Recent news and research

7.7 Factors that predict success or failure in quit attempts

News reports:


7.7.1.2 Level of dependence (heaviness, time to first cigarette)


7.7.1.4 Genetic influences


7.7.1.8 Concern about weight gain


7.7.1.9 Disturbances of mood


7.7.2 Environmental factors that predict success or failure in quit attempts


Research:


Shie, HG, Pan, SW, Yu, WK, Chen, WC, Ho, LI, Ko, HK. Levels of exhaled carbon monoxide measured during an interventio


7.7.1 Individual differences that predict success or failure in quit attempts


Ruhil, R. Correlates of the use of different tobacco cessation methods by smokers and smokeless tobacco users according to their socio-demographic characteristics: Global Adult Tobacco Survey


Craciun, C, Flick, U. "I want to be 100 years old, but I smoke too much": Exploring the gap between positive aging goals and reported preparatory actions in different social circumstances. J Aging Stud, Dec 2015. Available from: http://www.ncbi.nlm.nih.gov/pubmed/26568214


7.7.1.1 Duration of smoking

7.7.1.2 Level of dependence (heaviness, time to first cigarette)


7.7.1.3 Severity of withdrawal symptoms


7.7.1.4 Genetics influences


7.7.1.5 History of previous failed quit attempts
7.7.1.6 Low confidence, poor self-efficacy


7.7.1.7 Impulsivity, sensation seeking, and time perspective


7.7.1.8 Concern about weight gain


7.7.1.9 Disturbances of mood


Progovac, AM, Chang, YF, Chang, CH, Matthews, KA, Donohue, JM, Scheier, MF, Habermann, EB, Kuller, LH, Goveas, JS, Chapman, BP, Duberstein, PR, Messina, CR, Weaver, KE, Saquib, N, Wallace,

7.7.1.10 Other individual factors


7.7.2 Environmental factors that predict success or failure in quit attempts


Minami H, Bloom EL, Reed KM, Hayes SC, and Brown RA. The Moderating Role of Experiential Avoidance in the Relationships Between Internal Distress and Smoking Behavior During a Quit


7.7.2.1 Social factors


7.7.2.2 Cue reactivity


