I-Overview for Smokers and Clinicians


http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm


II- Understanding and Assessing Nicotine Dependence


### III- Psychotherapy for Smoking Cessation


Pilot Randomized Controlled Trial of Web-Based Acceptance and Commitment Therapy for Smoking Cessation. *Nicotine Tob Res.* 2013 October; 15(10): 1756–1764.


Mindfulness training for smoking cessation: Results from a randomized controlled trial. *Drug and Alcohol Dependence* 119 (2011) 72–80


Gradual reduction of cigarette consumption as a cessation strategy: prevalence, correlates, and relationship with quitting. *Nicotine Tob Res* published 1 September 2014, 10.1093/ntr/ntu172

The Quitting rollercoaster: How recent Quitting History affects Future Cessation Outcomes (Data From the international tobacco Control 4-Country Cohort study). *Nicotine & Tobacco Research,* volume 15, number 9, 1578–1587.

**V- Depression, Mental Illness and Smoking**


Prochaska, Judith J. Integrating Tobacco Treatment Into Mental Health Settings. *JAMA* 2010; 304 2534-2535


Gallup Well-being, 2013:


**VI- Relapse Prevention**


VII- Smoking and Trauma


VIII- Pharmacotherapy


Levy DE, Thorndike AN, Biener L, Rigotti NA. Use of nicotine replacement therapy to reduce or delay smoking but not to quit: prevalence and association with subsequent cessation efforts. *Tob Control.* 2007 Dec;16(6):384-9.

Hillel Alpert, Gregory Connolly, Lois Biener. Prospective cohort study challenging the effectiveness of population-based medical intervention for smoking cessation. *Tob Control* doi:10.1136/tobaccocontrol-2011-050129. Published Online First 10 January 2012


John R Hughes, Lindsay F Stead, Jamie Hartmann-Boyce, Kate Cahill, Tim Lancaster. Antidepressants for smoking cessation. Editorial Group: Cochrane Tobacco Addiction Group. Published Online: 8 JAN 2014


Eden Evins; Corinne Cather; Sarah A. Pratt; Gladys N. Pachas; Susanne S. Hoeppner; Donald C. Goff; Eric D. Achtyes; David Ayer; David A. Schoenfeld. Maintenance Treatment With Varenicline for Smoking Cessation in Patients With Schizophrenia and Bipolar Disorder. A Randomized Clinical Trial. JAMA. 2014;311(2):145-154.

[3-9-2015] FDA Drug Safety Communication: FDA updates label for stop smoking drug Chantix (varenicline) to include potential alcohol interaction, rare risk of seizures, and studies of side effects on mood, behavior, or thinking:

http://www.fda.gov/Drugs/DrugSafety/ucm436494.htm


IX- Telephone and Internet Strategies


**X-General**


Lindsay F Stead, Tim Lancaster. Group behaviour therapy programmes for smoking cessation. Editorial Group: Cochrane Tobacco Addiction Group Published Online: 20 APR 2005 Assessed as up-to-date: 8 OCT 2008