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Relevant news and research
7.8 How can relapse be prevented?

Last updated July 2020

Research:


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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

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.
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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


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


Paz, R, Zvielli, A, Goldstein, P, Bernstein, A. Brief mindfulness training de-couples the anxiogenic effects of distress intolerance on reactivity to and recovery from stress among deprived smokers.
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News reports:


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


7.8.4 Managing cravings

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7.8.4.2 Medication to reduce cravings and other withdrawal symptoms