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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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


### 7.7.1.1 Duration of smoking


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


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


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Podgorski, T, Smyt, G, Smyt, A, Groniek, J, Celka, R, Groniek, P. Aerobic and concentration training and allele 7 in the dopamine receptor D4 (D4DR) gene increase chances of smoking cessation in
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7.7.1.5 History of previous failed quit attempts

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7.7.1.6 Low confidence, poor self-efficacy


7.7.1.7 Impulsivity, sensation seeking, and time perspective


Shi, Z, Wang, AL, Aronowitz, CA, Cappella, JN, Romer, D, & Langleben, DD. (2019). Connectivity between visual and auditory cortices mediates the influence of argument strength on the


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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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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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Addicott, MA et al. Increased functional connectivity in an insula-based network is associated with improved smoking cessation outcomes. Neuropsychopharmacology, 2015. Available from:
http://www.nature.com/npp/journal/vaop/ncurrent/abs/npp2015114a.html


Bernard P, Ninot G, and Quantin X. Self-reported physical activity in smoking pre-cessation is not a protective factor against relapse for all. Am J Addict, 2014. Available from:


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7.7.2.1 Social factors


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Meijer, E, van Laar, C, Gebhardt, WA, Fokkema, M, van den Putte, B, Dijkstra, A, Fong, GT, Willemsen, MC. Identity change among smokers and ex-smokers: Findings from the ITC Netherlands
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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


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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