

Smoke-free homes in Thailand and Malaysia: which smokers have them and how they influence smoking behaviour

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Smoke-free homes have primarily been promoted as a means of protecting non-smokers from secondhand smoke. However, research suggests that smokers who live in smoke-free homes may change their smoking behaviour. Data from the ITC-SEA Wave 1 survey were used to examine the demographic and social characteristics of Thai and Malaysian smokers who reported home smoking restrictions and how home smoking restrictions were associated with smoking behaviour. A representative sample of 2000 adult smokers was surveyed in each country. Data were collected using face-to-face interview. Thai smokers were more likely to report smoke-free homes than Malaysian smokers (49% vs 11%). Female smokers were more likely to report smoke-free homes, and such reports increased with age. Smokers who smoked more than 15 cigarettes/day, who had more immediate plans to quit (within the next 6 months), who often thought about the harm smoking might be doing to other people and those who believed that smoking causes lung cancer in nonsmokers were more likely to live in smoke-free homes. Smokers who were employed in smoke-free workplaces were also more likely to reside in smoke-free homes. Tobacco control efforts to promote smoke-free homes may help to modify smokers' behaviour in ways that would help them to quit.

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