

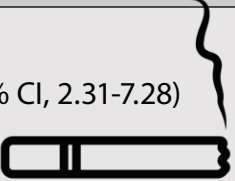
Is a Culturally Accommodated Mobile Health Intervention More Effective for Smoking Cessation vs Standard Care Among Latino Adults?

STUDY DESIGN

- Two-arm parallel group randomized clinical trial
- 457 Latino adults in Kansas, New Jersey, and New York who smoke
- Assigned to the *Decidetexto* (mobile health intervention) group or the standard care group

RESULTS

Measure	<i>Decidetexto</i>	Standard Care	Statistical Analysis
Participants	229	228	
Self-reported abstinence at week 24	34.1%	20.6%	OR, 1.99 (95% CI, 1.31-3.03)
Biochemically verified abstinence at week 24	14.4%	9.2%	OR, 1.66 (95% CI, 0.93-2.97)
Used nicotine replacement therapy for at least 1 day	90.6%	70.2%	OR, 4.10 (95% CI, 2.31-7.28)



Decidetexto was not associated with a statistically significant increase in biochemically verified abstinence at week 24. However, it was associated with a statistically significant increase in self-reported 7-day smoking abstinence at weeks 12 and 24 and uptake of NRT.