

## Quitting smoking: the latest evidence about what works

Sarah Chapman and Selena Ryan-Vig for Evidently Cochrane, 21 September 2023.

### References

Barnes J, McRobbie H, Dong CY, Walker N, Hartmann-Boyce J. Hypnotherapy for smoking cessation. Cochrane Database of Systematic Reviews 2019, Issue 6. Art. No.: CD001008. DOI: 10.1002/14651858.CD001008.pub3.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001008.pub3>

Faseru B, Richter KP, Scheuermann TS, Park EW. Enhancing partner support to improve smoking cessation. Cochrane Database of Systematic Reviews 2018, Issue 8. Art. No.: CD002928. DOI: 10.1002/14651858.CD002928.pub4.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002928.pub4>

Hartmann-Boyce J, Chepkin SC, Ye W, Bullen C, Lancaster T. Nicotine replacement therapy versus control for smoking cessation. Cochrane Database of Systematic Reviews 2018, Issue 5. Art. No.: CD000146. DOI: 10.1002/14651858.CD000146.pub5.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000146.pub5>

Hartmann-Boyce J, Hong B, Livingstone-Banks J, Wheat H, Fanshawe TR. Additional behavioural support as an adjunct to pharmacotherapy for smoking cessation. Cochrane Database of Systematic Reviews 2019, Issue 6. Art. No.: CD009670. DOI: 10.1002/14651858.CD009670.pub4

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009670.pub4>

Hartmann-Boyce J, Lindson N, Butler AR, McRobbie H, Bullen C, Begh R, Theodoulou A, Notley C, Rigotti NA, Turner T, Fanshawe TR, Hajek P. Electronic cigarettes for smoking cessation. Cochrane Database of Systematic Reviews 2022, Issue 11. Art. No.: CD010216. DOI: 10.1002/14651858.CD010216.pub7.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010216.pub7>

Hartmann-Boyce J, Livingstone-Banks J, Ordóñez-Mena JM, Fanshawe TR, Lindson N, Freeman SC, Sutton AJ, Theodoulou A, Aveyard P. Behavioural interventions for smoking cessation: an overview and network meta-analysis. Cochrane Database of Systematic Reviews 2021, Issue 1. Art. No.: CD013229. DOI: 10.1002/14651858.CD013229.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013229.pub2>

Hartmann-Boyce J, Theodoulou A, Farley A, Hajek P, Lycett D, Jones LL, Kudlek L, Heath L, Hajizadeh A, Schenkels M, Aveyard P. Interventions for preventing weight gain after smoking cessation. Cochrane Database of Systematic Reviews 2021, Issue 10. Art. No.: CD006219. DOI: 10.1002/14651858.CD006219.pub4.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006219.pub4>

Hollands GJ, Naughton F, Farley A, Lindson N, Aveyard P. Interventions to increase adherence to medications for tobacco dependence. Cochrane Database of Systematic Reviews 2019, Issue 8. Art. No.: CD009164. DOI: 10.1002/14651858.CD009164.pub3.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009164.pub3>

Hajizadeh A, Howes S, Theodoulou A, Klemperer E, Hartmann-Boyce J, Livingstone-Banks J, Lindson N. Antidepressants for smoking cessation. *Cochrane Database of Systematic Reviews* 2023, Issue 5. Art. No.: CD000031. DOI: 10.1002/14651858.CD000031.pub6.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000031.pub6/full>

Jackson S, Brown J, Norris E, Livingstone-Banks J, Hayes E, Lindson N. Mindfulness for smoking cessation. *Cochrane Database of Systematic Reviews* 2022, Issue 4. Art. No.: CD013696. DOI: 10.1002/14651858.CD013696.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013696.pub2>

Lindson N, Klemperer E, Hong B, Ordóñez-Mena JM, Aveyard P. Smoking reduction interventions for smoking cessation. *Cochrane Database of Systematic Reviews* 2019, Issue 9. Art. No.: CD013183. DOI: 10.1002/14651858.CD013183.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013183.pub2>

Lindson N, Theodoulou A, Ordóñez-Mena JM, Fanshawe TR, Sutton AJ, Livingstone-Banks J, Hajizadeh A, Zhu S, Aveyard P, Freeman SC, Agrawal S, Hartmann-Boyce J. Pharmacological and electronic cigarette interventions for smoking cessation in adults: component network meta-analyses. *Cochrane Database of Systematic Reviews* 2023, Issue 9. Art. No.: CD015226. DOI: 10.1002/14651858.CD015226.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD015226.pub2/full>

Livingstone-Banks J, Fanshawe TR, Thomas KH, Theodoulou A, Hajizadeh A, Hartman L, Lindson N. Nicotine receptor partial agonists for smoking cessation. *Cochrane Database of Systematic Reviews* 2023, Issue 6. Art. No.: CD006103. DOI: 10.1002/14651858.CD006103.pub9

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006103.pub9/full>

Livingstone-Banks J, Norris E, Hartmann-Boyce J, West R, Jarvis M, Chubb E, Hajek P. Relapse prevention interventions for smoking cessation. *Cochrane Database of Systematic Reviews* 2019, Issue 10. Art. No.: CD003999. DOI: 10.1002/14651858.CD003999.pub6.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003999.pub6>

Livingstone-Banks J, Ordóñez-Mena JM, Hartmann-Boyce J. Print-based self-help interventions for smoking cessation. *Cochrane Database of Systematic Reviews* 2019, Issue 1. Art. No.: CD001118. DOI: 10.1002/14651858.CD001118.pub4.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001118.pub4>

Matkin W, Ordóñez-Mena JM, Hartmann-Boyce J. Telephone counselling for smoking cessation. *Cochrane Database of Systematic Reviews* 2019, Issue 5. Art. No.: CD002850. DOI: 10.1002/14651858.CD002850.pub4.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002850.pub4>

Theodoulou A, Chepkin SC, Ye W, Fanshawe TR, Bullen C, Hartmann-Boyce J, Livingstone-Banks J, Hajizadeh A, Lindson N. Different doses, durations and modes of delivery of nicotine replacement therapy for smoking cessation. *Cochrane Database of Systematic Reviews* 2023, Issue 6. Art. No.: CD013308. DOI: 10.1002/14651858.CD013308.pub2. Accessed 19 June 2023.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013308.pub2/full>

Tzelepis F, Paul CL, Williams CM, Gilligan C, Regan T, Daly J, Hodder RK, Byrnes E, Byaruhanga J, McFadyen T, Wiggers J. Real-time video counselling for smoking cessation. Cochrane Database of Systematic Reviews 2019, Issue 10. Art. No.: CD012659. DOI: 10.1002/14651858.CD012659.pub2.  
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012659.pub2>

Whittaker R, McRobbie H, Bullen C, Rodgers A, Gu Y, Dobson R. Mobile phone text messaging and app-based interventions for smoking cessation. Cochrane Database of Systematic Reviews 2019, Issue 10. Art. No.: CD006611. DOI: 10.1002/14651858.CD006611.pub5.  
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006611.pub5>