Relevant news and research

7.15 Individual and group-based cessation assistance

Last updated September 2019

Research:


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7.15.1 Individual counselling


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7.15.1.1 Cognitive behavioural therapy


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7.15.1.2 Acceptance and commitment therapy


7.15.1.3 Motivational interviewing


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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:


7.15.3 Workplace-based interventions


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