Relevant news and research

7.8 How can relapse be prevented?

Last updated July 2019

Research:


Bjorngaard JH, Nordestgaard, AT, Taylor, AE, Treur, JL, Gabrielsen, ME, Munafo, MR, Nordestgaard, BG, Asvold, B O, Romundstad, P, Davey Smith, G. Heavier smoking increases coffee consumption:


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7.8.1 Keeping motivation top of mind


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7.8.2 Anticipating and coping with triggers (stress and mood changes, social pressure and alcohol)


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7.8.2.2 Dealing with stress and mood disturbance


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7.8.3 Managing concerns about weight gain


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7.8.4 Managing cravings


7.8.4.1 Distractions


7.8.5 Social Support


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7.8.6 Mindfulness


News reports:


7.8.2 Anticipating and coping with triggers (stress and mood changes, social pressure and alcohol)


7.8.4 Managing cravings