



How long will it take for me to complete the NCSCT training courses?

People learn, read and take assessments at different paces. It is important to move through our courses at your own pace to get the most out of them. Below is a general guide to how much study time we recommend for the following courses:

Course	Recommended study time
Main Practitioner Training & Assessment Programme	4–7 hours + 1-hour assessment
Mental health speciality module	1–2 hours + 45-minute assessment
Pregnancy speciality module	1–2 hours + 45-minute assessment
Stop smoking aids	2 hours
Vaping: a guide for healthcare professionals	2 hours
Very Brief Advice on Smoking (VBA+)	30–60 minutes + 30-minute assessment
Very Brief Advice on Secondhand Smoke: promoting smokefree homes and cars	30–60 minutes + 30-minute assessment
Very Brief Advice on Smoking for Pregnant Women	60 minutes + 30-minute assessment
Very Brief Advice (VBA) on Smoking for Homelessness Services	30 minutes + 30-minute assessment
Swap-to-Stop	60 minutes + 30-minute assessment
National Smoke-Free Pregnancy Incentives Scheme	30-60 minutes + 30-minute assessment
Vape Friendly Service	15-30 minutes