

Notice for the PhD Viva Voce Examination

Ms Anita Mary Vadivale (Reg. No. 1630087), PhD scholar at CHRIST (Deemed to be University), will defend her PhD thesis at the public viva-voce examination on Saturday, 19 December 2020 at 10.00 am on the Webex Meeting platform.

- Title of the Thesis** : **Experiences of Mindfulness-Based Relapse Prevention on the Smoking Behaviour of Working Women**
- Discipline** : **Psychology**
- External Examiner** : **Dr Prasadham**
(Outside Karnataka) Professor and Director
Human Relations
and Counselling Psychology
Institute for Human Relations, Counselling and
Psychotherapy
Arani Road, Sainathapuram, Vellore
Tamil Nadu - 632001
- External Examiner** : **Dr Molly Joy**
(Within Karnataka) Professor & Head
Department of Psychology & Research Center
Kristu Jayanti College
K Narayanapura, Kothanur
Bengaluru - 560077
Karnataka
- Supervisor** : **Dr Anuradha S**
Associate Professor
Department of Psychology
School of Social Sciences
Bangalore Central Campus
CHRIST (Deemed to be University)
Bengaluru – 560029
Karnataka

The faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva.

Place: Bengaluru
Date: 10 December 2020



Registrar

ABSTRACT

Smoking is the highest cause of preventable deaths in the world. The number of working women prone to addiction is high due to the levels of stress witnessed. The number of working women who have taken up to smoking has increased and is said to increase by 20 percent by the year 2025 if not addressed. Mindfulness, a Buddhist meditative technique helps with managing addiction to nicotine. Mindfulness based relapse prevention has showed promise to reduce relapse levels amongst people who smoke. The primary objective of the study is to check the experiences of mindfulness based relapse prevention (MBRP) on the smoking behaviour of working women in India. An embedded experimental design was carried out on eight working women who were selected using purposeful sampling. The participants went through eight two- hourly sessions of MBRP therapy, one session a week. Three sets of interviews (pre-intervention, mid intervention and post-intervention) were conducted including pre and post-test to check the levels of abstinence self-efficacy, mindfulness, perceived stress and craving. Follow up was carried out one week, one, two and six months post intervention. Thematic analysis was used for interpretation of qualitative data and paired sample t test was used for analysis of quantitative data. Themes that emerged were experiences with the habit of smoking, which included history of initiation, reasons for smoking, transformation seen and history of quit attempts. Four weeks into the intervention the themes that emerged were impactful components within self, supporting outcomes of practice and challenging experiences. Post the intervention experiencing changes, experiencing challenges through the intervention and strategies for abstinence and continued practice emerged. Mindfulness and abstinence self-efficacy had risen whereas craving and stress had reduced. Follow up at one week showed no changes in results. One and two months follow up showed reduced practice hours of mindfulness with no full-blown relapse. Six month follow up showed 37.5 percent relapse with reduction in number of cigarettes consumed. Though beneficial for smoking relapse prevention efficacy reduces post-intervention, where regular follow up sessions, are required for the continued practice of mindfulness.

Keywords: smoking cessation, smoking relapse prevention, mindfulness, mindfulness based relapse prevention, working women.