

Predictors of adherence or nonadherence to blended smoking cessation treatment.

Predictor	Adherent n=14	Nonadherent n=61	P value	
Person related				
Sex				
	Female (%)	3 (21)	31 (51)	.05 ^a
	Male (%)	11 (79)	30 (49)	
	Age in years, median (IQR) ^b	55 (38 to 61)	45 (33 to 58)	.17
Marital status				
	With partner (%)	13 (93)	38 (62)	.03 ^a
	Alone (%)	1 (7)	23 (38)	
Housing situation				
	With children (%)	6 (43)	26 (43)	.99
	Without children (%)	8 (57)	35 (58)	
Education				
	VET ^c or higher (%)	7 (50)	36 (59)	.54
	Lower than VET (%)	7 (50)	25 (41)	
Main income				
	Wage or own company (%)	11 (79)	30 (49)	.05 ^a
	Income support (%)	3 (21)	31 (51)	
Main day activity				
	Paid work (%)	10 (71)	31 (51)	.16
	Other (%)	4 (29)	30 (49)	
	Internet skills ^d , median (IQR)	36.5 (35.8 to 40.5)	38.0 (34.0 to 41.0)	.98
Smoking related				
Reason to start the treatment				
	Intrinsic (%)	11 (79)	40 (66)	.53
	Extrinsic (%)	3 (21)	21 (34)	
	Nicotine dependency (Fagerstroem ^e), median (IQR)	5 (4 to 7)	6 (4 to 7)	.53
	Negative attitude toward quitting ^f , median (IQR)	-5.0 (-6.0 to -3.5)	-6 (-3.5 to -9.0)	.33
	Positive attitude toward quitting ^g , median (IQR)	9.5 (8.0 to 10.3)	10 (8.0 to 11.5)	.69
	Self-efficacy ^h , median (IQR)	0 (-3.3 to 5.3)	-1 (-5.0 to 3.0)	.34
	Readiness to quit ⁱ , median (IQR)	2.0 (1.0 to 3.0)	2.0 (1.0 to 3.0)	.88
Earlier quit attempts				
	Yes (%)	11 (79)	51 (84)	.70
	No (%)	3 (21)	10 (16)	
	Social support ^j , median (IQR)	4.0 (3.0 to 4.3)	4.0 (3.0 to 4.0)	.57
	Social modelling ^k , median (IQR)	2.0 (0.0 to 4.3)	4.0 (1.0 to 6.0)	.05 ^a
	Use of alcohol ^l , median (IQR)	3 (1 to 4)	2 (1 to 3)	.08 ^a

Use of (recreational) drugs				
	Yes (%)	0 (0)	8 (13)	.34
	No (%)	14 (100)	53 (87)	
Health related				
Use of medication in general				
	Yes (%)	8 (57)	36 (59)	.90
	No (%)	6 (43)	25 (41)	
Use of medication for addiction treatment				
	Yes (%)	0 (0)	0 (0)	— ^m
	No (%)	14 (100)	61 (100)	
Use of medication for psychiatric treatment				
	Yes (%)	3 (21)	9 (15)	.69
	No (%)	11 (79)	52 (85)	
Use of medication for physical treatment				
	Yes (%)	4 (29)	29 (48)	.20
	No (%)	10 (71)	32 (52)	
Use of other medication				
	Yes (%)	4 (29)	6 (10)	.08 ^a
	No (%)	10 (71)	55 (90)	
	Health-related complaints (MAP HSS) ⁿ Median (IQR)	9.5 (6.8 to 13.0)	11.0 (7.0 to 19.0)	.08 ^a
	Smoking-related complaints ^o Median (IQR)	17.0 (9.5 to 22.3)	21.0 (15.5 to 27.5)	.13 ^a
	Health- and smoking-related complaints ^p , median (IQR)	28.5 (13.8 to 35.3)	37.0 (23.5 to 47.5)	.08 ^a
	Depression ^q , median (IQR)	4.0 (1.5 to 13.0)	4.0 (0.0 to 10.0)	.75
	Anxiety ^q , median (IQR)	3.0 (2.0 to 6.0)	4.0 (2.0 to 9.0)	.52
	Stress ^q , median (IQR)	5.0 (1.5 to 13.5)	8.0 (4.0 to 15.0)	.34
	DASS ^r , median (IQR)	14.0 (4.0 to 32.5)	20.0 (9.0 to 31.0)	.49
	Euroqol-5D ^s , median (IQR)	0.80 (0.73 to 1.0)	0.80 (0.69 to 1.0)	.27
	Euroqol-5D VAS ^t , median (IQR)	70 (63 to 80)	70 (59 to 80)	.86

^aVariable entered in the multivariate logistic regression model based on P value ≤ 0.15 .

^bIQR: interquartile range.

^cVET: vocational education and training.

^dInternet skills: range, 10-60; higher number indicates better skills.

^eFagerstroem: higher numbers indicate higher nicotine dependency.

^fNegative attitude toward quitting: lower numbers indicate a more negative attitude toward quitting smoking.

^gPositive attitude toward quitting: higher numbers indicate a more positive attitude toward quitting smoking.

^hSelf-efficacy: higher numbers indicate higher self-efficacy related to smoking cessation.

ⁱReadiness to quit: higher numbers indicate higher readiness to quit.

^jSocial support: higher numbers indicate more social support in smoking cessation.

^kSocial modeling: higher numbers indicate more smokers in the social environment.

^lUse of alcohol: higher numbers indicate higher alcohol consumption.

^mNo *P* value computed because variable is a constant.

ⁿMAP HSS: Maudsley Addiction Profile Health Symptoms Scale (higher numbers indicate poorer health status).

^oSmoking related complaints: higher numbers indicate more smoking-related complaints.

^pHealth- and smoking-related complaints: higher numbers indicate poorer health status and more smoking-related complaints.

^qDepression, Anxiety, and Stress (higher number indicates a higher level of depression, anxiety, and stress).

^rDASS: sum score of Depression, Anxiety, and Stress (higher numbers indicate more negative emotional status).

^sEuroqol-5D: societal-based quantification of patients' health status (higher numbers indicate better health status).

^tEuroqol-5D VAS: visual analogue scale for quality of life (higher numbers indicate better state of health).