**Table H45. Evidence table (Reference ID# 1109)**

| Study Description | Intervention(s)/ Comparator(s) | Patient Population | Baseline Measure(s) | Outcome Measure(s) | Quality |
| --- | --- | --- | --- | --- | --- |
| **Author:**  Ershoff et al., 1995  **Country:**  USA  **Enrollment period:**  July 1985 to  June 1987  **Setting:**  HMO  **Funding:**  NR  **Author industry relationship disclosures:**  NR  **Study Design:**  RCT  **Blinding:**  Health educator was blind to group assignment until the end of data collection. Prenatal care providers were blind to group assignment. | **Intervention:**  Self-help written materials 8 booklets total. First 4 delivered by health educator with brief overview of program. The rest were mailed weekly for 4 weeks.  All women were given a two page pamphlet on hazards of smoking during pregnancy.  **Intervention provider:**  Health educator  **Intervention setting:**  Clinic  **Comparator:**  One page tip sheet on behavioral techniques to help avoid relapse.  **Followup:**  Telephone interview at 26 weeks, and urine samples collected at prenatal visits. Urine cotinine analyzed from 34 week pregnancy.  Maintenance at end of pregnancy was confirmed with three urine samplesb.  **Groups:**  **G1:** Intervention  **G2:** Control | **Inclusion criteria:**   * English speaking * < 18 weeks pregnant * Obtaining prenatal care at one of 5 health centers of HMO group * Quit smoking since becoming pregnant   **Enrollment, n:**  **G1:** 110  **G2:** 108  **Followup, n for analysisa:**  **G1:** 87  **G2:** 84  **Age, mean years:**  **G1:** 25.3  **G2:** 25.4  **Education, mean years:**  **G1:** 12.7  **G2:** 12.9  **Gestation, mean weeks:**  **G1:** 10.3  **G2:** 10.2  **Insurance status:**  **G1:** HMO 100%  **G2:** HMO 100%  **Parity:**  Primigravida, %  **G1:** 32.6  **G2:** 13.1  1 or more children, %  **G1:** 39.1  **G2:** 51.2  1 or more miscarriages, %  **G1:** 13.8  **G2:** 16.7  **Partner status**  Married, %  **G1:** 67.8  **G2:** 66.7  **Partner smoking status:**  Smoker, %  **G1:** 54.0  **G2:** 47.6  **Race/ethnicity, n (%):**  White  **G1:** 56.3  **G2:** 54.8  Black  **G1:** NR  **G2:** NR  Other  **G1:** NR  **G2:** NR  **Socioeconomic status:**  NR  **Smoking history:**  Started smoking, mean age:  **G1:** 17.2  **G2:** 17.3  Number of cigarettes per day before pregnancy, mean:  **G1:** 10.7  **G2:** 10.1 | **Maternal smoking status:**  Smoking abstinence, mean days  **G1:** 33.7  **G2:** 29.6  No puffs since quitting, %:  **G1:** 79.3  **G2:** 66.7  No puff and more than 7 days of abstinence, %:  **G1:** 62.1  **G2:** 53.6 | **Maternal smoking status**  Relapse prevention at end of pregnancy, %:  **G1:** 83.9  **G2:** 79.8  **Child/infant outcomes**  NR  **Adverse events:**  NR | **Overall quality:**  Fair  **Risk of bias**  Randomization:  Unclear  Allocation concealment:  Unclear  Selective reporting:  Low  Blinding patients/personnel:  Low  Blinding outcome assessment:  Low  Incomplete outcome reporting:  Low  Other:  Low |

a The number for analysis excludes women who had an abortion (n=5), miscarriage (n=17) or transferred to another medical group (n=25).

b Maintenance of cessation was defined as presence of at least one urine cotinine value ≤ 10 ng/mL and no values ≥ 80 ng/mL