Relevant news and research

7.7 Factors that predict success or failure in quit attempts

_Last updated May 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


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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and meta-analysis. Addiction, 2016. Available from: 


Hughes, JR, Naud, S. Perceived role of motivation and self-efficacy in smoking cessation: A secondary data analysis. Addict Behav. 2016 May 12;61:58-61. Available from: 

Mohammad, A. Capsule commentary on Danan et al., Does motivation matter? Analysis of a randomized trial of proactive outreach to VA smokers. J Gen Intern Med, Apr 2016. Available from: 

O’Connor, RJ, Thrasher, JF, Bansal-Travers, M. Exploring relationships among experience of regret, delay discounting, and worries about future effects of smoking among current smokers. Subst Use Misuse. 2016 May 18:1-6. Available from: 

Parkerson, HA, Asmundson, GJ. The role of pain intensity and smoking expectancies on smoking urge and behavior following experimental pain induction. Drug Alcohol Depend. 2016 May 16. pii: S0376-8716(16)30112-0. Available from: 


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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

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


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7.7.1.3 Severity of withdrawal symptoms


7.7.1.4 Genetics influences


Liakoni, E, Edwards, KC, St Helen, G, Nardone, N, Dempsey, DA, Tyndale, RF, Benowitz, NL. Effects of Nicotine Metabolic Rate on withdrawal symptoms and response to cigarette smoking following
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Li, S, Wang, Q, Pan, L, Yang, X, Li, H, Jiang, F, Zhang, N, Han, M, Jia, C. The association of environmental, individual factors, and dopamine pathway gene variation with smoking cessation.

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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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7.7.1.9 Disturbances of mood


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


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Bully P, Sanchez A, Zabaleta-Del-Olmo E, Pombo H, and Grandes G. Evidence from interventions based on theoretical models for lifestyle modification (physical activity, diet, alcohol and tobacco

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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)


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