

Recent news and research

7.6 How smokers go about quitting

Last updated March 2018

News reports:

Caraballo, RS, Shafer, PR, Patel, D, Davis, KC, McAfee, TA. Quit methods used by US adult cigarette smokers, 2014-2016. *Prev Chronic Dis*. 2017 Apr 13;14:E32. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28409740>

7.6.1 Planned versus spontaneous

Smith, AL, Carter, SM, Dunlop, SM, Freeman, B and Chapman, S. Measured, opportunistic, unexpected and naive quitting: a qualitative grounded theory study of the process of quitting from the ex-smokers' perspective. *BMC Public Health*. 2017 May 11;17(1):430. Available from: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4326-4>

No authors listed. 10 steps to successfully make a plan to quit smoking. Truth Initiative(American Legacy Foundation). Jan 3, 2017. Available from: <http://truthinitiative.org/news/10-steps-successfully-make-plan-quit-smoking>

7.6.2 Abrupt versus gradual

Doyle, Kathryn. Quitting smoking abruptly has best long-term results. Reuters, 2016. Mar 14, 2016. Available from: <http://www.reuters.com/article/us-health-smoking-quitting-idUSKCN0WG2FL>

Smith, Andrea, Carter, Stacy. Despite help on offer, many smokers prefer to quit on their own – here's why. *The Conversation*, 2015. Nov 6, 2015. Available from: <https://theconversation.com/despite-help-on-offer-many-smokers-prefer-to-quit-on-their-own-heres-why-41749>

7.6.3 Unassisted versus mediated

No authors listed. Read this before trying to quit smoking 'cold turkey'. Truth Initiative, Jan 2018. Available from: https://truthinitiative.org/news/read-trying-quit-smoking-cold-turkey?utm_source=Truth+Initiative+Mailing+List&utm_campaign=0866712757-Newsletter_082_2018_01_04&utm_medium=email&utm_term=0_c91fd8a5c5-0866712757-86454907

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No authors listed. Statistics on NHS Stop Smoking Services in England. Health and Social Care Information Centre, 2015. Available from: <http://www.hscic.gov.uk/catalogue/PUB16345/stat-stop-smok-serv-eng-1415-q2-rep-key.pdf>

Research:

Rodu, B, Plurphanswat, N. Quit Methods Used by American Smokers, 2013-2014. Int J Environ Res Public Health. 2017 Nov 17;14(11). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/29149048>

Smith, AL, Carter, SM, Dunlop, SM, Freeman, B, Chapman, S. Revealing the complexity of quitting smoking: a qualitative grounded theory study of the natural history of quitting in Australian ex-smokers. Tob Control, 2017. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/29170168>

Kastaun, S, Brown, J, Brose, LS, Ratschen, E, Raupach, T, Nowak, D, Cholmakow-Bodechtel, C, Shahab, L, West, R, Kotz, D. Study protocol of the German Study on Tobacco Use (DEBRA): a national household survey of smoking behaviour and cessation. BMC Public Health. 2017 May 2;17(1):378. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28464934>

McCarthy, DE et al. Paths to tobacco abstinence: a repeated-measures latent class analysis. Journal of Consulting and Clinical Psychology, 2015. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25867447>

Klemperer, EM, Hughes, JR. Does the magnitude of reduction in cigarettes per day predict smoking cessation? A qualitative review. Nicotine & Tobacco Research, 2015. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25744970>

7.6.1 Planned versus spontaneous

Zawertailo, L, Ragusila, A, Voci, S, Ivanova, A, Baliunas, D, Selby, P. Target Quit Date Timing as a Predictor of Smoking Cessation Outcomes. Psychol Addict Behav, 2017. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/28703612>

Anesi, GL, Halpern, SD, Harhay, MO, Volpp, KG, Saulsgiver, K. Time to selected quit date and subsequent rates of sustained smoking abstinence. J Behav Med, Jun 2017. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28639106>

7.6.2 Abrupt versus gradual

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Petersen, A, Mermelstein, R, Berg, KM, Baker, TB, Smith, SS, Jorenby, D, Piper, ME, Schlam, TR, Cook, JW. Offering smoking treatment to primary care patients in two Wisconsin healthcare systems: Who chooses smoking reduction versus cessation? *Prev Med*. 2017 Dec;105:332-336. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/28988997>

Ebel, J. Gradual vs abrupt smoking cessation: Each has its place. *J Fam Pract*. 2017 Jul;66(7):419. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/28700765>

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Klemperer, EM, Fagerstrom, KO, Hughes, JR. Abrupt versus gradual smoking cessation with pre-cessation nicotine replacement therapy for cigarette smokers motivated to quit. *Ann Transl Med*. 2016 Oct;4(19):384. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/27826586>

Schuermans, MM. Gradual versus abrupt smoking cessation. *Ann Intern Med*. 2016 Nov 15;165(10):741-742. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/27842404>

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Klemperer, EM, Hughes, JR. After precessation nicotine replacement therapy, abrupt cessation increases abstinence more than gradual cessation in smokers ready to quit. *Evid Based Med*, 2016 Oct;21(5):174. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/27516374>

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7.6.3 Unassisted versus mediated

Manis, M, Tamm, M, Stolz, D. Unaided Smoking Cessation in Healthy Employees. *Respiration*. 2017 Nov 7. pii: 000481826. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/29131057>

Caraballo, RS, Shafer, PR, Patel, D, Davis, KC, McAfee, TA. Quit Methods Used by US Adult Cigarette Smokers, 2014-2016. *Prev Chronic Dis*. 2017 Apr 13;14:E32. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28409740>

Smith, AL, Carter, SM, Dunlop, SM, Freeman, B, Chapman, S. Measured, opportunistic, unexpected and naive quitting: a qualitative grounded theory study of the process of quitting from the ex-smokers' perspective. *BMC Public Health*. 2017 May 11;17(1):430. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28490317>

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Smith, AL et al. The views and experiences of smokers who quit smoking unassisted. A systematic review of the qualitative evidence. PLoS One, 2015. Available from:

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