

Tobacco in Australia

Facts & Issues

Relevant news and research

7.8 How can relapse be prevented?

Last updated July 2020

Research:

Cui, Y, Dong, F, Li, X, Xie, D, Cheng, Y, Tian, S et al (2020). Electrophysiological Evidence of Event-Related Potential Changes Induced by 12 h Abstinence in Young Smokers Based on the Flanker Study. *Front Psychiatry*, 11, 424. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/32528322>

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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

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7.8.4.1 Distractions

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7.8.4.2 Medication to reduce cravings and other withdrawal symptoms

7.8.5 Social Support

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