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Title: Factors associated with relapse in smoking cessation

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Body: Background:Smoking cessation is cost effective, but the maintenance of abstinence is a challenge.

Objective:To determine factors associated with relapse in the first 12 months after cessation.

Method:Comparative study of 69 patients who relapsed with 80 patients who did not in that period.

Demographic, socioeconomic, comorbidities, smoking history, friends/cohabitants smoking habits, Fagerstrom Scale, Test of Richmond, adherence to therapy, lapses (occasional use) and relapse were analyzed. Data analysis used SPSS,significance level $p \leq 0.05$. Results:There were no age or gender differences between groups. 38.3% reported the emotional factor as the reason for relapse. We found associations between the occurrence of relapse and male gender (OR 1.14,CI 0.42-1.79), primary school qualifications (OR 1.2,CI 0.48-1.84), being married (OR 2.13,CI 0.60-7.67), having children above 18 y-old (OR 2.59,CI 0.92-7.34), indoor smoking (OR 1.14,CI 0.59-2.19), smoking at work (OR 1.17,CI 0.53-2.56) smoker friends (OR 2.06,CI 1.01-4.12), presence of comorbidities (OR 1.43,CI 0.36-1.59), smoking habits onset before 18 y-old (OR 1.20,CI 0.43-1.69), no previous attempts (OR 1.98,CI 1.03-3.81), high dependency (OR 1.2,CI 0.52-2:28), no therapy adherence (OR 2.7,CI 0.18-2.78), withdrawal syndrome (OR 1.52,CI 0.71-3.26) and the occurrence of lapses (OR 9.26,CI 3.45-26.9). Multivariate analysis confirmed association between relapse and age of habits onset, occupational activity, contact with smokers, no previous attempts, high dependency, no adherence to therapy and the occurrence of lapses.

Conclusion:The family socioeconomic status, smoking habits, dependence degree, treatment adherence and the occurrence of lapses were predictors of relapse.