Relevant news and research

7.7 Factors that predict success or failure in quit attempts

Last updated July 2019

Research:


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Powers, MB, Davis, ML, Kauffman, BY, Baird, SO, Zvolensky, M, Rosenfield, D, Marcus, BH, Church, TS, Frierson, G, Otto, MW, Smits, JA. Anxiety sensitivity and smoking variability among treatment
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7.7.1 Individual differences that predict success or failure in quit attempts


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Weinberger, AH, Platt, JM, Smith, PH, Goodwin, RD. Racial/ethnic differences in self-reported withdrawal symptoms and quitting smoking three years later: a prospective, longitudinal
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Grabski, M, Curran, HV, Nutt, DJ, Husbands, SM, Freeman, TP, Fluharty, M, Munafo, MR. Behavioral tasks sensitive to acute abstinence and predictive of smoking cessation success: A systematic review


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Craciun, C, Flick, U. "I want to be 100 years old, but I smoke too much": Exploring the gap between positive aging goals and reported preparatory actions in different social circumstances. J Aging Stud, Dec 2015. Available from: http://www.ncbi.nlm.nih.gov/pubmed/26568214


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7.7.1.1 Duration of smoking

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


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7.7.1.3 Severity of withdrawal symptoms


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7.7.1.4 Genetics influences


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7.7.1.5 History of previous failed quit attempts

7.7.1.6 Low confidence, poor self-efficacy


Nohlert, E, Ohrvik, J, Helgason, AR. Self-perceived ability to cope with stress and depressive mood without smoking predicts successful smoking cessation 12 months later in a quitline setting: a


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7.7.1.7 Impulsivity, sensation seeking, and time perspective


7.7.1.8 Concern about weight gain

Ely, AV, Jagannathan, K, Hager, N, Ketcherside, A, Franklin, TR, & Wetherill, RR. (2019). Double jeopardy: Comorbid obesity and cigarette smoking are linked to neurobiological alterations in

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7.7.1.9 Disturbances of mood
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Lechner, WV, Gunn, RL, Minto, A, Philip, NS, Brown, RA, Uebelacker, LA, Price, LH, Abrantes, AM. Effects of Negative Affect, Urge to Smoke, and Working Memory Performance (n-back) on Nicotine
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Dependence. Subst Use Misuse, 2017. Available from:


Skov-Ettrup, LS, Egan, KK, Dalum, P, Tolstrup, JS. Stress-related expectations about smoking cessation and future quit attempts and abstinence - a prospective study in daily smokers who wish
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7.7.1.10 Other individual factors


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7.7.2 Environmental factors that predict success or failure in quit attempts


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7.7.2.1 Social factors

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


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7.7.2.2 Cue reactivity

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[Link to Section 1]

[Link to Section 2]

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News reports:


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


7.7.1.4 Genetic influences


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