Tobacco in Australia
Facts & Issues

Relevant news and research

7.15 Individual and group-based cessation assistance

Last updated May 2021

Research:

7.15.1 Individual counselling

7.15.1.1 Cognitive behavioural therapy

7.15.1.2 Acceptance and commitment therapy

7.15.1.3 Motivational interviewing

7.15.1.5 Positive psychotherapy

7.15.2 Group therapy

7.15.3 Workplace-based interventions

7.15.4 Peer support programs

7.15.5 Residential treatments

News reports:

7.15.1 Individual counselling

7.15.2 Group therapy

7.15.3 Workplace-based interventions
Research:


### 7.15.1 Individual counselling


7.15.1.1 Cognitive behavioural therapy


7.15.1.2 Acceptance and commitment therapy


Davoudi, M, Omidi, A, Sehat, M, Sepehrmanesh, Z. The Effects of Acceptance and Commitment Therapy on Man Smokers’ Comorbid Depression and Anxiety Symptoms and Smoking Cessation: A

7.15.1.3 Motivational interviewing


### 7.15.1.4 Mindfulness


Spears, CA, Bell, SA, Scarlett, CA, Anderson, NK, Cottrell-Daniels, C, Lotfalian, S et al. Text Messaging to Enhance Mindfulness-Based Smoking Cessation Treatment: Program Development Through


7.15.1.5 Positive psychotherapy


7.15.2 Group therapy


7.15.3 Workplace-based interventions


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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