

# Smoking expectancy in adolescents and adults: A longitudinal study

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## Background

Smoking cessation is important at any age. Smoking expectancy might predict whether smokers continue smoking but also if former smokers will relapse and if never smokers will start smoking. We explored smoking expectancy in smokers, former smokers and never smokers.

## Aims

1. Is smoking expectancy associated with age, sex, education, health and smoking variables (cross-sectional)?
2. What is the predictive value of smoking expectancy on future smoking status?
3. What is the predictive value of smoking expectancy when other variables are taken into account?

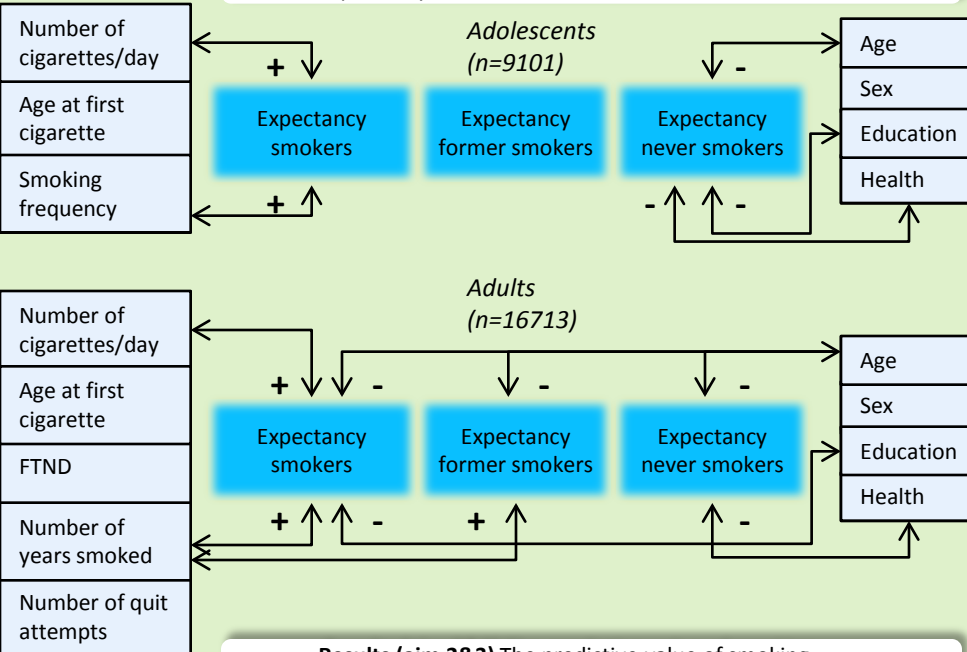
## Methods and Subjects

Adolescent (n=9101, age 14-18) & Adult twins (n=16713, age 18-90) from Netherlands Twin Register (NTR)  
*Measure:* 'Do you think you'll smoke in a year's time?' (answers ranging from 1 'Certainly not' to 5 'Absolutely')

## Analyses

1. Associations between smoking expectancy and other variables at T1 (linear regression).
  2. Predictive value of smoking expectancy at T1 on smoking status at T2 (logistic regression: univariate model).
  3. Predictive value corrected for variables significant at T1 (logistic regression: extended & residual model)
- Analyses (STATA) were corrected for family clustering.

## Results (aim 1) Associations between smoking expectancy and other variables



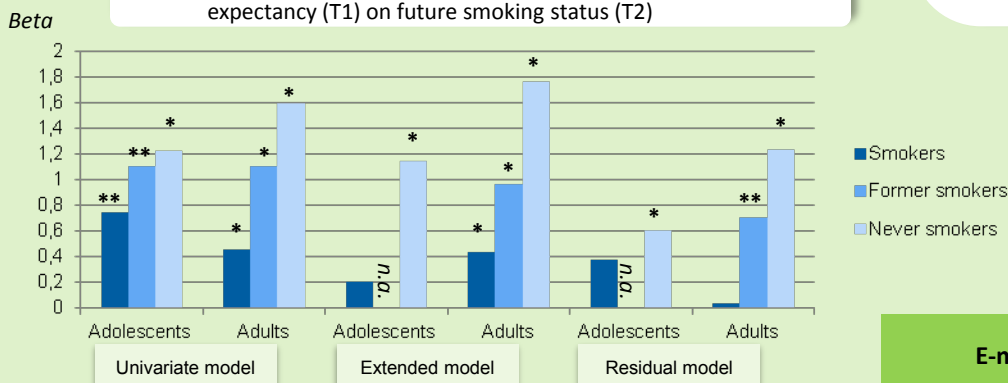
## Conclusions

- Smoking expectancy is associated with multiple demographic and smoking variables.
- Smoking expectancy significantly predicts future smoking status in all groups with the strongest effect in former and never smokers.

An advantage of quizzing people on smoking expectancy is that it is based on a (simple) general question, which can be employed in smokers, former smokers and never smokers of all ages.

As far as the authors know, this is the first study examining smoking expectancy in adolescent and adult smokers, former smokers and never smokers.

## Results (aim 2&3) The predictive value of smoking expectancy (T1) on future smoking status (T2)



\*: p-value <0.001, \*\*: p-value <0.05, n.a.: not applicable

