

Breaking Up is Hard to Do

Breaking free from nicotine dependence: a combination of strategies boosts the odds of success

Harvard mental health letter 27(10), April 2011, 1-3.

<http://harvardpartnersinternational.staywellsolutionsonline.com/HealthNewsLetters/69.M0411a>

Because successfully quitting smoking requires overcoming the psychological habit as well as the body's addiction to nicotine, the combination of a medication and therapy is more effective than either option alone.

Exposure to smoking cues during an emotion recognition task can modulate limbic fMRI activation in smokers

Artiges, Eric; Ricalens, Emmanuel; Berthoz, Sylvie; Krebs, Marie-Odile; Pentilla, Jani et al. *Addiction biology* 14(4), October 2009, 469-477.

<http://dx.doi.org/10.1111/j.1369-1600.2009.00167.x>

Examined the effects of smoking cues (SCs) on cerebral activity in smokers engaged in an attention-demanding cognitive task unrelated to smoking. Results suggest that the neural reactivity of smokers to SCs can be modified in the context of a cognitive challenge. This could reflect smokers' ability to inhibit cue-induced craving and may help in smoking cessation.

A framework for the specificity of addictions

Sussman, Steve; Leventhal, Adam; Bluthenthal, Ricky N.; Freimuth, Marilyn; Forster, Myriam; Ames, Susan L.

International journal of environmental research and public health 8(8), August 2011, 3399-3415

<http://dx.doi.org/10.3390/ijerph8083399>

Presents the PACE model as a framework which might help explain addiction specificity. Pragmatics, attraction, communication, and expectation (PACE) variables are described. Understanding addiction can help inform smoking cessation programs.

In the trenches of the real-world of self-control: neural correlates of breaking the link between craving and smoking

Berkman, Elliot T.; Falk, Emily B.; Lieberman, Matthew D.

Psychological science 22(4), April 2011, 498-506.

<http://dx.doi.org/10.1177/0956797611400918>

This study integrated neuroimaging and experience-sampling methods to investigate the brain systems of successful self-control among smokers attempting to quit.

Listening to our clients: the prevention of relapse

Levy, MS

Journal of psychoactive drugs 40(2), June 2008, 167-172

<http://www.ncbi.nlm.nih.gov/pubmed?term=18720666>

For 335 individuals in a substance abuse treatment program, common reasons for relapse were feeling bored, feeling anxious or stressed, wanting to use and get high, believing that use could occur without getting readdicted, and relationship problems and break up. Men commonly reported anger, having too much money, and no longer attending meetings as significant reasons for relapse, while women cited depression, loneliness, and the pain of withdrawal.

Loneliness and smoking: the costs of the desire to reconnect

DeWall, Nathan C.; Pond, Richard S. Jr.

Self and identity 10(3), 2011, 375-385.

<http://www.tandfonline.com/doi/abs/10.1080/15298868.2010.524404>

People have a fundamental need to belong, which influences self and identity regulation processes and health outcomes. Deficits in belongingness motivate people to seek out sources of renewed affiliation. What consequences might this desire for reconnection have for smoking? Proposes a theoretical model in which feelings of social exclusion predict higher rates of smoking, presumably out of desire to regain a sense of social belonging.

My love affair with nicotine

Sager, Michelle.

Globe and Mail, November 21 2011

<http://www.theglobeandmail.com/life/health/health-facts-and-arguments/my-love-affair-with-nicotine/article2243870/>

The author discusses her relationship with cigarettes, beginning with casual smoking as a teen to an addiction that was hard to break as an adult.

New findings on biological factors predicting addiction relapse vulnerability

Sinha, R

Current psychiatry reports 13(5), Oct 2011, 398-405.

<http://dx.doi.org/10.1007/s11920-011-0224-0>

Biological markers of relapse risk may be used to identify those who are most at risk of relapse and may be helpful in determining why certain individuals are more at risk for relapse after quitting smoking and inform cessation programs.

Nicotine dependence and psychological distress: outcomes and clinical implications in smoking cessation

Cosci, Fiammetta; Pistelli, Francesco; Lazzarini, Nicola; Carrozzi, Laura

Psychological research and behaviour management 4, 2011, 119-128.

<http://dx.doi.org/10.2147/PRBM.S14243>

Level of nicotine dependence and psychological distress are examined in detail to show how they may affect smoking cessation outcome and to encourage clinicians to assess patients so they can offer tailored support in quitting smoking.

Predicting cigarette-seeking behaviour: how reward sensitivity and positive emotions influence nicotine cravings

Moon, Jiyoan; Lee, Jang-Han

Social behaviour and personality 39(6), 2011, 737-746.

<http://dx.doi.org/10.2224/sbp.2011.39.6.737>

The aim in this study was to examine smokers' emotional experiences and cravings in relation to their personality traits.

Prevalence of the addiction: a problem of the majority or the minority?

Sussman, Steve; Lisha, Nadra; Griffiths, Mark

Evaluation & the health professions 34(1), March 2011, 3-56.

<http://dx.doi.org/10.1177/0163278710380124>

Considers 11 potential addictions (tobacco, alcohol, illicit drugs, eating, gambling, Internet, love, sex, exercise, work, and shopping), their prevalence, and co-occurrence, based on a systematic review of the literature.

The role of self-efficacy in the treatment of substance use disorders

Kadden, Ronald M; Litt, Mark D

Addictive behaviors 36(12), Dec 2011, 1120-1126.

<http://www.ncbi.nlm.nih.gov/pubmed?term=21849232>

Reviews the recent literature on self-efficacy in the substance abuse field. As self-efficacy is important in smoking cessation, the findings and recommendations can also be applied to quit help programs.

Stub out the habit: quit smoking without cravings or regret

Clare, Jennifer

Port Charlotte, Fla.: Booklocker.com, 2011.

<http://www.stuboutthehabit.com/>

Say goodbye to cigarettes and say hello to a healthier, happier life! Learn the proven, step-by-step process to re-train your mind, shift your old thinking patterns and make – and keep – the decision to quit.

Transition towards a “non-smoker” identity following smoking cessation: an interpretative phenomenological analysis

Vangeli, Eleni.; West, Robert

British journal of psychology (Published online: May 26, 2011)

<http://dx.doi.org/10.1111/j.2044-8287.2011.02031.x>

Qualitative, semi-structured interview study with a purposive sample of individuals who had quit smoking. Presents in-depth accounts of the participants' understanding of smoking, stopping, and maintaining abstinence.

20 shocking smoking facts

Martin, Terry

Tobacco facts, November 14 2011

<http://www.tobacco-facts.net/2011/11/20-shocking-smoking-facts-2>

Offers 20 facts about tobacco aimed to help smokers end their dependent relationship with cigarettes and “learn to see our cigarettes not as the friend or buddy we can’t live without, but as the horrific killers they truly are.”

Why is it crucial to understand thinking and feeling: an analysis and application to drug abuse

Wilson, Kelly G.; Hayes, Steven C.

Behavior analyst 23(1), Spring 2000, 25-43.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2731370/>

Examines the role of human thoughts and emotions in relapse and also the effects of various treatments in substance abuse.