Relevant news and research

7.8 How can relapse be prevented?

Last updated October 2020

Research:


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Veldheer, S, Hrabovsky, S, Yingst, J, Sciamanna, C, Berg, A, Foulds, J. The Use of Self-Directed Relapse Prevention Booklets to Assist in Maintaining Abstinence After a 6-Week Group Smoking Cessation
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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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7.8.2.2 Dealing with stress and mood disturbance


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


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


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News reports:


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Paddock, Catharine. Scientists find brain circuitry that raises anxiety during nicotine withdrawal.

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