

Stop smoking services: increased chances of quitting

© 2012 National Centre for Smoking Cessation and Training (NCSCT)

Author: Robert West

Editor: Andy McEwen

What is the basis for the claim 'Smokers are up to four times more likely to succeed with the English stop smoking services than if they try to quit unaided'?

This statement derives from a number of sources. The unaided quit rate (percentage succeeding in stopping for at least 12 months) in the same type of smokers as those who use the stop smoking services is typically 3 to 4%.¹ The 12-month biochemically verified quit rates found for the English stop smoking services was found in one large study to be 15%²; for specialist services it was found to be around 20%.² These figures are in line with what would be expected from the randomised controlled trials of behavioural support and medication.³

It has recently been found that there is considerable variation in the effectiveness of different local services⁴ and individual practitioners within services.⁵ This is partly attributable to differences in the content of the treatment manuals, with some specific 'behaviour change techniques' in those manuals being linked to higher success rates than others.⁶

The most up-to-date estimates of success rates according to different types of interventions are given in West R, Owen L (2012).⁷

This briefing can be cited as: West, R. (2012) Stop smoking services: increased chances of quitting. NCSCT Briefing #8. London; National Centre for Smoking Cessation and Training.

Stop smoking services: increased chances of quitting

References

1. Hughes JR, Keely J, Naud S. (2004) Shape of the relapse curve and long-term abstinence among untreated smokers. *Addiction*. 2004;99, 29–38.
2. Ferguson J, Bauld L, Chesterman J, Judge K. (2005) The English smoking treatment services: one-year outcomes. *Addiction*. 100 Suppl 2:59–69.
3. West R, McNeill A, Raw M. National smoking cessation guidelines for health professionals: an update. *Thorax*. 2000;55:987–999.
4. Brose L, West R, McDermott M, Fidler J, Croghan E, McEwen A (2011) What makes for an effective stop-smoking service? *Thorax*. 66, 924–6
5. Brose L, McEwen A, West R (2012) Does it matter who you see to help you stop smoking? Short-term quit rates across specialist Stop Smoking Practitioners in England. *Addiction*. Online.
6. West R, Evans A, Michie S (2010) Behaviour change techniques used in group-based behavioural support by the English Stop-Smoking Services and preliminary assessment of association with short-term quit outcomes. *Nicotine & Tobacco Research*, 12, 742–747
7. West R, Owen L (2012) Estimates of 52-week continuous abstinence rates following selected smoking cessation interventions in England. www.smokinginengland.info Version 2