking levels among prisoners are much higher than general population.
  - US: 75.8% vs 15.1% (CDC 2016)
  - France: 83.8% vs 24.7% (Jacomet, et al. 2016)
  - South Africa: 59.9% vs 19.4% (Mnisi, et al. 2013)
  - Australia: 74% (on entry) vs 14.3% (AIHW, 2016)
- Northern Territory introduced first smoking ban in Australian prisons in Jul 2013 (Helfer, et al. 2016)
- Prisoners who experience a complete smoking ban resume smoking shortly after release (Andrade, et al. 2016)
- A clear need for effective strategies to sustain abstinence after release.

# SNAP Study

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## SNAP



### **Objective:**

To evaluate a specialised SNAP intervention in preventing relapse to smoking after release from NT prisons.

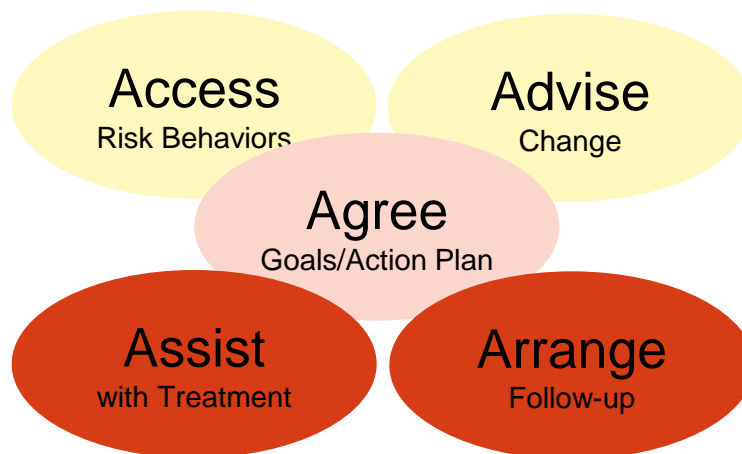
### **Methods:**

A multi-centre, investigator-blinded, randomised parallel superiority trial

# SNAP Motivational Interview

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- 60 minutes SNAP (**S**moking, **N**utrition, **A**lcohol and **P**hysical activity) intervention prior to release.
- Evidence-based, developed by the RACGP.
- Modified by a clinical psychologist consultant (25 year clinical exp.)
- Motivational interviewing (MI) targeting smoking relapse.



# Eligibility criteria

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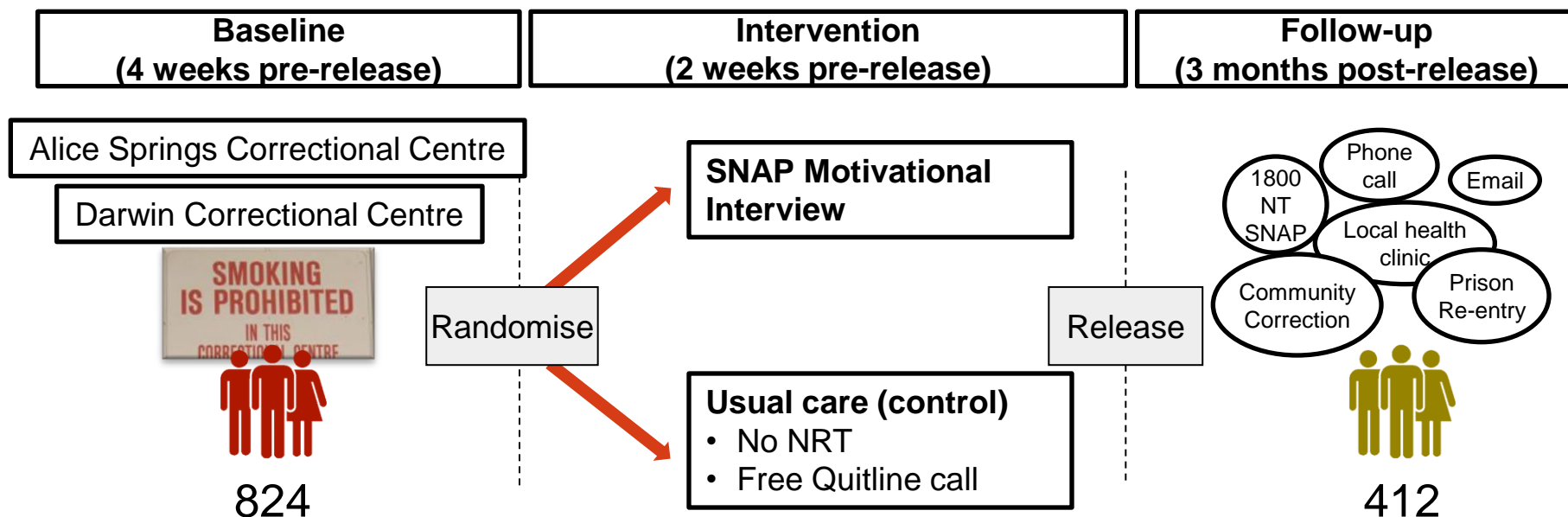
## Inclusion criteria

- Daily smokers before incarceration (or smoked more than 100 cigarettes during lifetime).
- Imprisoned from October 2016 to June 2018.
- Released from January 2017 to June 2018.
- Want to stay smoking-free after release.

## Exclusion criteria

- A current diagnosis of a severe psychiatric disorder.
- Intention to harm self or others.
- Impaired decision making capacity.

# SNAP Study Design



## Current status

- **490** inmates screened, **341** participants recruited, **263** have left the prison.
- **36** have completed the follow-up interviews.

# Outcome measures

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## Primary outcome

Continuous abstinence validated by CO<sub>breath</sub> Test.



## Secondary outcomes

- Number of cigarettes (modified Timeline Follow-Back method).
- Nutrition (Health Eating Index for Australian Adults).
- Alcohol consumption (AUDIT-C).
- Physical activity (IPAQ).
- Psychological distress (K6)
- Quality of life (EQ5-D).
- Data linkage (PBS, MBS, National Death Index).
- Cost-effectiveness analysis.

# Baseline demographics

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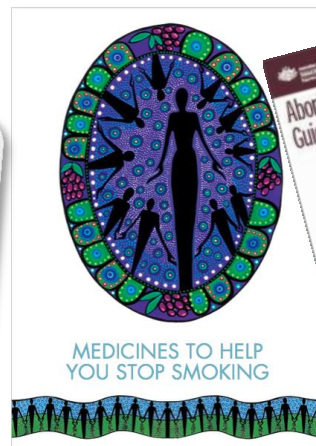
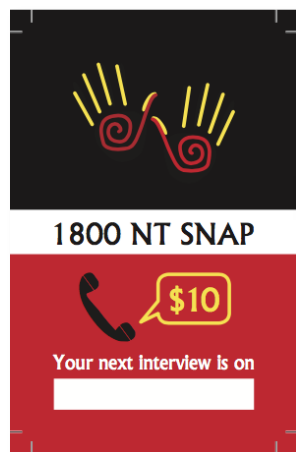
Baseline characteristics	SNAP (n = 157)	Control (n = 184)
<b>Demographics</b>		
Age (range)	33.8 (20 - 59)	33.8 (18 - 59)
Males (%)	145 (92%)	168 (91%)
Indigenous (%)	146 (93%)	173 (94%)
Episodes of incarceration	6.9 ± 5.0	7.1 ± 5.8
<b>Smoking</b>		
Age started smoking (years)	16.5 ± 3.6	16.0 ± 4.0
Number of cigarettes per day	16.1 ± 11.2	16.4 ± 12.5
Cost of cigarettes per week (A\$)	71.1 ± 67.9	68.6 ± 72.7
Heaviness Smoking Index (0-6)	2.5 ± 1.8	2.5 ± 1.8
Readiness to quit (0-100)	47.7 ± 11.2	43.4 ± 11.2

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# Information backpack

- Follow-up card
- Smoke-free Zone Magnet
- My QuitBuddy App Card
- Medicines to Help You Stop Smoking Booklet
- Australian Guide to Healthy Eating
- National Guidelines for Alcohol Consumption
- Australia's Physical Activity Guidelines



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Australian Government  
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Research Team

- Yvon Magnery
- Karen Wilson
- Rebecca Bosworth
- Katalina Mindszenty
- Christine Sevallos
- Jaryd Grant

# Experience from an interviewer

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- 1. Engaging Indigenous prisoners**
- 2. Reconnecting with participants in the Indigenous community**

# For more information...

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## Contact

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### Trial Coordinator

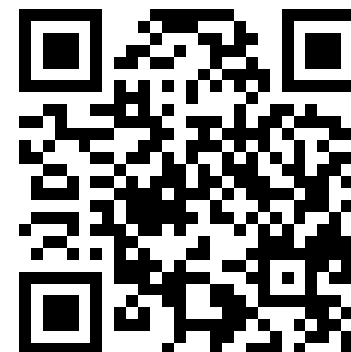
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## SNAP Study Website

<https://goo.gl/nneJ1A>



# Discussion points

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**1. Prisoner health is public health**

**2. Engaging Indigenous Australians for research**