Tobacco in Australia Facts & Issues

Relevant news and research 7.2 Quitting activity

Last updated November 2024

Research:	1
7.2.1 Population prevalence of ex-smokers, quit proportions	5
7.2.2 Population trends in intention to quit	5
7.2.3 Population trends in quit attempts and success in quitting	8
News:	12
7.2.1 Population prevalence of ex-smokers, quit proportions	12
7.2.2 Population trends in intention to quit	12
7.2.3 Population trends in quit attempts and success in quitting	12

Research:

VanFrank, B., Malarcher, A., Cornelius, M. E., Schecter, A., Jamal, A., & Tynan, M. (2024). Adult Smoking Cessation - United States, 2022. *MMWR Morb Mortal Wkly Rep, 73*(29), 633-641. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/39052529</u>

Le, TT T, Warner, K E, & Mendez, D. (2023). The Evolution of Age-Specific Smoking Cessation Rates in the United States From 2009 to 2018. *Res Sq*. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/37398051

tobaccoinaustralia.org.au

Kasza KA, Tang Z, Xiao H, Marshall D, Stanton C, et al. National longitudinal tobacco product cessation rates among US adults from the path study: 2013-2019 (waves 1-5). Tobacco Control, 2022. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35879095</u>

Lima Passos V, Crutzen R, Feder JT, Willemsen MC, Lemmens P, et al. Dynamic, data-driven typologies of long-term smoking, cessation, and their correlates: Findings from the International Tobacco Control (itc) Netherlands survey. Social Science and Medicine, 2019; 235:112393. Available from: https://www.ncbi.nlm.nih.gov/pubmed/31302376

Creamer MR, Wang TW, Babb S, Cullen KA, Day H, et al. Tobacco product use and cessation indicators among adults - United States, 2018. MMWR; Morbidity and Mortality Weekly Report, 2019; 68(45):1013-9. Available from: https://www.ncbi.nlm.nih.gov/pubmed/31725711

Samim D, Mean M, Clair C, and Marques-Vidal P. A 10-year observational study on the trends and determinants of smoking status. PLoS ONE, 2018; 13(7):e0200010. Available from: https://www.ncbi.nlm.nih.gov/pubmed/29979744

Australian Institute of Health and Welfare. National Drug Strategy Household Survey (ndshs) 2016 key findings data tables. Canberra: AIHW, 2017. Available from: <u>http://www.aihw.gov.au/alcohol-and-other-drugs/data-sources/ndshs-2016/data/</u>.

Kulik M and Glantz S. The smoking population in the USA and EU is softening not hardening. Tobacco Control, 2016; 25(4):470–5. Available from: <u>http://tobaccocontrol.bmj.com/content/25/4/470?etoc</u>

http://www.ncbi.nlm.nih.gov/pubmed/26108654

Plurphanswat N and Rodu B. Is the smoking population in the United States really softening? Addiction, 2016. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/27177450</u>

Howerter A, Floden L, Matthews E, and Muramoto ML. Integrative tobacco cessation: A survey assessing past quit strategies and future interest. Adv Integr Med, 2016; 3(1):22-5. Available from: http://www.ncbi.nlm.nih.gov/pubmed/27747150

Caldwell B. A commentary re quitting activity and tobacco brand switching: Findings from the itc-4 country survey. Australian and New Zealand Journal of Public Health, 2015; 39(2):114–5. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/25827183</u>

Cowie GA, Swift E, Partos T, and Borland R. Quitting activity and tobacco brand switching: Findings from the itc-4 country survey. Australian and New Zealand Journal of Public Health, 2015; 39(2):109–13. Available from: http://www.ncbi.nlm.nih.gov/pubmed/25827182

Kulik MC and Glantz SA. The smoking population in the USA and EU is softening not hardening. Tobacco Control, 2015. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26108654</u>

Fernandez E, Lugo A, Clancy L, Matsuo K, La Vecchia C, et al. Smoking dependence in 18 European countries: Hard to maintain the hardening hypothesis. Preventive Medicine, 2015; 81:314–9. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26441299</u>

Australian Institute of Health and Welfare, National Drug Strategy Household Survey detailed report: 2013. Supplementary tables. Canberra: AIHW; 2014. Available from: http://www.aihw.gov.au/publication-detail/?id=60129549469&tab=3.

Partos TR, Borland R, Yong H-H, Hyland A, and Cummings KM. The quitting rollercoaster: How recent quitting history affects future cessation outcomes (data from the International Tobacco Control 4-country cohort study). Nicotine and Tobacco Research, 2013; 15(9):1578–87. Available from: http://www.ncbi.nlm.nih.gov/pubmed/23493370

Australian Institute of Health and Welfare. 2010 National Drug Strategy Household Survey: Survey report. Drug statistics series no. 25, AIHW cat. no. PHE 145.Canberra: AIHW, 2011. Available from: http://www.aihw.gov.au/publication-detail/?id=32212254712&libID=32212254712&tab=2.

Centre for Behavioural Research in Cancer, Current and former smokers' quitting activity and intentions: Finding from the 1998-2010 Victorian smoking and health surveys, unpublished data. Melbourne, Australia: CBRC; 2011.

Gibson J, Murray R, Borland R, Cummings K, Fong G, et al. The impact of the united kingdom's national smoking cessation strategy on quit attempts and use of cessation services: Findings from the International Tobacco Control four country survey. Nicotine and Tobacco Research, 2010; 12 Suppl:S64–S71. Available from: http://ntr.oxfordjournals.org/content/12/suppl_1/S64.long

Hughes J and Callas P. Definition of a quit attempt: A replication test. Nicotine and Tobacco Research, 2010; 12(11):1176–9. Available from: http://ntr.oxfordjournals.org/content/12/11/1176.long

Australian Institute of Health and Welfare. National drug strategy household survey. 2010.

Messer K, Trinidad DR, Al-Delaimy WK, and Pierce JP. Smoking cessation rates in the United States: A comparison of young adult and older smokers. American Journal of Public Health, 2008; 98(2):317–22. Available from: http://www.ajph.org/cgi/content/abstract/AJPH.2007.112060v1

Australian Institute of Health and Welfare. 2007 National Drug Strategy Household Survey: First results. Drug Statistics Series, Number 20.Canberra: Australian Institute of Health and Welfare, 2008. Available from: <u>https://www.aihw.gov.au/reports/illicit-use-of-drugs/2007-nhsds-detailed-findings/contents/table-of-contents</u>.

Germain D, Wakefield M, and Durkin S. Smoking prevalence and consumption in victoria: Key findings from the 1998-2007 population surveys. CBRC Research Paper Series, No. 31. Melbourne: Centre for Behavioural Research in Cancer, 2008. Available from: http://www.cancervic.org.au/downloads/08rps31_smok_prev07.pdf.

Brennan E. Regular smokers' intention to quit smoking in the next 6 months: Changes over time. Melbourne: Centre for Behavioural Research in Cancer, 2007.

Walsh R, Paul C, Tzelepis F, and Stojanovski E. Quit smoking behaviours and intentions and hardcore smoking in new south Wales. Health Promotion Journal of Australia, 2006; 17(1):54–60. Available from: <u>http://www.publish.csiro.au/paper/HE06054.htm</u>

Hyland A, Borland R, Li Q, Yong HH, McNeill A, et al. Individual-level predictors of cessation behaviours among participants in the International Tobacco Control (itc) four country survey. Tobacco Control, 2006; 15(suppl. 3):iii83–94. Available from: http://tc.bmjjournals.com/cgi/content/abstract/15/suppl_3/iii83

Australian Institute of Health and Welfare. National Drug Strategy Household Survey 2004: Detailed findings AIHW cat. no. PHE 66. Canberra: Australian Institute of Health and Welfare, 2005. Available

from: <u>https://www.aihw.gov.au/reports/illicit-use-of-drugs/2004-ndshs-detailed-findings/contents/table-of-contents</u>.

Warner K and Burns D. Hardening and the hard-core smoker: Concepts, evidence, and implications. Nicotine and Tobacco Research, 2003; 5(1):37–48. Available from: <u>http://ntr.oxfordjournals.org/content/5/1/37.short</u>

Borland R and Balmford J. Understanding how mass media campaigns impact on smokers. Tobacco Control, 2003; 12(90002):ii45–ii52. Available from: <u>http://tc.bmjjournals.com/cgi/content/abstract/12/suppl_2/ii45</u>

Australian Institute of Health and Welfare. 2001 National Drug Strategy Household Survey: Detailed findings. Drug statistics series no. 11, aihw cat. No. Phe 41. Canberra: AIHW, 2002. Available from: http://www.aihw.gov.au/publications/index.cfm/title/8227.

Hill D, Borland R, Carrol T, Donovan R, and Taylor J. Perspectives of the Australian National Tobacco Campaign, in Australia's National Tobacco Campaign, evaluation Volume two. Hassard K, Editor Canberra: Commonwealth Department of Health and Aged Care; 2000. p 1–9 Available from: <u>https://webarchive.nla.gov.au/awa/20140801053459/http://www.health.gov.au/internet/main/Pub</u> <u>lishing.nsf/Content/health-publicat-document-tobccamp_2-cnt.htm</u>.

Adhikari P and Summerill A. 1998 National Drug Strategy Household Survey: Detailed findings. Aihw cat. No. Phe 27, drug statistics series no. 6. Canberra: AIHW, 2000. Available from: http://www.aihw.gov.au/publications/index.cfm/title/6243.

Trotter L, Mullins R, Boulter J, and Borland R. Key findings of the 1996 and 1997 household surveys, in Quit evaluation studies 9. The Anti-Cancer Council of Victoria; 1998. p 1–26.

Jarvis MJ. Patterns and predictors of smoking cessation in the general population, in The Tobacco empire. Bolliger CT and Fagerstrom KO, Editors. Basel, Karger: Prog Respir Res; 1997. p 151–64.

Mullins R, Morand M, and Borland R, Key findings of the 1994 and 1995 household survey. Quit evaluation studies no. 8, 1994-1995 Melbourne: Victorian Smoking and Health Program; 1996.

Commonwealth of Australia. National Drug Strategy Household Survey: Survey report 1995. Canberra: AGPS, 1996.

Makkai T and McAllister I, Patterns of drug use in Australian society. An analysis of national trend data, 1985-1991. Canberra: Commonwealth Department of Health, Housing, Local Government and Community Services; 1993.

Commonwealth Department of Health Housing and Local Government and Community Services, National Drug Strategy Household Survey. Conducted on behalf of the national drug strategy Canberra: AGPS; 1993.

Mullins R, Borland R, and Hill D. Smoking knowledge, attitudes and behaviour in victoria: Results from the 1990 and 1991 household surveys. Quit Evaluation Studies No.6. 1990-1991. Melbourne: Victorian Smoking and Health Program, 1992.

Lando H, Pirie P, Hellerstedt W, and McGovern P. Survey of smoking patterns, attitudes, and interest in quitting. American Journal of Preventive Medicine, 1991; 7(1):18–23. Available from: http://www.ncbi.nlm.nih.gov/pubmed/1867896 Hill D. Data from baseline survey, 1984.

Omole T, McNeel T, and Choi K. Heterogeneity in past-year smoking, current tobacco use, and smoking cessation behaviors among light and/or non-daily smokers. Tob Induc Dis, 2020; 18:74. Available from: https://www.ncbi.nlm.nih.gov/pubmed/32994761

7.2.1 Population prevalence of ex-smokers, quit proportions

Blakney, AM, Lee, T, Kramer, RD, Xu, K, Cwalina, SN, Mayer, M et al. (2024). Cigar Cessation Prevalence and Trends by Demographic Characteristics Among US Adults, TUS-CPS, 2010-2019. *Nicotine Tob Res*. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/38437587</u>

Le, TTT, Warner, KE, & Mendez, D. (2023). The evolution of age-specific smoking cessation rates in the United States from 2009 to 2017: a Kalman filter based approach. *BMC Public Health, 23*(1), 2076. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/37875887</u>

Singh, SK, Kumar, S, & Kashyap, GC. (2023). Tobacco Use and Cessation among a Nationally Representative Sample of Men in India, 2019-2021. *J Smok Cessat, 2023*, 4292647. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/37006795</u>

Poltyn-Zaradna K, Psikus P, and Zatonska K. Changes in attitudes toward Tobacco smoking and factors associated with quitting in 9-year observation of pure Poland cohort study. International Journal of Environmental Research and Public Health, 2022; 19(11). Available from: https://www.ncbi.nlm.nih.gov/pubmed/35682151

7.2.2 Population trends in intention to quit

Arpacioglu, S, Erzincan, E, Ergelen, M, Arpacioglu, B, Paltun, SC, Yalcin, M, & Bilici, R. (2024). Cognitive Distortions as Barriers to Seeking Smoking Cessation Treatment: A Comparative Study. *J Clin Med*, *13*(13). Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/38999538</u>

Sugihara, M, & Tabuchi, T. (2024). Three in four smokers want to quit tobacco (reference to reassessing the smoking target in Japan): findings from the JASTIS2021 study. *Environ Health Prev Med, 29*, 28. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/38749723</u>

Li, L, Borland, R, Le Grande, M, & Gartner, C. (2023). Future nicotine use preferences of current cigarette smokers: Findings from the 2020 International Tobacco Control Four Country Smoking and Vaping Survey. *Drug Alcohol Rev.* Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/38113310</u>

Borchardt, B, Kastaun, S, Pashutina, Y, Viechtbauer, W, & Kotz, D. (2023). Motivation to stop smoking in the German population between 2016 - 2021 and associated factors: results from a repeated cross-sectional representative population survey (German Study on Tobacco Use, DEBRA study). *BMJ Open, 13*(5), e068198. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/37253490

Ruokolainen, O, Piirtola, M, Korhonen, T, Rahkonen, O, & Harkanen, T. (2023). A Nationally Representative Study of the Hardening Hypothesis Among Educational Groups Over Four Decades. *Nicotine Tob Res.* Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/37075474</u> Zhao, SZ, Wu, Y, Cheung, DYT, Luk, TT, Weng, X, Tong, HSC et al. (2023). Increase of unmotivated and hardened smokers in Hong Kong: a repeated cross-sectional trend analysis. *Tob Control*. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/36878685

Hasan SI, Kaai SC, Amer Nordin AS, Mohd Hairi F, Danaee M, et al. Who are more likely to have quit intentions among malaysian adult smokers? Findings from the 2020 itc malaysia survey. International Journal of Environmental Research and Public Health, 2022; 19(5). Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35270727</u>

Harris M, Martin M, Yazidjoglou A, Ford L, Lucas RM, et al. Smokers increasingly motivated and able to quit as smoking prevalence falls: Umbrella and systematic review of evidence relevant to the 'hardening hypothesis', considering transcendence of manufactured doubt. Nicotine and Tobacco Research, 2022. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35239960</u>

Lee H and Han JW. A study on related factors of hardcore smokers. Jpn J Nurs Sci, 2022:e12488. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35347872</u>

Steffensen I, Miguel RTD, and Carlone J. The hardening hypothesis - further testing is still required. Nicotine and Tobacco Research, 2022. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35561335</u>

Egbe CO, Kulik MC, Londani M, Ngobese SP, and Ayo-Yusuf OA. A cross-sectional investigation of softening indicators among south African smokers: Results from the south African social attitudes survey between 2007 and 2018. Prev Med Rep, 2022; 27:101785. Available from: https://www.ncbi.nlm.nih.gov/pubmed/35656217

Banks E, Harris M, Yazidjoglou A, Martin M, Newman E, et al. Tobacco control continues to work as smoking prevalence declines: Combating manufactured uncertainty - author response. Nicotine and Tobacco Research, 2022. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35690060</u>

Jung B, Lee JA, Kim YJ, and Cho HJ. The smoking population is not hardening in south korea: A study using the korea community health survey from 2010 to 2018. Tobacco Control, 2022. Available from: https://www.ncbi.nlm.nih.gov/pubmed/35851261

Feng Z, Tan CS, and Lee JK. Determinants of hardcore smoking in a multi-ethnic study of cigarette smokers in Singapore. Journal of Psychoactive Drugs, 2022:1-11. Available from: https://www.ncbi.nlm.nih.gov/pubmed/36373829

Skinner A, Occhipinti JA, and Osgood ND. A dynamic modelling analysis of the impact of tobacco control programs on population-level nicotine dependence. Sci Rep, 2021; 11(1):1866. Available from: https://www.ncbi.nlm.nih.gov/pubmed/33479364

Banerjee S, Tripathy JP, Bandyopadhyay K, and Deshmukh P. Prevalence and predictors of hardcore smoking in India-: Findings from the global adult Tobacco survey (2016-2017). Indian J Community Med, 2021; 46(4):710-4. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35068740</u>

Veena KP, Mathews E, Kodali PB, and Thankappan KR. Trends and correlates of hardcore smoking in India: Findings from the global adult Tobacco surveys 1 & 2. Wellcome Open Res, 2021; 6:353. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/35693330</u> Garnett C, Tombor I, Beard E, Jackson SE, West R, et al. Changes in smoker characteristics in England between 2008 and 2017. Addiction, 2020. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/31914486</u>

Buchanan T, Magee CA, Igwe EO, and Kelly PJ. Is the Australian smoking population hardening? Addictive Behaviors, 2020; 112:106575. Available from: https://www.ncbi.nlm.nih.gov/pubmed/32871404

Kulik MC and Glantz SA. Corrigendum to "similar softening across different racial and ethnic groups of smokers in California as smoking prevalence declined" [prev. Med. 120 (2019) 144-149]. Preventive Medicine, 2019. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/30773313</u>

Kulik MC and Glantz SA. Similar softening across different racial and ethnic groups of smokers in California as smoking prevalence declined. Preventive Medicine, 2019; 120:144-9. Available from: https://www.ncbi.nlm.nih.gov/pubmed/30703378

Brennan E, Greenhalgh E, Durkin SJ, Scollo M, Hayes L, et al. Confidential: For review onlyhardening or softening? An observational study of changes to the prevalence of hardening indicators in victoria, Australia, 2001–2016. Tobacco Control, in press, 2019.

Hughes JR. An update on hardening: A qualitative review. Nicotine and Tobacco Research, 2019. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/30868166</u>

Edwards R. Hardening is dead, long live softening; time to focus on reducing disparities in smoking. Tobacco Control, 2019. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/31147471</u>

Feliu A, Fernandez E, Martinez C, and Filippidis FT. Are smokers "hardening" or rather "softening"? An ecological and multilevel analysis across 28 European union countries. European Respiratory Journal, 2019. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/31221812</u>

Yin S, Ahluwalia IB, Palipudi K, Mbulo L, and Arrazola RA. Are there hardened smokers in low- and middle-income countries? Findings from the global adult Tobacco survey. Tob Induc Dis, 2019; 17:11. Available from: https://www.ncbi.nlm.nih.gov/pubmed/31582922

West R and Jarvis MJ. Is 'hardcore smoker' a useful term in tobacco control? Addiction, 2018; 113(1):3-4. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/29226537</u>

Popova L, Majeed B, Owusu D, Spears CA, and Ashley DL. Who are the smokers who never plan to quit and what do they think about the risks of using tobacco products? Addictive Behaviors, 2018; 87:62-8. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/29958136</u>

Popova L, Majeed B, Owusu D, Spears CA, and Ashley DL. Who are the smokers who never plan to quit and what do they think about the risks of using tobacco products? Addictive Behaviors, 2018; 87:62-8. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/29958136</u>

Mbulo L, Murty Ph DK, Husain Ph DM, Bashir Msc R, Blutcher-Nelson BG, et al. Contrasting trends of smoking cessation status: Insights from the stages of change theory using repeat data from the global adult Tobacco survey, thailand (2009 and 2011) and turkey (2008 and 2012). Preventing Chronic Disease, 2017; 14:E42. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/28570209</u>

Leung DY, Chan SS, and Lam TH. Prevalence and characteristics of hardcore smokers in Hong Kong. Hong Kong Med J, 2017; 23 Suppl 2(3):4-9. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/29938662</u> Bommele J, Kleinjan M, Schoenmakers TM, Burk WJ, van den Eijnden R, et al. Identifying subgroups among hardcore smokers: A latent profile approach. PLoS ONE, 2015; 10(7):e0133570. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26207829</u>

Mayor S. More European smokers are deciding not to quit, survey shows. BMJ, 2015; 351:h4724. Available from: <u>http://www.bmj.com/content/351/bmj.h4724.long</u>

http://www.ncbi.nlm.nih.gov/pubmed/26338313

Smith PH, Rose JS, Mazure CM, Giovino GA, and McKee SA. What is the evidence for hardening in the cigarette smoking population? Trends in nicotine dependence in the US, 2002-2012. Drug and Alcohol Dependence, 2014; 142:333–40. Available from: http://www.ncbi.nlm.nih.gov/pubmed/25064023

Winter KM. Hardcore smoking does not necessarily indicate hardening. Addiction, 2014; 109(4):681. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/24506566</u>

Kaleta D, Usidame B, Dziankowska-Zaborszczyk E, Makowiec-Dabrowska T, and Leinsalu M. Prevalence and factors associated with hardcore smoking in Poland: Findings from the global adult Tobacco survey (2009-2010). BMC Public Health, 2014; 14:583. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/24916122</u>

Cunningham JA and Selby PL. Future intentions regarding quitting and reducing cigarette use in a representative sample of canadian daily smokers: Implications for public health initiatives. International Journal of Environmental Research and Public Health, 2010; 7(7):2896–902. Available from: <u>http://www.mdpi.com/1660-4601/7/7/2896/pdf</u>

Veldhuizen S, Zawertailo L, Ivanova A, Hussain S, and Selby P. Seasonal variation in demand for smoking cessation treatment and clinical outcomes. Nicotine and Tobacco Research, 2020. Available from: https://www.ncbi.nlm.nih.gov/pubmed/33085765

7.2.3 Population trends in quit attempts and success in quitting

James, AL, Caliskan, G, Pesce, G, Accordini, S, Abramson, M J, Bui, D et al. (2024). Trends in smoking initiation and cessation over a century in two Australian cohorts. *PLoS One, 19*(9), e0307386. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/39298431</u>

Sreeramareddy, CT, & Kuan, LP (2024). Smoking Cessation and Utilization of Cessation Assistance in 13 low- and middle-income countries - changes between Two Survey Rounds of Global Adult Tobacco Surveys, 2009-2021. *J Epidemiol Glob Health*. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/39133364

Paradossi, U, De Caterina, AR, Trimarchi, G, Pizzino, F, Bastiani, L, Dossi, F et al. (2024). The enigma of the 'smoker's paradox': Results from a single-center registry of patients with STEMI undergoing primary percutaneous coronary intervention. *Cardiovasc Revasc Med*. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/38862370

Schlam, TR, Baker, TB, Piper, ME, Cook, JW, Smith, SS, Zwaga, D et al. (2024). What to do after smoking relapse? A sequential multiple assignment randomized trial of chronic care smoking treatments. *Addiction*. Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/38282258</u>

Perski, O, Li, K, Pontikos, N, Simons, D, Goldstein, SP, Naughton, F, & Brown, J. (2023). Classification of lapses in smokers attempting to stop: A supervised machine learning approach using data from a popular smoking cessation smartphone app. *Nicotine Tob Res*. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/36971111

Ullah, MA, Chatterjee, S, Fagundes, CP, Lam, C, Nahum-Shani, I, Rehg, JM et al. (2022). mRisk: Continuous Risk Estimation for Smoking Lapse from Noisy Sensor Data with Incomplete and Positive-Only Labels. *Proc ACM Interact Mob Wearable Ubiquitous Technol, 6*(3). Retrieved from <u>https://www.ncbi.nlm.nih.gov/pubmed/36873428</u>

Mendez D, Le TTT, and Warner KE. Monitoring the increase in the U.S. Smoking cessation rate and its implication for future smoking prevalence. Nicotine and Tobacco Research, 2022. Available from: https://www.ncbi.nlm.nih.gov/pubmed/35486922

Buchanan T, Magee CA, H VS, and Kelly PJ. Tobacco harm reduction: Are smokers becoming more hardcore? Journal of Public Health Policy, 2020. Available from: https://www.ncbi.nlm.nih.gov/pubmed/32366990

Pesce G, Marcon A, Calciano L, Perret JL, Abramson MJ, et al. Time and age trends in smoking cessation in Europe. PLoS ONE, 2019; 14(2):e0211976. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/30730998</u>

Wang TW, Walton K, Jamal A, Babb SD, Schecter A, et al. State-specific cessation behaviors among adult cigarette smokers - United States, 2014-2015. Preventing Chronic Disease, 2019; 16:E26. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/30844359</u>

Brennan E, Greenhalgh EM, Durkin SJ, Scollo MM, Hayes L, et al. Hardening or softening? An observational study of changes to the prevalence of hardening indicators in victoria, Australia, 2001-2016. Tobacco Control 2019. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/31147477</u>

Walton K, Wang TW, Schauer GL, Hu S, McGruder HF, et al. State-specific prevalence of quit attempts among adult cigarette smokers - United States, 2011-2017. MMWR; Morbidity and Mortality Weekly Report, 2019; 68(28):621-6. Available from: https://www.ncbi.nlm.nih.gov/pubmed/31318853

Beard E, Jackson SE, West R, Kuipers MAG, and Brown J. Trends in attempts to quit smoking in England since 2007: A time series analysis of a range of population-level influences. Nicotine and Tobacco Research, 2019. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/31418449</u>

Ahluwalia IB, Smith T, Arrazola RA, Palipudi KM, Garcia de Quevedo I, et al. Current Tobacco smoking, quit attempts, and knowledge about smoking risks among persons aged >/=15 years - global adult Tobacco survey, 28 countries, 2008-2016. MMWR; Morbidity and Mortality Weekly Report, 2018; 67(38):1072-6. Available from: https://www.ncbi.nlm.nih.gov/pubmed/30260941

Heckman BW, Dahne J, Germeroth LJ, Mathew AR, Santa Ana EJ, et al. Does cessation fatigue predict smoking-cessation milestones? A longitudinal study of current and former smokers. Journal of Consulting and Clinical Psychology, 2018; 86(11):903-14. Available from: https://www.ncbi.nlm.nih.gov/pubmed/30335423

Edwards R, Tu D, Newcombe R, Holland K, and Walton D. Achieving the tobacco endgame: Evidence on the hardening hypothesis from repeated cross-sectional studies in New Zealand 2008–2014.

Tobacco Control, 2017; 26(4):399-405. Available from: http://tobaccocontrol.bmj.com/content/tobaccocontrol/26/4/399.full.pdf

Kang E, Lee JA, and Cho HJ. Characteristics of hardcore smokers in south korea from 2007 to 2013. BMC Public Health, 2017; 17(1):521. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/28549442</u>

Yi Z, Mayorga ME, Hassmiller Lich K, and Pearson JL. Changes in cigarette smoking initiation, cessation, and relapse among U.S. Adults: A comparison of two longitudinal samples. Tob Induc Dis, 2017; 15:17. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/28316562</u>

Chaiton M, Diemert L, Cohen JE, Bondy SJ, Selby P, et al. Estimating the number of quit attempts it takes to quit smoking successfully in a longitudinal cohort of smokers. BMJ Open, 2016; 6(6):e011045. Available from: <u>https://www.ncbi.nlm.nih.gov/pubmed/27288378</u>

McCarthy DE, Ebssa L, Witkiewitz K, and Shiffman S. Repeated measures latent class analysis of daily smoking in three smoking cessation studies. Drug and Alcohol Dependence, 2016. Available from: http://www.ncbi.nlm.nih.gov/pubmed/27317043

Kulik MC and Glantz SA. The smoking population in the USA and EU is softening not hardening. Tobacco Control, 2016; 25(4):470–5. Available from: <u>http://tobaccocontrol.bmj.com/content/25/4/470.abstract</u>

Szklo AS, de Souza MC, Szklo M, and de Almeida LM. Smokers in Brazil: Who are they? Tobacco Control, 2016; 25(5):564–70. Available from: <u>http://tobaccocontrol.bmj.com/content/25/5/564.abstract</u>

Edwards R, Tu D, Newcombe R, Holland K, and Walton D. Achieving the tobacco endgame: Evidence on the hardening hypothesis from repeated cross-sectional studies in New Zealand 2008-2014. Tobacco Control, 2016. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/27382047</u>

Bommele J, Nagelhout GE, Kleinjan M, Schoenmakers TM, Willemsen MC, et al. Prevalence of hardcore smoking in the Netherlands between 2001 and 2012: A test of the hardening hypothesis. BMC Public Health, 2016; 16:754. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/27506600</u>

Mayor S. Fewer people are quitting smoking, say nhs stop smoking services. BMJ, 2016; 354:i4598. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/27550023</u>

Mendez D, Tam J, Giovino GA, Tsodikov A, and Warner KE. Has smoking cessation increased? An examination of the US adult smoking cessation rate 1990 - 2014. Nicotine and Tobacco Research, 2016. Available from: http://www.ncbi.nlm.nih.gov/pubmed/27634956

Mayor S. Smokers are more likely to quit as smoking prevalence decreases, study shows. BMJ, 2015; 350:h3447. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26113564</u>

Schauer GL, Malarcher AM, and Asman KJ. Trends in the average age of quitting among U.S. Adult cigarette smokers. American Journal of Preventive Medicine, 2015. Available from: http://www.ncbi.nlm.nih.gov/pubmed/26362404

Lavinghouze SR, Malarcher A, Jama A, Neff L, Debrot K, et al. Trends in quit attempts among adult cigarette smokers - United States, 2001-2013. MMWR; Morbidity and Mortality Weekly Report, 2015; 64(40):1129–35. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26468619</u>

Leung DY, Chan SS, Chan V, and Lam TH. Hardcore smoking after comprehensive smoke-free legislation and health warnings on cigarette packets in Hong Kong. Public Health, 2015. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26612457</u>

Schauer GL, Malarcher AM, and Mowery P. National trends in frequency and amount of nondaily smoking, and relation to quit attempts, 2000-2012. Nicotine and Tobacco Research, 2015. Available from: <u>http://www.ncbi.nlm.nih.gov/pubmed/26588937</u>

Borland R, Partos TR, Yong HH, Surname KM, and Hyland A. How much unsuccessful quitting activity is going on among adult smokers? Data from the International Tobacco Control 4-country cohort survey. Addiction, 2011; 107(3):673–82. Available from: http://www.ncbi.nlm.nih.gov/pubmed/21992709

Brown J and West R. Quit success rates in England 2007-2017 Smoking in Britain Journal 2017. Available from: <u>http://www.smokinginbritain.co.uk/read-paper/draft/8/Quit%20success%20rates%20in%20England%202007-2017</u>

Chaiton M, Diemert L, Cohen J, Bondy S, Selby P, et al. Estimating the number of quit attempts it takes to quit smoking successfully in a longitudinal cohort of smokers. BMJ Open, 2016; 6(6):e011045. Available from: <u>http://bmjopen.bmj.com/content/6/6/e011045.full</u>

http://www.ncbi.nlm.nih.gov/pubmed/27288378

Borland R, Partos TR, Yong HH, Surname KM, and Hyland A. How much unsuccessful quitting activity is going on among adult smokers? Data from the International Tobacco Control 4-country cohort survey. Addiction, 2011; 107(3):673–82. Available from: http://www.ncbi.nlm.nih.gov/pubmed/21992709

News:

Wilkins, R, Vera-Toscano, E, & Botha, F. (2024). *The Household, Income and Labour Dynamics in Australia Survey: Selected Findings from Waves 1 to 21*. Retrieved from The University of Melbourne: <u>https://melbourneinstitute.unimelb.edu.au/hilda/publications/hilda-statistical-reports</u>

No authors listed. As smoking declines, more are likely to quit. Medical Xpress, 2015. Available from: <u>http://medicalxpress.com/news/2015-06-declines.html</u>

Australian Longitudinal Study on Women's Health. Data on smoking quoted in gilgia et al. Newcastle, Au 2000. Last update: Viewed Available from: <u>http://www.alswh.org.au/public.html</u>.

7.2.1 Population prevalence of ex-smokers, quit proportions

7.2.2 Population trends in intention to quit

Boyle D. Regrets, they've had a few! From not having children to marrying the wrong spouse... The top 40 life choices that britons wish they could make again. Daily Mail Australia, 2018. Available from: <u>https://www.dailymail.co.uk/news/article-6483123/Survey-reveals-Britons-40-regrets.html</u>

Goodyer P. 'Bring us your worst smokers' – helping diehard smokers quit The Sydney Morning Herald, 2017. Available from: <u>http://www.smh.com.au/lifestyle/health-and-</u> wellbeing/wellbeing/bring-us-your-worst-smokers--helping-diehard-smokers-quit-20170915gyi3xl.html

Glantz S. Hard-core smokers are softening over time: Smokers with high psychological distress are smoking less and more are trying to quit. Center for Tobacco Control, Reserach and Education, 2017. Available from: <u>https://tobacco.ucsf.edu/hard-core-smokers-are-softening-over-time-smokers-high-psychological-distress-are-smoking-less-and-more-are-trying-qui</u>

listed Na. Smoking prevalence stays the same but proportion with no intention to quit rises. Medical News Today 2015. Available from: <u>http://www.medicalnewstoday.com/releases/298914.php?tw</u>

listed Na. 21-country study finds most smokers aren't ready to quit. Medical News Today 2015. Available from: <u>http://www.medicalnewstoday.com/releases/299726.php?tw</u>

7.2.3 Population trends in quit attempts and success in quitting

Wilson C. Number of people quitting smoking rises by 15% in glasgow. Evening Times, 2017. Available from:

http://www.eveningtimes.co.uk/news/15490609.Number of people quitting smoking rises by 1 5 in Glasgow/

Busby M. Success rates for people quitting smoking hit record high The Guardian, 2017. Available from: <u>https://www.theguardian.com/society/2017/sep/20/success-rates-for-people-quitting-smoking-hit-record-high</u>

Webb S. Five million adults have tried to stop smoking in the last year – but one in five didn't last a month. The Scottish Sun, 2017. Available from:

https://www.thescottishsun.co.uk/news/1793609/five-million-adults-have-tried-to-stop-smoking-inthe-last-year-but-one-in-five-didnt-last-a-month/