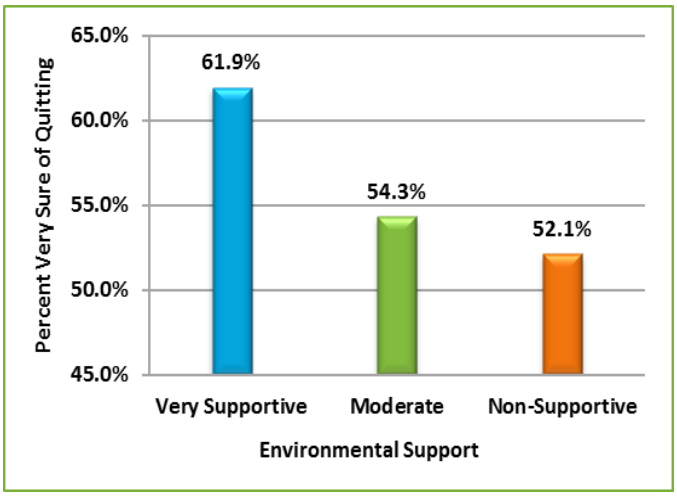
Many studies have shown that self-efficacy - how confident an individual is in his or her ability to quit smoking - is an important component in a quit attempt. Perceived self-efficacy facilitates setting quit goals and being persistent when faced with potential barriers or relapse. However, environmental factors and lack of social support may adversely affect self-efficacy, thereby posing an indirect barrier to quitting smoking. In this data brief we explore how perceived support for quitting tobacco, as well as environmental risks that may impede quitting, correlate with client self-efficacy.

To ascertain self-efficacy, ASHLine clients are asked to indicate the level of confidence they have in their ability to quit using tobacco for at least 24 hours on a five-point scale of "not sure" to "very sure". We categorize a response of "very sure" as high self-efficacy.

Intake questions assessing environmental risk for smoking include 6 items about where clients smoke (at home, office, with others when socializing) and whether others smoke around them. We categorize responses as non-supportive, moderately supportive, or supportive environments for clients to quit smoking. An additional two intake questions address clients' perceived support from others for quitting tobacco, categorized as high or low social support.

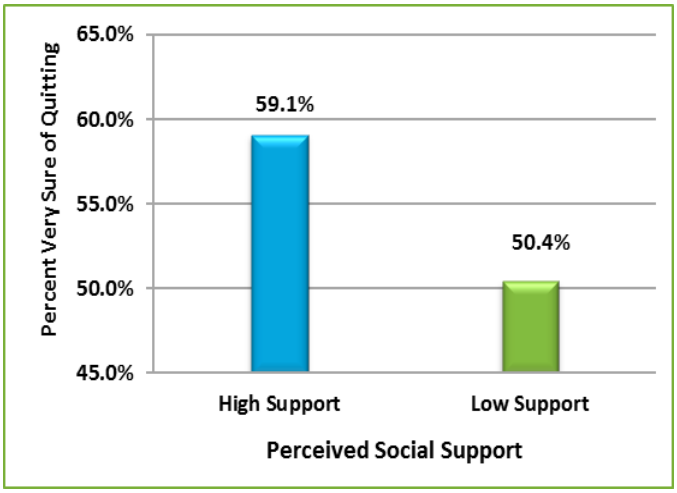
Findings show a significant relationship between clients' level of confidence in their ability to quit and the level of environmental support for quitting ($p < .0001$). Of clients reporting high self-efficacy, 61% had a very supportive environment for quitting tobacco (Figure 1).

Figure 1: High Self-Efficacy by Environmental Support



There is also a positive relationship between self-efficacy and perceived level of social support to quit ($p < .0001$). As figure 2 illustrates, clients reporting that they were very sure they could quit smoking for at least 24 hours were more likely to perceive a high level of social support for quitting (59.1%).

Figure 2: High Self-Efficacy by Perceived Social Support



These findings further our understanding of the relation that social and environmental factors have with self-efficacy, and the significance of assisting ASHLine clients in identifying and modifying these barriers to quitting tobacco.