

Interpersonal stressor exposure increases craving for cigarettes

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Acknowledgements



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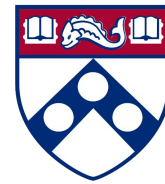


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Smoking and Everyday Interpersonal Stressors

- ❖ Cigarette smoking remains a leading cause of morbidity and mortality worldwide.
- ❖ Only 5-15% of the quitting smokers successfully abstain for a year or more even when smoking cessation aid is received.
- ❖ In established smokers, increase in cigarette craving increases the likelihood of smoking again.
- ❖ I examined the role of interpersonal stressor exposure in increasing the intensity of cigarette craving in daily smokers.

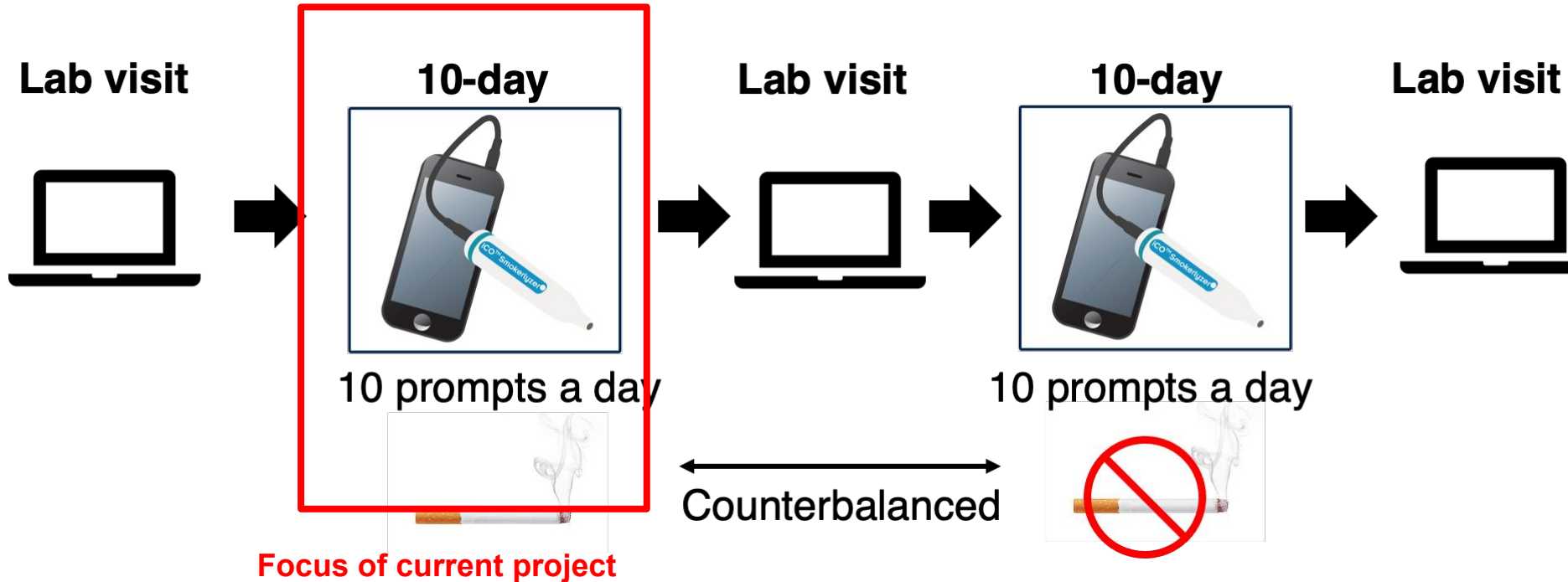
What are interpersonal stressors?

- ❖ stressful episodes between two or more people that involve quarrels, arguments, negative attitudes or behavior, an uncomfortable atmosphere during a conversation or activity, and concern about hurting others' feelings.
- ❖ In other words, interpersonal stressors are the unsupportive and discouraging social experiences (with for example spouses, family members, friends, etc.).
- ❖ Some evidence shows that quitting smokers have less cessation likelihood if they experience high levels of interpersonal stressors.
- ❖ These are common in everyday life and here we tested the hypothesis that:

Hypothesis: Exposure to interpersonal stressors will increase craving for cigarettes in daily smokers.

Study Design and method (EMA)

Participants: 130 daily cigarette smokers, ages 21+ years, recruited from the Philadelphia



Measures

During the **10 days** prompts, participants were prompted 10 times/day between 7.30am and 9.30pm

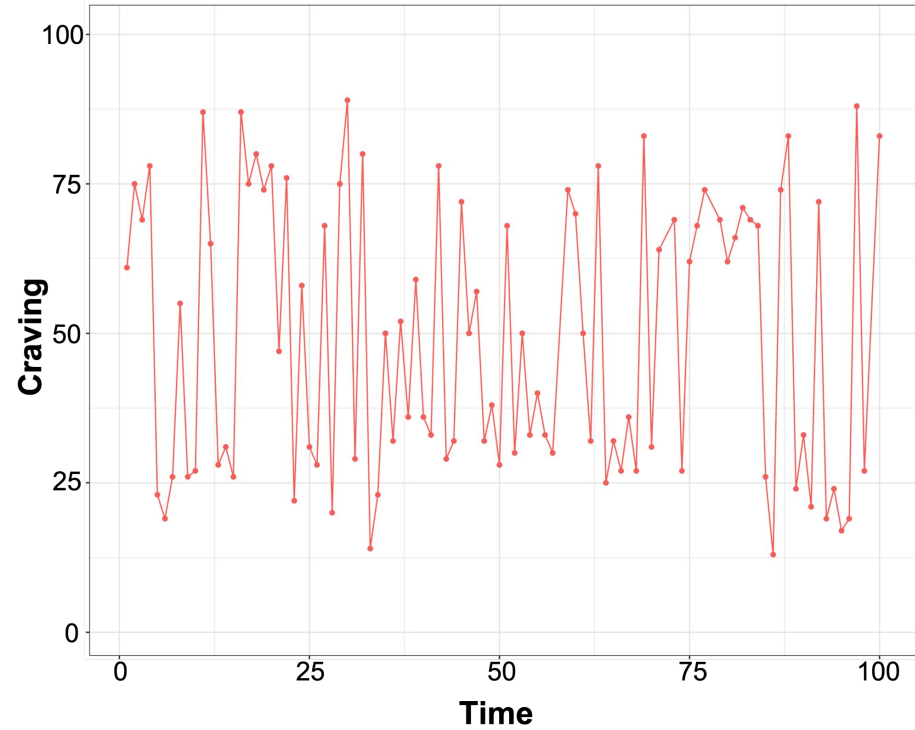
- ▷ **Interpersonal Stressor Exposure:** “Since your last survey, what sources of stress (if any) have you experienced?” and included “**tensions with others**” as an option.
 - We created an interpersonal stressor exposure variable that indicated stressor exposure (1) or no stressor exposure (0) since the previous prompt
- ▷ **Craving:** “Right now, I am craving a cigarette” on a scale from 1 (“not at all”) to 100 (“very”)

Data: Craving

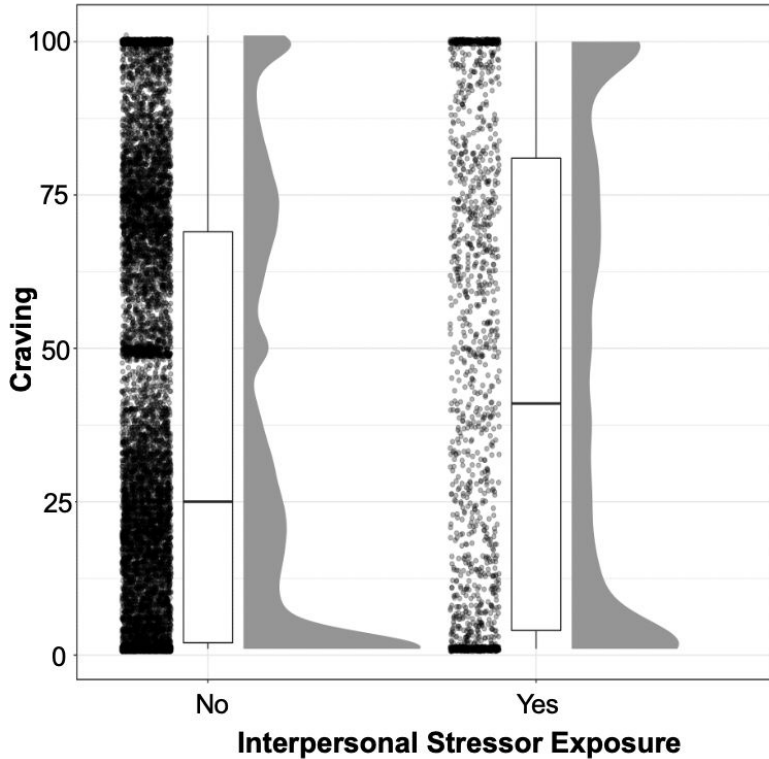
Reports of craving from one participant

Substantial fluctuations in craving from prompt to prompt

Hypothesis: Exposure to interpersonal stressors will come before periods of higher than usual craving



Data & Analysis



Multilevel models indicate that where the participants said Yes to interpersonal stressor exposure the Craving was higher than when they said No.

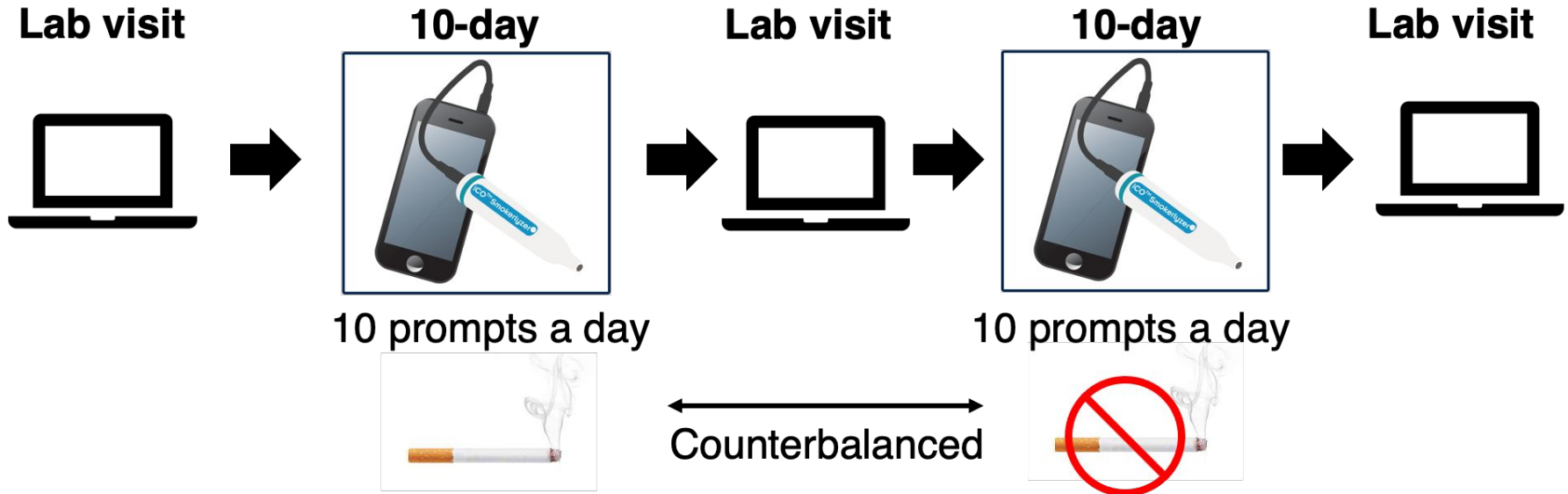
No interpersonal stressor: 25 craving level
Yes interpersonal stressor: 40 craving level

Conclusions

- The experience of interpersonal stressors increases the level of craving in the everyday lives of smokers.
- Providing participants with the skills to regulate responses to interpersonal stressors may reduce craving.

Future Directions

Next steps will examine how interpersonal stressors affect smoking cessation during the 10-days without smoking



Lesson Learned

- ★ Data presentation using R coding language
- ★ Create research question and research proposal
- ★ Test the hypothesis
- ★ Literature review and data collection
- ★ Data analysis
- ★ Terminologies and facts about smoking cigarettes
- ★ My curiosity was fed



QUESTIONS?

COMMENTS?

CONCERNS?