Relevant news and research

7.7 Factors that predict success or failure in quit attempts

Last updated July 2020

Research:


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7.7.1 Individual differences that predict success or failure in quit attempts

Edwards, KC, Kasza, KA, Tang, Z, Stanton, CA, Sharma, E, Halenar, MJ et al. (2020). Correlates of tobacco product reuptake and relapse among youth and adults in the USA: findings from the PATH
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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


Fix, BV, O'Connor, RJ, Benowitz, N, Heckman, BW, Cummings, KM, Fong, GT, Thrasher, JF. Nicotine metabolite ratio (NMR) prospectively predicts smoking relapse: Longitudinal findings from ITC
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7.7.1.4 Genetics influences


Siegel, SD, Lerman, C, Flitter, A, & Schnoll, RA. (2020). The Use of the Nicotine Metabolite Ratio as a Biomarker to Personalize Smoking Cessation Treatment: Current Evidence and Future Directions.

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Pintarelli, G, Galvan, A, Pozzi, P, Noci, S, Pasetti, G, Sala, F, Pastorino, U, Boffi, R, Colombo, F. Pharmacogenetic study of seven polymorphisms in three nicotinic acetylcholine receptor subunits in


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7.7.1.5 History of previous failed quit attempts


7.7.1.6 Low confidence, poor self-efficacy
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7.7.1.7 Impulsivity, sensation seeking, and time perspective


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7.7.1.8 Concern about weight gain


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Froeliger, B, McConnell, PA, Bell, S, Sweitzer, M, Kozink, RV, Eichberg, C, Hallyburton, M, Kaiser, N, Gray, KM, McClernon, FJ. Association Between Baseline Corticothalamic-Mediated Inhibitory
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7.7.1.9 Disturbances of mood


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Among Daily and Intermittent Smokers. *Nicotine Tob Res.* Available from:

Mathew, AR, & Zhou, M. (2019). Distress tolerance in relation to cessation history and smoking characteristics among adult daily smokers. *Addict Behav, 100*, 106124. Available from:


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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
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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


7.7.2.1 Social factors


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7.7.2.2 Cue reactivity


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News reports:


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


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de Graaf, Mia. Mixing cannabis with tobacco 'increases risk of addiction': Smoking drug 'makes you 60% LESS likely to want to quit'. Daily Mail, 2016. July 6, 2016. Available from:


7.7.1.4 Genetic influences


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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