

Advancing Inclusive Mental Health:



Reducing Disparities in Evidence-Based Tobacco Cessation Supports for Adults with Intellectual Disability

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BACKGROUND

- Adults with intellectual disability (ID) have high rates of tobacco use. ^{1,2}
- Despite this, tobacco cessation programs are rarely adapted to meet their unique needs, contributing to health disparities. ^{3,4}
- People with ID are underrepresented in research and public health initiatives, which limits evidence-based guidance for interventions.⁶



Improve understanding of tobacco use and

cessation in adults with ID to inform more inclusive, accessible, and equitable health interventions.

PROJECT DESCRIPTION

STUDY 1: SYSTEMATIC REVIEW

Substance Use and Problem Gambling Interventions for People With Intellectual Disability: A Systematic Review ⁷

16 studies included: small samples, mostly mild ID, male adults

Promising interventions

Mindfulness

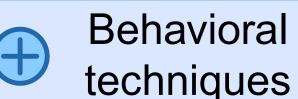


Cognitive behavioral therapy





Psychoeducation





CONCLUSIONS

- Evidence on tobacco cessation in people with ID is limited.
- Person-centered, context-adapted protocols can improve knowledge, motivation, and quitting success.
- More support and staff training, plus alternative emotional management strategies, are needed.
- Advancing this work helps reduce disparities and improve quality of life.

STUDY 2: QUALITATIVE STUDY

Interpretative phenomenological analysis (IPA) ⁵

Explored lived experiences of adults with ID

+ perspectives of families and support staff.

Methods

Semi-structured interviews across day services and residential settings.

Audio recorded
Transcription (QSR NVIVO 14)
Analysis (IPA)



Findings

- Smoking roles: social, emotional, coping mechanism
- Barriers to quitting: ambivalence, addiction, limited support, staff training gaps

Context differences:

- Residential settings:
 - Smoking is restricted and structured
 - → limits autonomy but provides routine and supervision
- Day centers:
 - More flexible access to tobacco →
 promotes autonomy but creates
 tension between respecting choice
 and promoting health





SECRETARÍA DE ESTADO
DE SANIDAD

DELEGACIÓN DEL GOBIERNO
PARA EL PLAN NACIONAL
SOBRE DROGAS