

IMPLEMENTATION GUIDE

Libre del Cigarrillo

Using an Evidence-Based Self-help Intervention To Quit Smoking for Hispanics with a Preference for Health Materials in Spanish

Libre del Cigarrillo is available online at:

<https://moffitt.org/research-science/research-teams/tobacco-research-and-intervention-program-trip/trip-research/forever-free-self-help/>

I. Program Administration (Type of Staffing and Functions Needed)

Bilingual Health Educator or Staff Member

- Identifies current smokers with a preference for health materials in Spanish
- Responds to questions or concerns regarding the intervention
- Provides appropriate hard copy or electronic copy of intervention materials to interested individuals in a timely manner

II. Program Delivery

A. Program Materials (*All listed materials can be viewed and/or downloaded from the TRIP website*):

The intervention comprises 11 didactic booklets and 9 pamphlets that are delivered monthly over the course of 18 months and an initial call to briefly introduce the materials. Each booklet covers an important topic in the smoking cessation process. The pamphlets are presented in first person and share the experience of individuals who were able to successfully quit smoking.

- **Booklets:**
 - **Booklet 0: Para Mis Familiares y Amigos:** This booklet was specifically designed for close family and friends who could provide support in the smoking cessation process. Participants are instructed to share this booklet with friends/family members.
 - **Booklet 1: Introducción:** This booklet provides important information to get smokers ready to make a quit attempt.
 - **Initial call:** The purpose of this 10-minute call is to introduce booklets 0 and 1, to give an overview of the rest of the materials, and to create a personal connection with the individual by asking their reasons to quit smoking and their willingness to make a quit attempt. The call should also highlight the importance of social support when quitting smoking and encourage the smoker to share the family booklet (Booklet 0) with their loved ones.

- **Booklet 2: Los Deseos de Fumar:** This booklet focuses specifically on helping smokers deal with urges to smoke.
- **Booklet 3: Dejar de Fumar y el Peso:** This booklet summarizes relevant information regarding weight concerns after quitting smoking.
- **Booklet 4: ¿Qué Ocurre Si Se Fuma un Cigarrillo?** This booklet provides information to help individuals deal with smoking slips after they tried to stop smoking.
- **Booklet 5: Su Salud:** This booklet provides information on how smoking affects health and how health improves after quitting smoking.
- **Booklet 6: El Estrés y los Estados de Ánimo:** This booklet helps smokers to better understand the link between stress, mood, and smoking and suggests ways to cope with stress.
- **Booklet 7: El Equilibrio en el Estilo de Vida:** This booklet discusses how to enjoy life without cigarettes.
- **Booklet 8: Vivir Sin Cigarrillos:** This booklet covers how to live a life without cigarettes and maintain a smokefree lifestyle.
- **Booklet 9: Los Beneficios de Dejar de Fumar:** This booklet reminds individuals about the benefits that come from quitting smoking.
- **Booklet 10: El Camino que le Espera:** This booklet takes a look down the road at life as a non-smoker.
- **Pamphlets:**
 - Pamphlet 1: La Historia de Angélica
 - Pamphlet 2: La Historia de Mario
 - Pamphlet 3: La Historia de Rafael
 - Pamphlet 4: La Historia de Jorge Luís
 - Pamphlet 5: La Historia de Carmen
 - Pamphlet 6: La Historia de María Estela
 - Pamphlet 7: La Historia de José Luís
 - Pamphlet 8: La Historia de Carolina
 - Pamphlet 9: La Historia de Ramiro

B. Program Implementation:

The steps used to implement this program are as follows:

Step 1: The health educator or staff person identifies individuals who may be current smokers (report smoking every day or some days) in existing patient history or by asking individuals about their smoking status.

Step 2: The health educator or staff member confirms smoking status and introduces the intervention. A suggested talking point to assess smoking behaviors is, “Do you smoke cigarettes every day or on some days?”

- If “yes,” the health educator or staff member asks them if they would like to receive some free information about smoking cessation; indicates that they will receive a booklet or pamphlet every month for 18 months by mail or email based on their preference or the institution’s capability; and asks them whether they would like to receive a call a week after the first set of materials (Booklets 0 and 1) are sent to go over the materials and address any questions they may have.

Step 3: The health educator or staff member mails (if hard copy) or emails (if electronic copy) the intervention materials following this schedule:

Immediately	Booklet 0, <i>Para Mis Familiares y Amigos</i> Booklet 1, <i>Introducción</i> Introductory call (optional) 7 days after booklets 0 and 1
Month 1	Booklet 2, <i>Los Deseos de Fumar</i>
Month 2	Booklet 3, <i>Dejar de Fumar y el Peso</i>
Month 3	Booklet 4, <i>¿Qué Ocurre Si Se Fuma un Cigarrillo?</i>
Month 4	Pamphlet 1, <i>La Historia de Angélica</i>
Month 5	Booklet 5, <i>Su Salud</i>
Month 6	Pamphlet 2, <i>La Historia de Mario</i>
Month 7	Booklet 6, <i>El Estrés y los Estados de Ánimo</i>
Month 8	Pamphlet 3, <i>La Historia de Rafael</i>
Month 9	Booklet 7, <i>El Equilibrio en el Estilo de Vida</i>
Month 10	Pamphlet 4, <i>La Historia de Jorge Luís</i>
Month 11	Pamphlet 5, <i>La Historia de Carmen</i>
Month 12	Booklet 8, <i>Vivir Sin Cigarrillos</i>
Month 13	Pamphlet 6, <i>La Historia de María Estela</i>
Month 14	Pamphlet 7, <i>La Historia de José Luís</i>
Month 15	Booklet 9, <i>Los Beneficios de Dejar de Fumar</i>
Month 16	Pamphlet 8, <i>La Historia de Carolina</i>
Month 17	Pamphlet 9, <i>La Historia de Ramiro</i>
Month 18	Booklet 10, <i>El Camino que le Espera</i>

III. Program Evaluation

Evaluation should be based on self-reported abstinence rates of participants at key timepoints, including 6, 12, 18, and 24 months after enrollment. Seven-day point prevalence abstinence (i.e., not smoking, not even a puff, in the past 7 days) is most relevant, as it allows for recovery from temporary lapses or relapses as well as comparisons with much of the published literature. Biochemical validation (e.g., exhaled breath carbon monoxide or urine/saliva/serum cotinine) may also be used.