Tobacco in Australia
Facts & Issues

Relevant news and research

7.7 Factors that predict success or failure in quit attempts

Last updated October 2020

Research:


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.7.1 Individual differences that predict success or failure in quit attempts


Park, AD, Farrahi, LN, Pang, RD, Guillot, CR, Aguirre, CG, Leventhal, AM. Negative urgency is associated with heightened negative affect and urge during tobacco abstinence in regular smokers. J


Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.7.1.1 Duration of smoking


7.7.1.2 Level of dependence (heaviness, time to first cigarette)


Zawertailo, L, Voci, S, Selby, P. The Cigarette Dependence Scale and Heaviness of Smoking Index as predictors of smoking cessation after 10weeks of nicotine replacement therapy and at 6-month
Tobacco in Australia
Facts & Issues


7.7.1.3 Severity of withdrawal symptoms


7.7.1.4 Genetics influences
Tobacco in Australia
Facts & Issues


Liu, Q, Xu, Y, Mao, Y, Ma, Y, Wang, M, Han, H et al. (2019). Genetic and epigenetic analysis revealing variants in the NCAM1-TTC12-ANKK1-DRD2 cluster associated significantly with nicotine dependence.


Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


7.7.1.5 History of previous failed quit attempts


7.7.1.6 Low confidence, poor self-efficacy


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.7.1.7 Impulsivity, sensation seeking, and time perspective


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


7.7.1.8 Concern about weight gain


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.7.1.9 Disturbances of mood


Tobacco in Australia
Facts & Issues


Rogers, AH, Bakhshaie, J, Garey, L, Piasecki, TM, Gallagher, MW, Schmidt, NB, & Zvolensky, MJ. Individual differences in emotion dysregulation and trajectory of withdrawal symptoms during a quit


Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


7.7.1.10 Other individual factors

Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.7.2 Environmental factors that predict success or failure in quit attempts


Yeom, H, Lim, HS, Min, J, Lee, S, & Park, YH. Factors Affecting Smoking Cessation Success of Heavy Smokers Registered in the Intensive Care Smoking Cessation Camp (Data from the National Tobacco


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.7.2.1 Social factors


Casado, L, Thrasher, JF, Perez, C, Santos Thuler, LC, & Fong, GT. (2019). Factors associated with quit attempts and smoking cessation in Brazil: findings from the International Tobacco Control Brazil
Tobacco in Australia
Facts & Issues


Schoenaker, D, Brennan, E, Wakefield, MA, & Durkin, SJ. Anti-smoking social norms are associated with increased cessation behaviours among lower and higher socioeconomic status smokers: A population-based cohort study. PLoS One, 2018. 13(12), e0208950. Available from: 


Dearfield, CT, Horn, KA, Jigugue-Akhtar, MC. Influence of social and neighborhood contexts on smoking cessation among urban minorities. J Ethn Subst Abuse, 2017. Available from: 


Tobacco in Australia
Facts & Issues


7.7.2.2 Cue reactivity


Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au


Tobacco in Australia
Facts & Issues


[Website] tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


News reports:


7.7.1.2 Level of dependence (heaviness, time to first cigarette)


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


7.7.1.4 Genetic influences


tobaccoinaustralia.org.au


7.7.1.8 Concern about weight gain


7.7.1.9 Disturbances of mood


7.7.2 Environmental factors that predict success or failure in quit attempts


7.7.2.1 Social factors