**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:** 13.11 or more children, %**G1:** 39.1**G2:** 51.21 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:** 54.8Black**G1:** NR**G2:** NROther**G1:** NR**G2:** NR**Socioeconomic status:**NR**Smoking history:**Started smoking, mean age:**G1:** 17.2**G2:** 17.3Number of cigarettes per day before pregnancy, mean:**G1:** 10.7**G2:** 10.1 | **Maternal smoking status:**Smoking abstinence, mean days**G1:** 33.7**G2:** 29.6No puffs since quitting, %:**G1:** 79.3**G2:** 66.7No 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:UnclearAllocation concealment:UnclearSelective reporting:LowBlinding patients/personnel:LowBlinding outcome assessment:LowIncomplete outcome reporting:LowOther: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