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Title: The Missed Opportunity: A Cross-Sectional Survey of Hospital-Based Smoking Cessation Support

Authors:

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Background: Hospitalization is a key opportunity for smoking cessation (SC), yet delivery remains inconsistent. While the 5As model (Ask, Advise, Assess, Assist, Arrange) is standard, the 3As (Ask, Advise, Act) may be more feasible.

Objective: To assess Healthcare Professionals´ (HCPs) knowledge, attitudes, and practices related to hospital-based SC support, using the COM-B (Capability, Opportunity, Motivation, Behavior) model.

Methods: An online cross-sectional survey (July-October 2025) was conducted across three hospitals in Bogotá, Colombia. SC knowledge (score 0-100), attitudes (COM-B informed), and practice frequency of 5As and 3As were assessed. High performance was defined as “always”/”often” across all items. Multiple imputation addressed missing age data (14.3%). Multivariable logistic regression identified predictors of high 3As performance.

Results: Among 224 HCPs (mean age 34.3 years; 66.5% women; 56.7% physicians; 75% never smoked), 12.9% reported high 5As performance versus 64.3% for the 3As. Multivariable analysis showed high 3As performance was significantly associated with positive attitudes (Adjusted Odds Ratio [AOR] 2.28, p=0.003, 95% CI 1.3-3.9), and being a physician (AOR 7.53, p<0.001, 95% CI 3.0-18.6). Knowledge, training, and experience were not independent predictors.

Conclusion: A clear implementation gap exists between the 5As and the 3As models. Practice is driven by reflective motivation and professional role identity, rather than knowledge, training, or experience alone. These theory-driven findings highlight the need to target behavioral determinants to design hospital-based SC interventions.

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