

# Tobacco in Australia

## Facts & Issues

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### Relevant news and research

#### 7.13 Cessation assistance: printed self-help materials

*Last updated September 2021*

#### Research:

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Simmons, VN, Sutton, SK, Meltzer, LR, Unrod, M, Meade, CD, & Brandon, TH. Long-term outcomes from a self-help smoking cessation randomized controlled trial. *Psychol Addict Behav*, 2018. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/30284878>

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Wood, KV, Albery, IP, Moss, AC, White, S, Frings, D. Study protocol for a randomised controlled trial of Allen Carr's Easyway programme versus Lambeth and Southwark NHS for smoking cessation. *BMJ Open*. 2017 Dec 14;7(12):e016867. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/29247083>

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### 7.13.1 Printed materials

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## News reports:

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