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Touts 70% success rate

# Program snuffs smokers' cigs

By Diane Winocur  
Of the Emerald

Mary, a participant in the Oregon Smoking Control Program, had to have a cigarette with her morning coffee.

She tried substituting tea or orange juice for the cigarette to alter the morning smoke and coffee "ritual." When that failed, her attempts went from showering to going for walks to exercising and finally, to drinking her coffee through a straw while standing.

Nothing worked.

Then another OSCP client suggested that Mary set her alarm clock later. When her mornings were rushed, Mary didn't have the 15 minutes with a cigarette that she traditionally needed.

Mary "kicked the habit," and her success is not uncommon.

About 70 percent of the OSCP's clients won't be smoking a year after they leave the program, says Karen McIntyre, a graduate student in clinical psychology and one of the program's three counselors.

In its 12th year in the University's psychology department, this stop-smoking program offers smokers a success rate similar to most professional clinics at a substantially lower fee (\$15 compared to Smokenders' fee of more than \$400), McIntyre says.

But the University program's approach is different from the myriad of smoking control pro-

grams, she says.

"There are a lot of different kinds of smokers in the world," she says.

"Programs have tried to gear themselves for the orally fixated smoker, or the smoker who needs aversive technique or needs to be hypnotized."

The OSCP program's "bag of tricks" approach educates clients to the ways their life will change when they become non-smokers.

The program consists of approximately four weeks of preparation and planning before "quitting day" arrives.

Counselors teach skills to control a smoking habit, such as how to think of oneself as a non-smoker.

OSCP also involves spouses or living partners, McIntyre says.

But when both partners are trying to quit, she says, "It can really be good. They support each other and make resolutions together."

About one-third of the OSCP clients are students, McIntyre says. Ages range from 19 to 80.

"The more of a range we get, the nicer the group is because there are so many different perspectives," McIntyre says. "There are people who have smoked for 50 years and people who have smoked for three, and both of them are having a terrible time quitting."

In addition to the \$15 treat-



Graphic by Max DeRungs

ment charge, clients pay a \$25 refundable deposit to help insure continued participation. McIntyre says this follow-through obligation "helps develop a sense of group cohesion," as well as assisting department research.

Research is the motive of the two graduate students, one professor, and four volunteer undergraduates involved in the program. Few studies exist relating a

stressful lifestyle to quitting smoking or how home support affects stress, McIntyre says.

The 40 clients expected for this term's program — which begins two-hour sessions Monday — will organize into support groups of not more than 16 people. Groups meet one evening a week for six weeks at the University psychology clinic in Straub Hall.

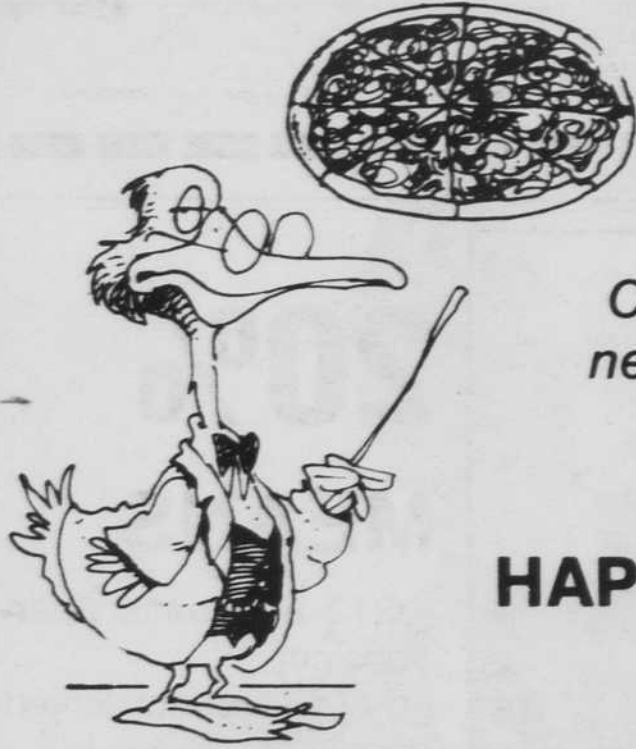
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