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BACKGROUND and AIMS

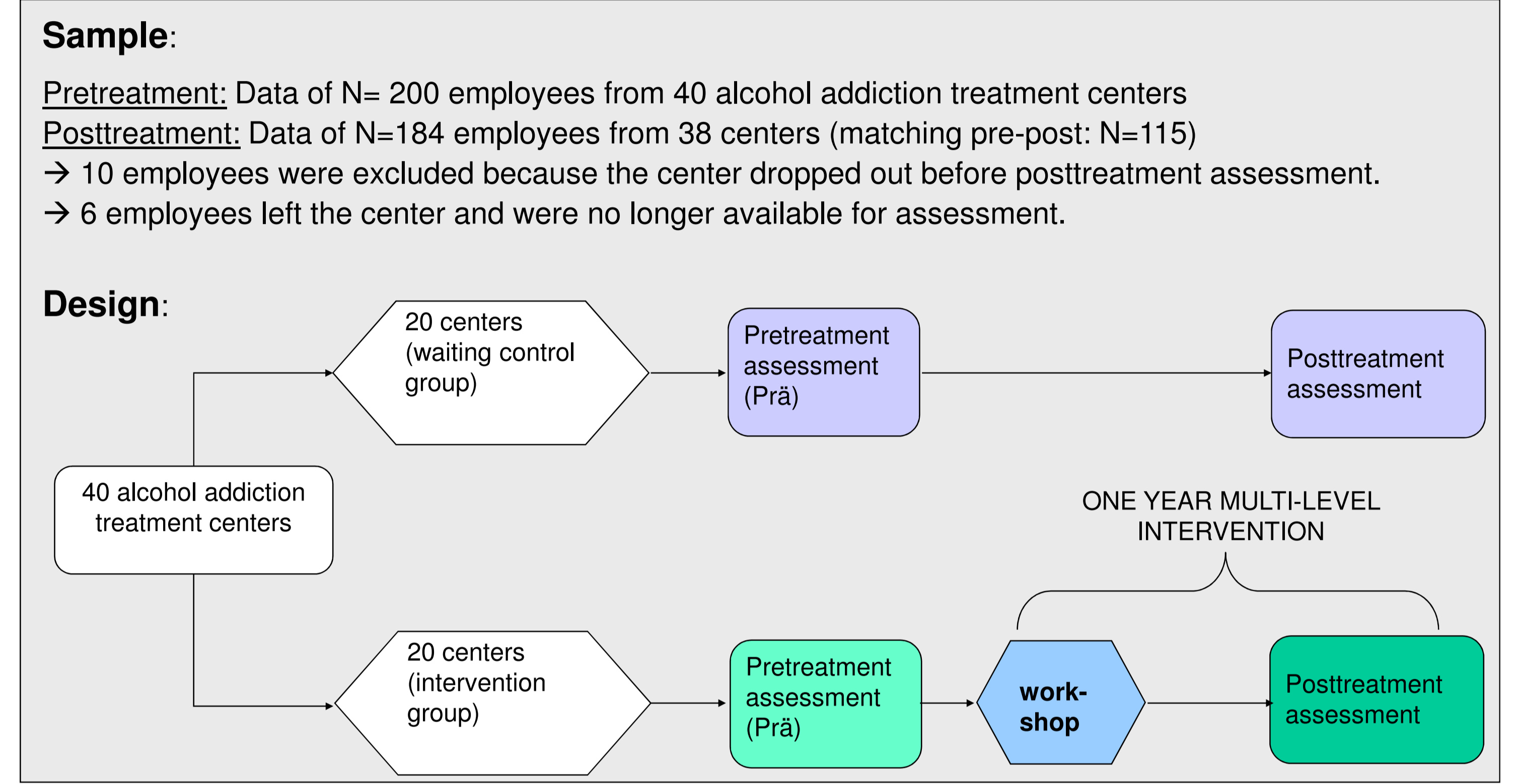
Background:

- It was demonstrated that tobacco policy is connected to smoking prevalence in companies and public buildings. Smoking bans (Fichtenberg and Glantz, 2002) and restrictive structural measures (Serra, Cabezas, Bonfill and Pladevall-Vila, 2000) are very effective in order to reduce smoking.
- Structural based interventions seem to be an efficient way to increase cessation rates and the multi-level intervention is regarded the most promising way. Supported by management and executives, it seems even more successful. (Serra, Cabezas, Bonfill and Pladevall-Vila, 2000)
- In alcohol addiction treatment centers, individual specific smoking cessation interventions, do not seem to be effective in the subgroup of smokers (Metz et al., 2006; Prochaska et al., 2004). The implementation of a multi-level intervention and its influence on structural measures and tobacco policy has not been investigated in the setting of alcohol addiction treatment centers, so far.

Aim:

- To test the effectiveness of a multi-level intervention to improve tobacco policy in alcohol addiction treatment centers.

METHODS



Instruments:

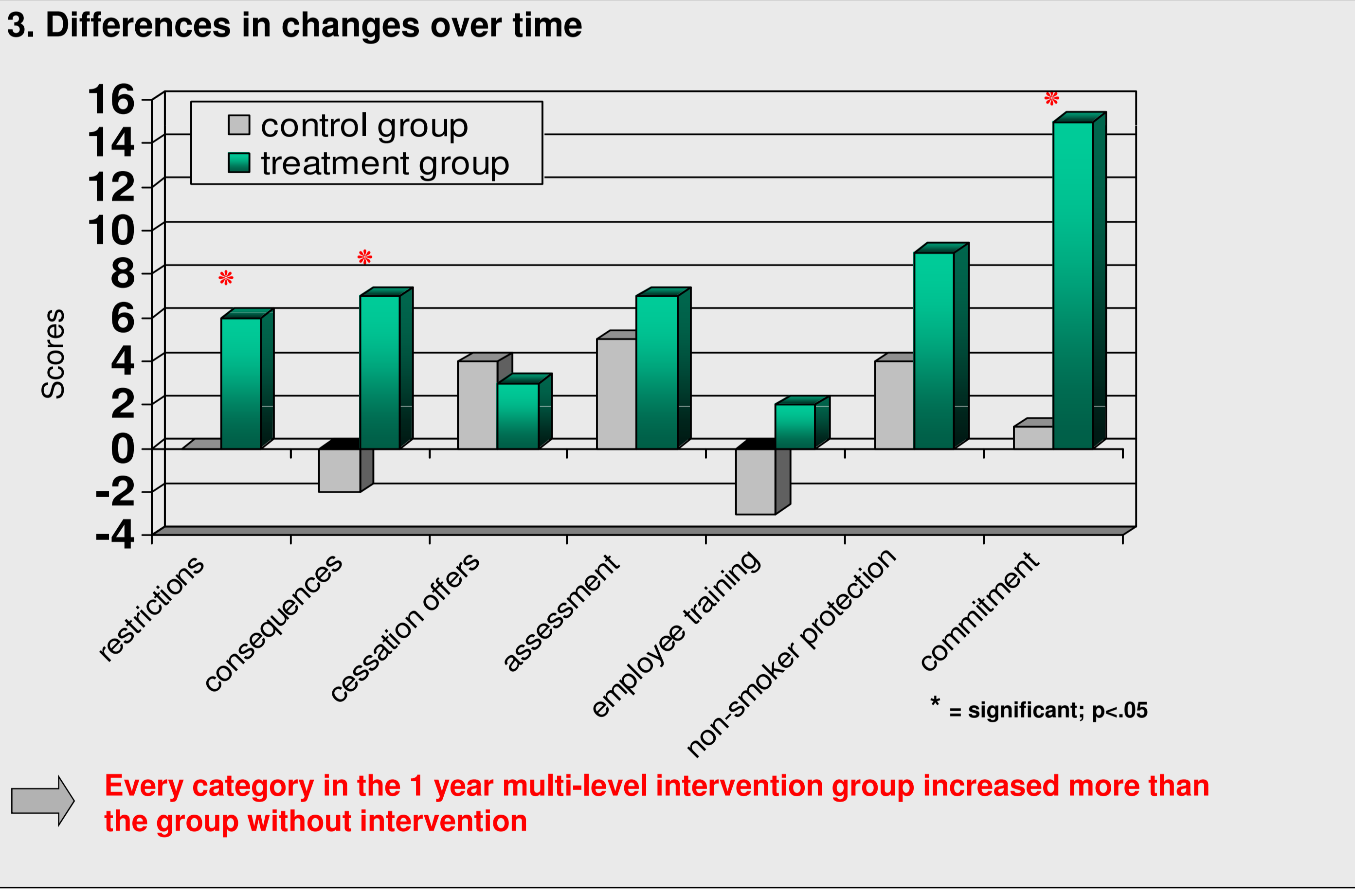
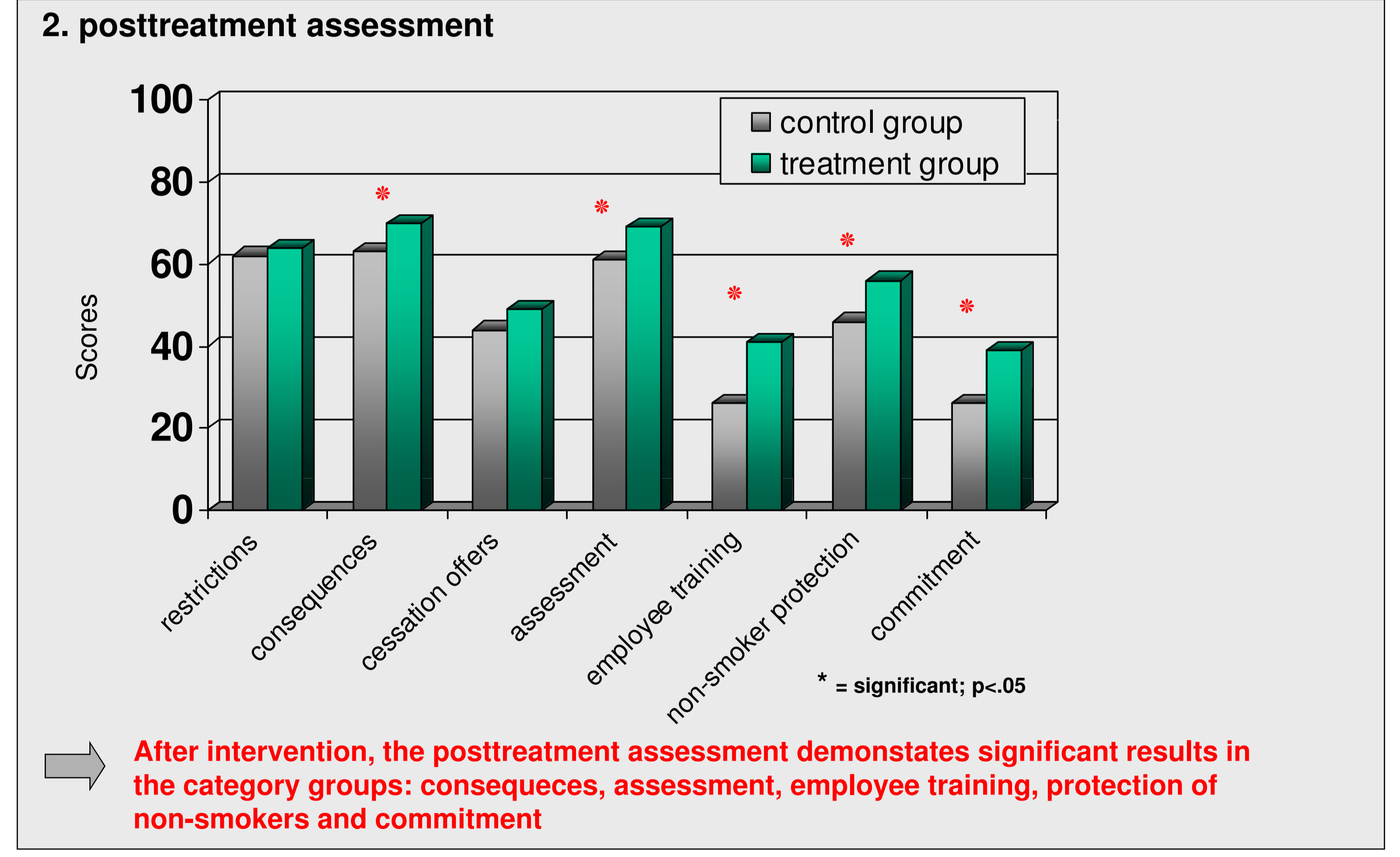
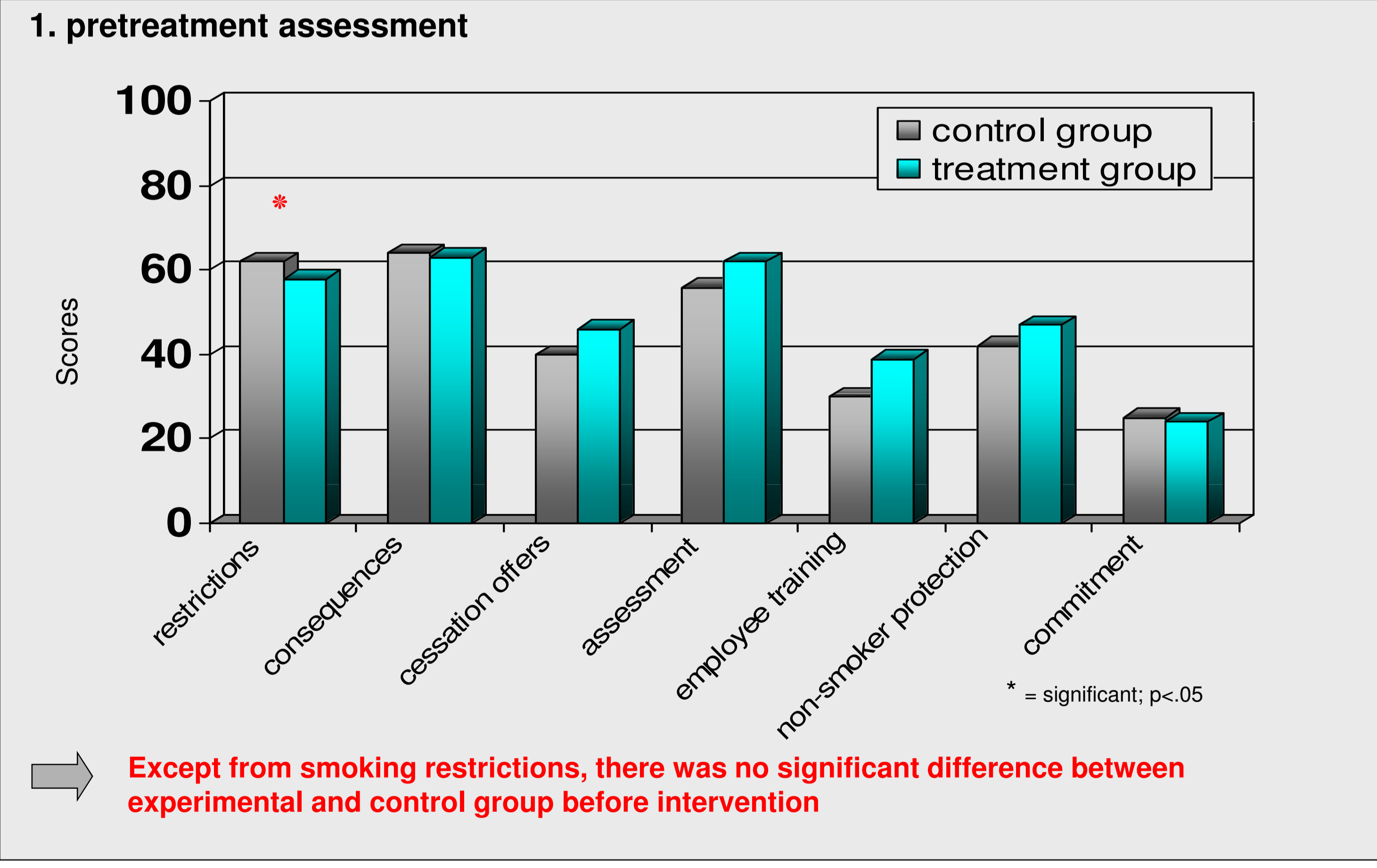
Tobacco policy was measured by a modified questionnaire, developed from evidence and recommendations of international guidelines (ENSH, 2003; Fiore et al., 2000; Hopkins et al., 2001; Task Force on Community Preventive Services, 2000; U.S. Department of Health and Human Services, 2000).

Tobacco policy was divided in seven category groups:

- Smoking restrictions
- Consequences
- Assessment of smokers
- Smoking cessation offers for patients
- Smoking-related training of employees
- Non-smoker protection
- Commitment of center

Each group consists of 5-12 categorial items („yes“, „no“, „I do not know“), where „yes“ answers were counted. In order to make the counted values comparable, they were transformed on a scale from 0 to 100.

RESULTS



DISCUSSION

- Effect of multi-level intervention:** One year of multi-level intervention has a significant positive influence on tobacco policy.
- Effects despite political changes at the national level:** Despite the recent political improvements, the multi-level intervention had an additional positive effect on the treatment centers' tobacco policy. It indicates, that the training itself had an influence on tobacco policy in alcohol addiction treatment centers.
- Validation of questionnaire:** First positive results for the validation of the questionnaire of tobacco policy.
- Further improvements required:** In all categorial groups of tobacco policy, improvements are possible and should be targeted in the future.

Restrictions:

- A new questionnaire has been used which has to be validated in the future.
- No representative sample was recruited, only 5 employees per center were assessed.
- The assessed sample of each center in the pre- and posttreatment measurement did not correspond completely. However, it can be assumed, that a well communicated tobacco policy is independent from the respondent.

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