Tobacco in Australia
Facts & Issues

Relevant news and research

7.6 How smokers go about quitting

Last updated September 2019

Research:


7.6.1 Planned versus spontaneous


7.6.2 Abrupt versus gradual


Wang, MP, Li, WH, Cheung, YT, Lam, OB, Wu, Y, Kwong, AC, Lai, VW, Chan, SS, Lam, TH. Brief advice on smoking reduction vs. abrupt quitting for smoking cessation in Chinese smokers: a cluster


7.6.3 Unassisted versus mediated


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News reports:


7.6.1 Planned versus spontaneous


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