

Associations of Subjective Social Status and Mindfulness on Readiness to Quit Smoking in Homeless Smokers

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Motivation and Background

- The U.S. homeless population has a 3.5 times higher prevalence of cigarette smoking than the domiciled adult U.S. population, with ~75% identifying smokers.
- Though actual smoking prevalence drastically differs between the homeless and domiciled populations, the desire to quit smoking does not.
- Subjective Social Status - Community (SSS - C), or the relative ranking socially within a community, is a significant predictor of readiness to quit smoking among domiciled smokers. So too is mindfulness, or the awareness of and connection with the present moment.
- This project sought to examine if SSS or mindfulness had an association with readiness to quit smoking within a sample of individuals who were homeless, given that results could have implication for cessation interventions or targeting.

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Techniques and Approach

Participants: Adults (N=161) were recruited from a large homeless shelter in Dallas, TX using flyers posted on site. Individuals consented to participation and were remunerated with \$20 department store gift cards upon completion of study procedures. Measures were completed in private areas via laptops, with items read aloud on headphones.

Measures:

- Sociodemographic Variables: Age, sex, race, lifetime number of months homeless, cigarettes smoked per day, income, and educational achievement.
- Main Variables: Subjective Social Status - Community Ladder(SSS-C) (range = 1-10; higher values = higher status); Mindful Attention Awareness Scale (range = 15-90; higher values = more mindful); and Readiness to Quit ladder (range = 1-10; higher values = greater readiness).

Analyses: Inferential statistics were used to understand the association of SSS and mindfulness, and their interaction on readiness to quit smoking controlling for age, sex, race, lifetime number of months homeless, cigarettes smoked per day, income, and educational achievement.

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Results

- Participant characteristics are in Box 3. Missing data limited the analytic sample to N=144.
- Community SSS was independently predictive of desire to quit smoking (p<.0001), with higher social standing being associated with greater readiness to quit.
- Neither mindfulness (p=.405) nor the interaction between SSS and mindfulness (p=.741) was significantly associated with readiness to quit smoking in this sample.

Step	Variables	B	SE	t	p-value	R ²	ΔR ²
Step 1							
Covariates	Age	-0.1321	0.0871	-1.52	0.1317	0.0828	
	Sex (ref: Male)	0.0132	0.2019	0.07	0.9480		
	Race (ref: White)	0.0950	0.2009	0.47	0.6372		
	Lifetime months homeless	0.0615	0.0918	0.67	0.5040		
	Number of Cigarettes per Day (≤10 vs. > 30)	0.6878	0.5337	1.29	0.1997		
	Number of Cigarettes per Day (11-20 vs. > 30)	0.2959	0.5320	0.56	0.5789		
	Number of Cigarettes per Day (21-30 vs. > 30)	0.2813	0.5914	0.48	0.6351		
	Total Last Month Income	0.11394	0.08814	1.29	0.1984		
	Years of Education	-0.01292	0.08718	-0.15	0.8824		
Step 2							
Predictors	SSS-C	0.4068	0.0820	4.96	<0.0001	0.2328	0.15
	Mindfulness	0.0690	0.0826	0.84	0.4051		
Step 3							
Interaction	SSS-C	0.4017	0.0837	4.8	<.0001	0.2334	0.0006
	Mindfulness	0.0753	0.0851	0.89	0.3774		
	SSS-C x Mindfulness	-0.0272	0.0820	-0.33	0.7408		

Note: SSS-C: Community Subjective Social Status

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Participants' Characteristics

Variable	M (SD) / % [N]	
Age (in years)	45.35 (10.60)	
Sex	Females	25.47% [41]
	Males	74.53% [120]
Race	White	32.92% [53]
	African American / Others	67.08% [108]
Lifetime Months Homeless	36.54 (42.67)	
Number of Cigarettes Per Day	≤10 vs. > 30	48.5% [78]
	11-20 vs. > 30	40.37% [65]
	21-30 vs. > 30	8.70% [14]
Total Last Month Income	281.52 (404.34)	
Years of Education	11.67 (1.57)	
SSS-C	5.18 (2.30)	
Mindfulness	62.73 (17.40)	
Readiness to Quit	6.06 (1.89)	

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Conclusions

- Targeting individuals with higher social status for smoking cessation services within limited service settings (e.g., shelters) may be advisable, based on likelihood of greater readiness to quit.
- Interventions to increase community social standing may engender a desire to quit among homeless adults, but definitive conclusions await future study.
- Unlike findings with domiciled adults, neither mindfulness nor the combination of low SSS and low mindfulness resulted in particularly low desire to quit relative to low social status.

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Funding and Acknowledgements

This work was supported by the Summer Undergraduate Research Fellowship (to Maza) from the Honors College at University of Houston. The data collection this work was based on was supported by the University of Texas Health Science Center, School of Public Health (to Businelle), the University of Texas MD Anderson Cancer Center and the University of Houston (to Reitzel). Preparation and presentation of this work was also supported by the National Cancer Institute through 1P20CA221697-01 (to Reitzel) and the Synergy Grant from the University of Houston (to Reitzel with MPI Dr Shahnjayla Connors).

