Objective: This qualitative research study aimed to examine common themes for preparation before smoking cessation among pregnant smokers.

Methods:
Step 1) Transcribed 23 initial intervention visits from the UB pregnancy and smoking cessation study.
Step 2) Based on the booklet, “Need Help Putting Out that Cigarette,” recorded detailed answers about the patient’s smoking situations, quitting motivations, and smoking cessation plans (habitual changes, coping mechanisms, rewarding options).
Step 3) Extracted common themes from the patient-counselor conversations guided by the booklet.
Step 4) Women could provide up to 4 answers for each section, so the percentages are based off of the number of women (out of 23) who stated it rather than the total number of responses.

Results:
Main Reasons to Quit Smoking (N=23)
- Personal Health (Improve and Prevent): 87.0%
- Healthier Baby and Pregnancy: 78.3%
- Financial Reasons: 70.0%
- Family Members: 47.8%
- Liberating Life and Energy: 34.8%
- Smell/Stains from Cigarettes: 30.4%

Ways To Keep Hands and Mouth Busy (N=23)
- Cleaning: 17.4%
- No response: 17.4%
- Chew Gum/Candy: 95.7%
- Read/ Write: 17.4%
- Arts/Crafts: 30.4%
- Snacking: 43.5%
- Stress Relievers: 43.5%
- Play with kids/pets/games: 60.9%

Ways to Reward Self While Quitting (N=23)
- Personal Achievement: 8.7%
- Movies: 13.0%
- Play with kids: 13.0%
- Food/Desserts: 39.1%
- Shopping: 47.9%
- Pampering: 78.3%
- Save Money: 65.2%

Feelings That Triggered Women to Smoke (N=23)
- Stressed: 60.9%
- Sad/Upset: 52.2%
- Angry: 52.2%
- Bored: 39.1%
- Nervous/Anxious: 17.4%
- No response: 13.0%
- Irritated/Annoyed: 13.0%
- Happy: 4.4%

When do you Smoke? (N=23)
- Waking up: 95.7%
- After Meals: 87.0%
- Strong Emotions: 60.1%
- Breaks from Activities: 39.1%
- Boredom: 21.7%
- Around other smokers: 17.4%
- Driving in Car: 13.0%
- Drinking Coffee: 13.0%

Alternative coping strategies (most to least common):
- Go for a Walk (56.2%)
- Call a Friend/Family (56.2%)
- Pray (17.4%)
- Plan for Baby (13%)
- Eat (13%)
- Write in a Journal (13%)
- Watch TV (8.7%)
- Workout (8.7%)
- Relax/Rest (8.7%)
- Play Video Games (8.7%)
- Clean (8.7%)
- Be Around Others (8.7%)

Alternative habits (most to least common):
- Go for a Walk (43.5%)
- Chewing Gum/Candy (39.3%)
- Drink Water/Hot Cocoa/Juice (34.8%)
- Read a Book (17.4%)
- Play Online Games (17.4%)
- Brush Teeth (17.4%)
- Take a Shower (17.4%)
- Cleaning/Chores (8.7%)
- Sleep (8.7%)
- Workout (8.7%)
- Make a Meal (8.7%)
- Play/Color with Kids (8.7%)

Conclusions:
- The majority of pregnant smokers smoked habitually when they woke up, after eating, and when they experienced strong emotions, such as stress.
- Their main motivations of quitting smoking are to promote their health, the baby’s health, and to increase their financial stability.
- They utilized gum, food, and hands-on activities to distract themselves and curb their cravings to smoke.
- Further research could be conducted to assess the effects of such habitual changes and to find the most effective methods to help pregnant smokers quit smoking.

Acknowledgements:
- Research Assistants: Xiaozhong Wen, William Collins, Shirley Xu
- Sponsors: NIH CTSA Pilot Fund; UB Dept of Pediatrics; CURCA
- Contact: Xiaozhong Wen, MD, PhD; Assistant Professor (716-829-6811; xiaozhong@buffalo.edu), Bailey Pollock (bpolloc@buffalo.edu), Shirley Xu (sxu22@buffalo.edu), Brenden Curran (bcurran2@buffalo.edu), William Collins (wcollins@buffalo.edu)