

YSU Prof. Helps

Smokers Quit Weed



The Vindicator/Paul R. Schell

ABOVE: Dr. Stephen Graf videotapes this woman's resolution that she won't ever smoke again. RIGHT: Chuck Ratie of the Eastern Ohio Lung Association examines Mary K. Cline's notebook to check her progress in her effort to quit smoking in Dr. Graf's program.



10 of 15 In Clinic Make It

By DENNIS LaRUE
(Vindicator Staff Writer)

Smoking is a habit — a bad one, to be sure, but a habit.

Psychologist Stephen Graf tries to help people quit smoking by helping them substitute a good habit, or at least a harmless habit, for the injurious one.

And his antismoking program has enjoyed, at the very least, modest success. He's helping 10 of the 15 who attended the first session of his latest clinic 19 days ago stay off cigarettes.

Although 15 signed up, only 10 attended Day 15 at Westminster Presbyterian Church last Tuesday night. That was the day everyone was supposed to quit completely.

Each of the 15 paid \$20 to have Dr. Graf, whose doctorate is in psychology, help them quit. The entire amount is refundable if — and that's a big *IF* — they follow his regimen to the letter.

So it would appear the five who didn't make it to the third meeting forfeited \$20 apiece. That \$100, plus any penalties those who slip along the way must pay, will be divided among those who make it through Day 60 without smoking a cigarette.

Uses Honor System

Everyone is on his honor, and everyone has been honest about his difficulties and lapses so far.

Dr. Graf, a psychology professor at Youngstown State University who specializes in behavioral analysis, was asked two years ago by the Eastern Ohio Lung Association to develop a program to help people quit smoking. He agreed and supervised two earlier clinics.

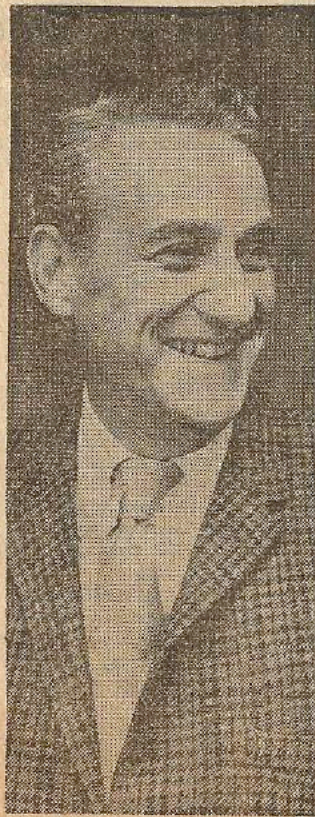
He's still trying to work out the shortcomings he found in the earlier clinics and is experimenting with new techniques.

His program, "A Countdown to Kick Off Smoking," works like this:

Behavior is influenced by what happens to the person immediately after he does something. What happens after a person behaves in a certain manner is called a *consequence*.



MARY ANNE McNALLY: "I started smoking in college and was at three packs a day in no time. . . . Tonight's the last night I'll ever smoke."



DR. MERVIN KOHN quit smoking some time ago but attended to support his wife's efforts to quit.

Dr. Graf says, exert a much greater influence on than long-term consequences: "The long-term consequences of cigarette smoking are hazards to one's health. But, since they don't occur right away, many people don't respond to long-term hazards."

His program uses short-term nonhazardous consequences to help participants control their smoking behavior.

Pay \$20 to Enroll

Each participant pays \$20 to enroll in the program, signing a contract under which he can earn the entire amount back, part of it, or lose all of it. Each obstacle he successfully hurdles entitles him to a partial refund. If the enrollee chooses not to comply with a requirement by a certain date, he suffers a partial forfeiture.

Reward and punishment is only part of the program.

The enrollee must also count how many cigarettes he smokes, when and where, and set up his own consequences if he slips and lights up after Day 15 or exceeds the number he's

limited number to smoke by Day 15.

The participant earns back 10 cents per day the first 15 days for keeping track of the number of cigarettes he smokes, 50 cents for attending the third meeting on Day 15 and 10 cents per day from Day 16 on that he keeps his calendar recording the urge to have a cigarette and the number of times he succumbs. He gets back a dollar for attending the fourth and last meeting on Day 60 and another dollar for completing the questionnaire then.

Videotapes Pledge to Quit

As an added reinforcement tool, on Day 15, Dr. Graf videotapes each participant state his intention to quit completely and perform penance if he slips.

Dr. Graf candidly admits it's not easy to quit: "A well-established behavior resists change and often requires a systematic program to alter it."

Those participants The Vindicator could reach admitted varying degrees of success.



JAMES McROBERTS: "Every time I bought a carton, I gave my wife what it cost to do with as she wished. We wound up with a bunch of bassett hounds."

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A woman who asked not to be identified admitted that despite her going on record [videotape] to quit, she succumbed once, on last Wednesday and Thursday.

Reports Urge Is Gone

Another, Mary Anne McNally, said Tuesday night it would be difficult to quit since she'd managed to cut down to only 10 cigarettes a day (from a pack and a half at the outset) and didn't think she could quit immediately — she'd try to reduce her smoking one cigarette a day until she quit. Al-



RICK FITCH: "Today is Jan. 25 and I'm going to quit smoking."

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though she smoked some later Tuesday night and early Wednesday morning, she said she hadn't had one since 11 a.m. Wednesday and no longer felt the urge.

She was suprised, she said. Mrs. James McRoberts quit before Day 15 and was supporting her husband's efforts to meet the deadline.

He reported Tuesday night that he was down to two a day and "I'd like to have a cigarette right now but I won't."

Mrs. McRoberts said he had successfully gone without one at work Wednesday, the place he's felt the greatest need for one.

She thought that if her husband could get through work without one, his chances of success were virtually assured.

Rick Fitch was a success as of Thursday night. So was Carole Anderson although she admitted she has been eating more to resist the urge to light up — fattening foods, she said, not the carrot stick and celery Mrs. McNally relies on.

Snow Shoveling Helps

Fitch said he's trying to "avoid the whole oral fixation thing." He prefers hard physical exercise; in this weather, shoveling snow when possible.

Mary K. Cline, who was having trouble reducing her consumption below two cigarettes a day, put her faith in the Lord and also hasn't had one since Tuesday night. She said before she went on videotape she didn't think she could do it.

Dr. Graf asked her what it would take to quit. She thought a moment and then said the Lord would give her the strength to stop.

Dr. Graf was skeptical but took her assurance that that would be enough and she didn't need to set up a program of penalties.

Sets Up Penalties

During the first 15 days, another woman, who asked not to be identified, set up the following penalties if she exceeded her quota: If she smoked the first, she wouldn't watch the public television channel. If she lit up a second, she wouldn't read. If she smoked a third, no coffee; a fourth, no dessert; a fifth, at least 10 minutes latrine duty.

Her consequences worked well, although she says determination to quit is not enough. The consequence she chose Tuesday if she smokes another? "I shall have to go out in public with no makeup on."

Dr. Graf stresses he's not there to take charge over

them. He will only show them ways to quit, to alter their behavior. The rest is up to them.

Needs More Data

He hopes to obtain more data on what happens to this group after Day 60, saying he hasn't had that much success in obtaining data from participants after the first two programs were complete.

His latest group is diverse. They range in age from 25 to 48. The earliest age a participant began smoking regularly was 14, the latest, 25.

Some tried low-tar, low-nicotine brands but generally switched back to their regular brands because they felt they didn't satisfy.

Miss Anderson tried the lowest of the low-tar brands and found "I was ripping off

the filter because they were so mild."

Fitch found himself smoking more because "they left me unsatisfied."

Some had quit before, Fitch twice for eight months and Mrs. McRoberts went eight years before resuming in an effort to lose weight.

It didn't work, she said, because "I found I could eat and smoke at the same time." She's found that making a quilt is a better approach, since she never smoked while working on a quilt.

Various smoking studies have demonstrated that once a person quits, his metabolism does slow down a little bit. But Dr. Graf notes that most who gain weight after they quit are really substituting one bad

habit, excessive eating, for another.

And, he continues, they find that food tastes better since the cigarette smoke dulled their taste buds and they eat more.

"Those who say they won't stop because they'll gain weight are just looking for an excuse to continue," Dr. Graf commented. "It becomes a self-fulfilling prophecy."

Dr. Graf has taught at YSU since 1970. He earned his bachelor's degree at Miami (of Ohio) University and did his graduate work at Ohio State University. He is married to the former Carol Auman and they have a daughter, Kimberly. They live in Poland.