

Tobacco in Australia

Facts & Issues

Relevant news and research

7.13 Cessation assistance: printed self-help materials

Last updated July 2020

Research:

Frings, D, Albery, IP, Moss, AC, Brunger, H, Burghilea, M, White, S, & Wood, KV. (2020). Comparison of Allen Carr's Easyway programme with a specialist behavioural and pharmacological smoking cessation support service: a randomized controlled trial. *Addiction*. Available from:

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Livingstone-Banks, J., Ordonez-Mena, J. M., & Hartmann-Boyce, J. Print-based self-help interventions for smoking cessation. *Cochrane Database Systematic Reviews*, 2019. 1, CD001118. Available from:

<https://www.ncbi.nlm.nih.gov/pubmed/30623970>

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Pineiro, B, Diaz, DR, Monsalve, LM, Martinez, U, Meade, CD, Meltzer, LR, Brandon, KO, Unrod, M, Brandon, TH, Simmons, VN. Systematic Transcreation of Self-Help Smoking Cessation Materials for Hispanic/Latino Smokers: Improving Cultural Relevance and Acceptability. *J Health Commun*. 2018 Mar 13:1-10. Available from:

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Foshee, JP, Oh, A, Luginbuhl, A, Curry, J, Keane, W, Coggnetti, D. Prospective, randomized, controlled trial using best-selling smoking-cessation book. *Ear Nose Throat J*. 2017 Jul;96(7):258-262. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/28719709>

Cheung, YTD, Lam, TH, Li, WHC, Wang, MP, Chan, SSC. Feasibility, Efficacy and Cost Analysis of Promoting Smoking Cessation at Outdoor Smoking "hotspots": a Pre-post Study. *Nicotine Tob Res*, Jun 2017. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28655173>

Brandon, TH et al. Extended self-help for smoking cessation: a randomized controlled trial. *Am J Prev Med*, 2016. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26868284>

Schuck K, Otten R, Kleinjan M, Bricker JB, and Engels RC. Predictors of cessation treatment outcome and treatment moderators among smoking parents receiving quitline counselling or self-help material. *Prev Med*, 2014; 69C:126-131. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25278424>

Healey B, Hoek J, and Edwards R. Posting behaviour patterns in an online smoking cessation social network: implications for intervention design and development. *PLoS One*, 2014; 9(9):e106603. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25192174>

7.13.1 Printed materials

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Notley, C, Blyth, A, Maskrey, V, Karavadra, B, Brown, T, Holland, R, Bachmann, MO, Brandon, TH, Song, F. Self-help materials for smoking relapse prevention: a process evaluation of the SHARPISH randomized controlled trial. *J Public Health (Oxf)*. 2017 Feb 24:1-8. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/28334958>

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News reports:

Brandon, TH, Simmons, VN, Sutton, SK, Unrod, M, Harrell, PT, Meade, CD, Craig, BM, Lee, JH and Meltzer, LR. Extended self-help for smoking cessation: a randomized controlled trial. *Am J Prev Med*. 2016 Jul;51(1):54-62. Available from: <http://www.ajpmonline.org/article/S0749-3797%2816%2900011-8/abstract>

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