Relevant news and research

7.8 How can relapse be prevented?

Last updated July 2020

Research:


Cognitive, Behavioral, and Situational Influences on Relapse to Smoking After Group Treatment for Tobacco Dependence. Front Psychol, 2019. 9, 2756. Available from: [link]

Analysis of Factors Associated with Smoking Relapse. Eur Cardiol, 2017. 12(2), 111. Available from: [link]


Learning and memory performance following acute intranasal insulin administration in abstinent smokers. Hum Psychopharmacol, Jan 2018. Available from: [link]


The Use of Self-Directed Relapse Prevention Booklets to Assist in Maintaining Abstinence After a 6-Week Group Smoking Cessation Treatment Program: A Randomized Controlled Trial. Health Educ Behav, Jun 2017. Available from: [link]
Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au
The image contains a list of references related to smoking and tobacco control, primarily focusing on recent studies. Here is the plain text representation of the document:


Tobacco in Australia Facts & Issues


Tobacco in Australia
Facts & Issues


7.8.1 Keeping motivation top of mind


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


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Facts & Issues


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7.8.2.2 Dealing with stress and mood disturbance

Conti, AA, Tolomeo, S, Steele, JD, & Baldacchino, AM. (2020). Severity of negative mood and anxiety symptoms occurring during acute abstinence from tobacco: A systematic review and meta-analysis.
**Tobacco in Australia**

**Facts & Issues**


7.8.3 Managing concerns about weight gain


7.8.4 Managing cravings


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7.8.4.1 Distractions


7.8.4.2 Medication to reduce cravings and other withdrawal symptoms

7.8.5 Social Support


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7.8.6 Mindfulness


News reports:

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


7.8.4 Managing cravings


7.8.4.2 Medication to reduce cravings and other withdrawal symptoms