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Aided smoking cessation & its association with smoking urge in the morning & smoking intention in Hong Kong adolescent ex-smokers

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Would smokers who quit aided be more prone to relapse after aids withdrawal than smokers who quit unaided?

Overall, **18.1%** of ex-smokers had used smoking cessation aids.

**Use of smoking cessation services in ex-smokers**

- Nicotine replacement therapy: 6.3%
- Cessation counselling: 4.8%
- Cessation clinics/centres: 4.8%
- Quitline: 2.0%
- Other services: 3.3%

**Cessation aid users** were significantly more likely to have smoking urge in the morning and smoking intention in various circumstances.

**Association of smoking urge and intention for cessation aid use**

- Smoking urge in the morning
- Smoking intention in the next 12 months
- Smoking intention when a good friend offered a cigarette
- Smoking intention when good friends smoked in front

Socio-demographic characteristics, cigarette consumption in a smoking day and school clustering effect were adjusted for.

The results suggest a greater possibility of relapse in the future in ex-smokers who used cessation aids. Programmes to prevent relapses are needed for ex-smokers, especially those who quit with aids.

**Methods**

School-based Smoking survey 2012/13

Self-reported smoking status

Study factor

Use of cessation aids

Outcomes

School of Public Health, University of Hong Kong

Use of smoking cessation services

Have you used the following smoking cessation services?

- Nicotine replacement therapy
- Cessation counselling
- Cessation clinics/centres
- Quitline
- Other services
- None of the above

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