

Predictors of relapse in smoking cessation with nicotine patches

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This research aimed to study the efficacy of nicotine replacement therapy (nicotine patches) in smoking cessation and to detect the risk factors for relapse after abstinence. 89 male smokers were included in

this study and they used nicotine patches 30, 20 and 10 which deliver nicotine at rates of 21, 14 and 7 mg, respectively, over a period of 24 hours. The baseline variables included smoking rate and history, demographic characteristics, the Fagerstrom tolerance questionnaire (FTQ) score, alveolar carbon monoxide (CO) concentration, body mass index (BMI), motivation to quit score and Hamilton beck depression scale score. 45 subjects who had maintained abstinence for nine weeks were followed for a period of one year to ascertain individual characteristics that were predictive of later relapse. The rate of abstinence at the end of six months was 28.1%, at the end of nine weeks was 50.6% and at the end of one year was 25.8%. This information may be helpful to clinicians seeking to match specific patients to specific treatments with transdermal nicotine in order to maximize treatment outcomes.