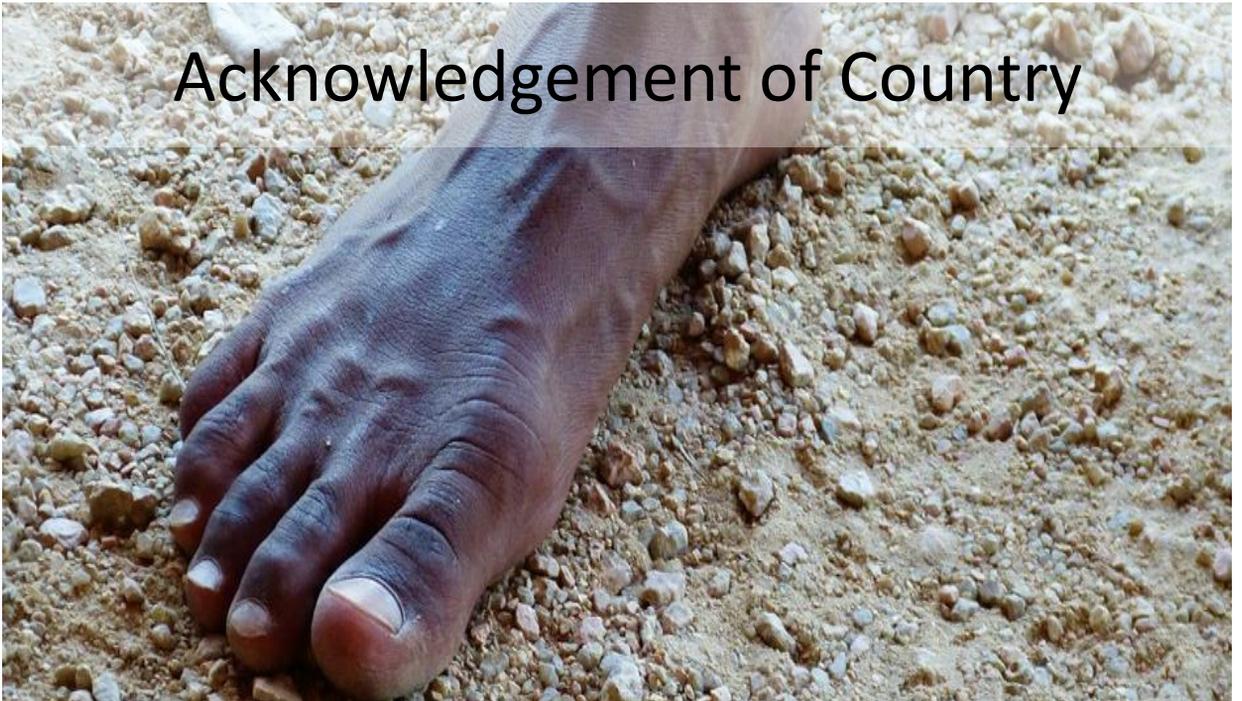




'Our Smoking and Smoke-Free Stories' by Aboriginal women

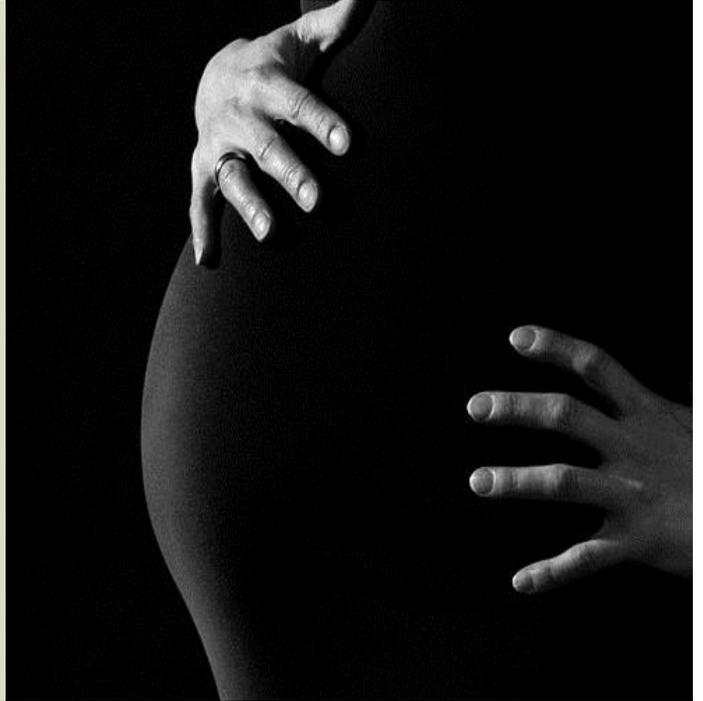
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Acknowledgement of Country

## Background

- Smoking prevalence is four times higher in pregnant Aboriginal women than among women who are not Aboriginal.
- Tobacco smoking in pregnancy is the most important preventable risk factor for poor maternal and infant health outcomes.
- Qualitative interviews can give us a deeper understanding of these influences and the current smoking and smoke-free stories of Aboriginal mothers.



## Aims

The aims of this study were to:

- Provide an opportunity for Aboriginal women to tell their own story about smoking and quitting
- To understand maternal Aboriginal smokers attitudes to and experiences of behaviour change (smoking cessation) counselling, using nicotine replacement therapy (NRT), and factors that impact adherence.
- To assess what features of the women's stories of smoking in pregnancy may impact on the management of tobacco smoking in primary care.



## Method



- Methodology of Narrative Inquiry was adopted plus a demographic questionnaire.
- Qualitative interviews were conducted with 20 Aboriginal women, over 16 years of age who were pregnant or had a baby in the last 2 years in the Hunter New England area, NSW.
- Interviews were conducted in women's homes, community centre's and play groups and women were encouraged to tell their story about smoking and becoming smoke-free to a trained Aboriginal Research Assistant.
- The Research Assistant would guide further discussions with the participants to further explore a range of issues which may impact smoking cessation.

Audio taped and  
transcribed interviews

Inductive Methodology  
to develop themes

Analysis

Independently coding  
1/3 and developing  
coding book

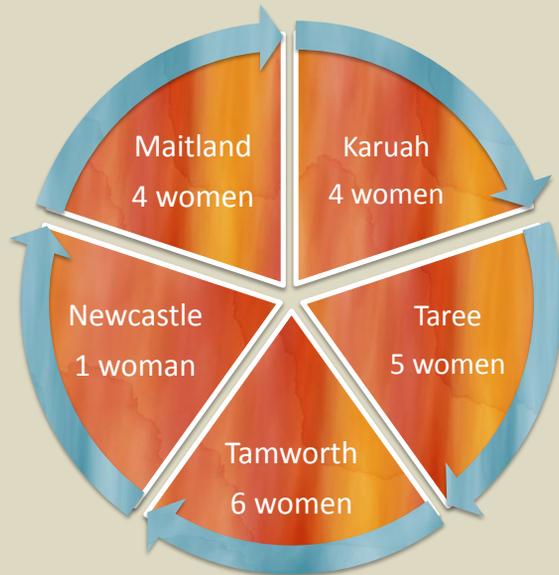
Nvivo 11 program used  
to code and sample  
check

## Participants

Twenty Aboriginal women who had experienced smoking or quitting in a current or recent pregnancy (within 2 years) were recruited.

Recruited through:

- Aboriginal Medical Services
- Community Networks &
- Aboriginal Maternal and Infant Health Services- Quit for New Life

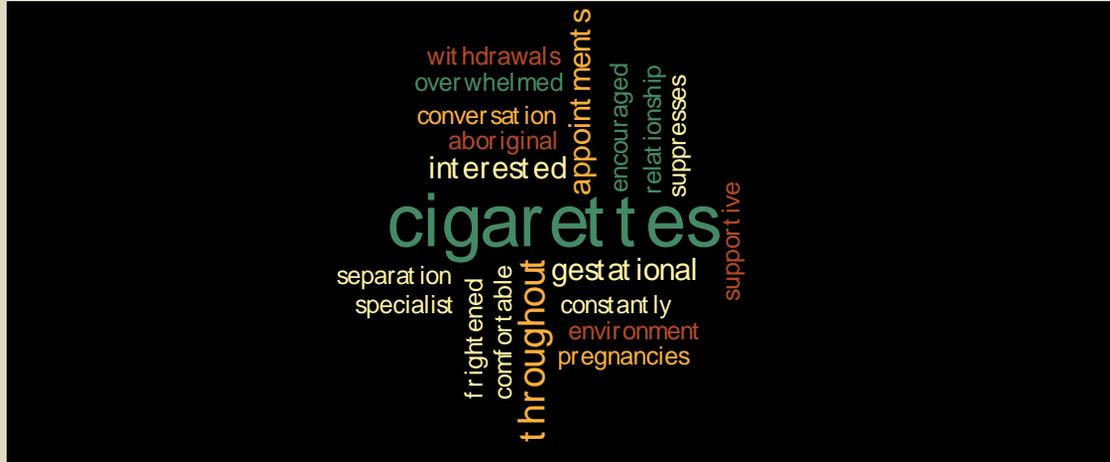


## Participants profile

- All participants were Aboriginal
- 6 women were pregnant at the time of interview
- 14 women had babies under 2 years
- 12 women had never tried NRT
- 6 women were offered *Quit for New Life* program through midwives
- 11 women were currently smoking
- 9 women were ex-smokers
- Of those women smoking 8 smoked less than 10 per day.



# Smoking during pregnancy stories



## Smoking during Pregnancy

*Interviewer: You went through your whole pregnancy without smoking at all?*

*Participant: No not really, I might have one or two every now and then.*

*Participant: When I found out I was pregnant I was 10 weeks, so I decided to give up smoking for a couple of weeks just to get through the first trimester.*

*Participant: So now if I was to have another baby again I would give up smoking because I think that's what was part of the reason of my high blood pressure and the infection because of the nicotine withdrawals and plus the smoking like 1-2 cigarettes was doing more harm than have you know 10-12 cigarettes a day.*

## Key Characters



## Key Characters- Mum

*Participant: When I left school. Yeah, getting a bit older, and then I guess because my mum, she'd rather have me at home smoking than going out and hiding and that. That just made it more, you think oh yeah, "I can do it more now".*

*Participant: Just people around you, like my mum, she was pretty bad. She's not as bad as she used to be now.*

*Participant: I think the worst part was when my mum actually brought me my first packet of cigarettes. I was going to do it behind her back anyway but I think it would have been easier to stop if she was the type of parent that didn't enable it and wasn't there supporting it.*

## Barriers to accepting support

*Participant: I thought I didn't really need it for cigarettes because I wasn't a heavy smoker.*

*Participant: I'd rather give up cold turkey and you know. Sitting there with all that needing something to give up like you need the will power that's what its all about because once you stop taking them tablets its yeah, if you stop it to early it is just gonna hit you again and you just start craving...*



## I feel healthy!

*The doctors say "it's not good for the kid its not good for yourself" but in myself I'm like "I feel fine". I'm like "I'm going to be fine I think".*

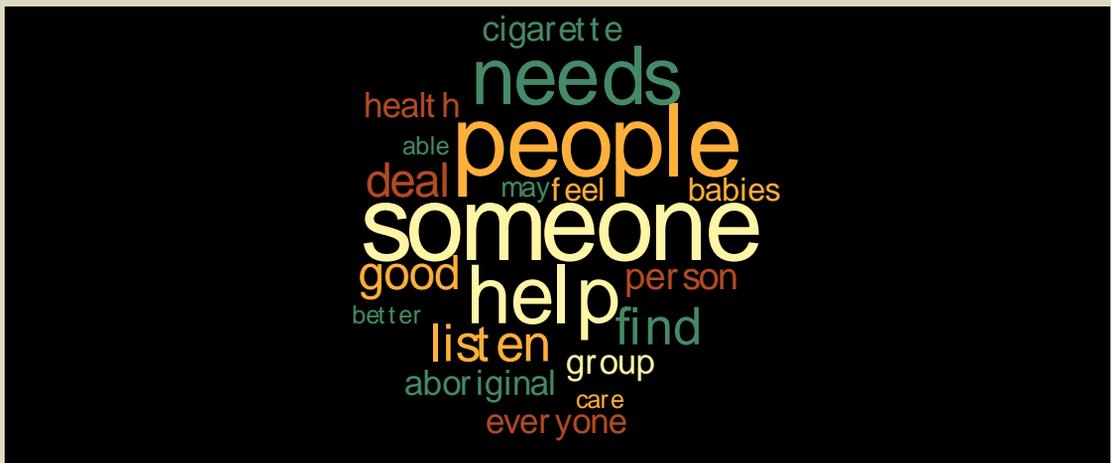
*Yeah a lot of people looking at me like I was a bad person but you know like it was, the baby was healthy, it was growing you know, I had no signs of having an unhealthy baby so I continued to smoke.*



## Environmental Factors



## Suggested Approaches



## Discussion

This research, in real world settings, provides new knowledge to develop practical sustainable solutions by informing policies and guidelines about evidence-based therapies for smoking cessation for Aboriginal women.

These findings will inform the developmental phases of the *ICAN QUIT in Pregnancy* project.



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- Gomeroi Gaaynggal



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