

New moms who quit smoking fear weight gain

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Researchers in Pittsburgh say nicotine addiction does not explain why so many women who quit smoking during pregnancy resume the habit after delivery.

According to a study conducted at the University of Pittsburgh School of Medicine, fear of weight gain is a major reason some women are far less motivated to remain nonsmokers, WebMd reports.

Michele Levine, assistant professor of psychiatry, and her colleagues interviewed 119 women who smoked at least eight cigarettes a day on average but quit when they learned they were pregnant.

Based on their answers to a written questionnaire, 65 percent were judged to be highly motivated to remain nonsmokers after delivery.

However, the study found women who reported less confidence about weight issues also tended to be less motivated to continue not to smoke after their babies were born.

Results of the Pittsburgh study are reported online in the October edition of the journal *Annals of Behavioral Medicine*.

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