Relevant news and research

7.15 Individual and group-based cessation assistance

Last updated March 2020

Research:


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7.15.1 Individual counselling


Staiger, PK, Hayden, MJ, Guo, K, Hughes, LK, Bos, J, & Lawrence, NS. A randomised controlled trial examining the efficacy of smoking-related response inhibition training in smokers: a study protocol.
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1. **Weidberg, S et al. Contingency management effects on delay discounting among patients receiving smoking cessation treatment. Psicothema, Nov 2015. Available from:**


### 7.15.1.1 Cognitive behavioural therapy


7.15.1.2 Acceptance and commitment therapy


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7.15.1.3 Motivational interviewing


7.15.1.4 Mindfulness


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7.15.1.5 Positive psychotherapy


7.15.2 Group therapy


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7.15.3 Workplace-based interventions


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Van den Brand, FA, Dohmen, LME, Van Schayck, OCP, & Nagelhout, GE. 'Secretly, it's a competition': a qualitative study investigating what helped employees quit smoking during a workplace smoking cessation group training programme with incentives. BMJ Open, 2018. 8(11), e023917. Available from: https://bmjopen.bmj.com/content/bmjopen/8/11/e023917.full.pdf


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7.15.4 Peer support programs


7.15.5 Residential treatments


News reports:


7.15.2 Group therapy

No authors listed. (2020). Decade of research to help long-term smokers quit. *Border Watch.* Retrieved from https://customreport.mediaportal.com/#/articlepresenter/07326b03-330b-4aa9-9663-6efdd64d7731/558521232/13268143457_k=ghs3wf

7.15.3 Workplace-based interventions


